



## RESEARCH ARTICLE

### LEVEL OF SOCIAL ANXIETY AMONG ADOLESCENCE

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#### Abstract

The students social anxiety is increasing in the world nowadays. More psychotic incidence of students, fatally wounding, kicking etc. Social anxiety is a disabling and treatable disorder with common onset in adolescents. It also a most psychological disorder in school aged children and adolescents world wide. The objectives of the study was to assess the level of social anxiety among adolescence in a selected village, Mangalore. Descriptive research design was used among 60 adolescence with the age group of 12- 18 years and non probability convenient sampling was adopted for the study. The results showed that 20(33.3 %) had mild level of social anxiety and 6(10 %) of them had moderate level of social anxiety.

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#### Introduction:-

Social anxiety is a fear of interaction with other people that bring on self consciousness, feeling of being negatively judged and evaluated and as a result leads to avoidance. It is a disabling and treatable disorder with common onset in adolescence. It is also a most common psychological disorders in school-aged children and adolescents world wide. It is related with their academic impairment and also have co-morbidity of depression. (Approximately 13.3 percent of the general population may meet criteria for social anxiety disorder at some point in their lifetime. In general, males are slightly more disposed to suffer from social anxiety disorder than females.

Social anxiety is identified as a major disorder and it is estimated that world wide one year prevalence of social anxiety is estimated as 4.5%, while life time prevalence appears to be 3.6%.

A study was conducted on social anxiety in adolescence in India among 421 adolescents screened for social anxiety and depression and associated factors with academic impairment, 12.8% had social anxiety. Another study among higher secondary students revealed that 56.8% of the population experience social anxiety. A study conducted Tamil Nadu, among 158 adolescents analysis revealed 37.97% were normal, 33.54% had moderate social anxiety, 20.25% had marked social anxiety, 6.97% had severe social anxiety. It also revealed that females (78.81%) had more social anxiety than males (50.66%).

Social anxiety disorder involves a persistent intense, chronic fear of being judged by others and of being embarrassed or humiliated by one's own actions. These fears can be triggered by perceived or actual scrutiny from

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others. The fear exceeds normal “shyness” as it leads to excessive social avoidance and substantial social or occupational impairment. Anxiety disorders typically have an age of onset in childhood and adolescence.

Social anxiety is the most common anxiety disorder and the third most common psychiatric disorder, after major depressive disorder and alcohol dependence. The lifetime prevalence estimated for social anxiety vary greatly and range from 0.4 to 20.4 percent in different studies. The epidemiological Catchment Area Survey in 2012 suggested a lifetime prevalence of social anxiety at 2.73%. It was estimated that more than 8,000 individuals from National Co-morbidity Survey in 2014 estimated for more than 8,000 individuals that their life time prevalence of social anxiety at 13.3%.

### **Methodology:-**

#### **Research Approach:**

Non-experimental research approach was used for the study.

#### **Research Design:**

Descriptive research design was used to assess the level of social anxiety among adolescence in selected village area, Mangalore(Adyar),Karnataka,India

#### **Population:**

Population of the study was all adolescence within the age group of 12-18 years in selected village area, Mangalore,Karnataka,India

#### **Sample:**

Samples were 60 adolescence within the age group of 12- 18 years.

#### **Sampling Technique:**

Non probability convenient sampling was adopted for the study. There were 100 adolescence and based on convenient sampling who met inclusive and exclusive criteria 60 samples were chosen.

#### **Criteria for selecting the sample:**

##### **Inclusion Criteria:**

1. Adolescence who were willing to participate in the study.
2. Adolescence who were able to read and understand Kannada.
3. Adolescence within the age group of 12-18 years.

##### **Exclusion Criteria:**

1. Adolescence who were absent at the time of data collection
2. Adolescence who belong to an age less than 12 years and more than 18 years

#### **Description of data collection instrument:**

The instrument consist of two parts.:

##### **Section A:**

Demographic variables such as age, gender, religion, education of parents, occupation of parents, type of family, birth order.

##### **Section B:**

Modified Liebowits social anxiety scale .It consist of 20 items.A score of '3' marks will be given for severe social anxiety, score of '2' marks will be given for moderate social anxiety, score of '1' mark will be given for mild social anxiety and score of '0' will be given for no social anxiety.

Score	Level of social anxiety
0-15	None
16-30	Mild
31-45	Moderate

46-60	Severe
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**Data Collection Procedure:**

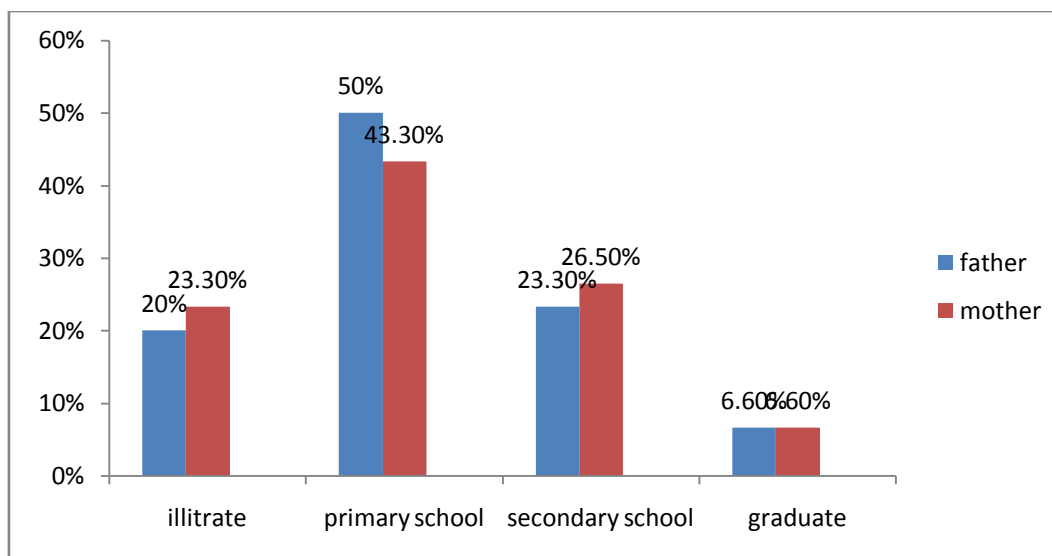
Prior to the data collection permission was obtained from concerned authority for conducting the study. Subjects were selected according to selection criteria. Informed verbal consent was obtained from the samples. Modified Liebowitz social anxiety rating scale were administered to 60 adolescents selected from Adyar village area. Health education pamphlet regarding management of social anxiety was administered.

**Statistical Analysis:**

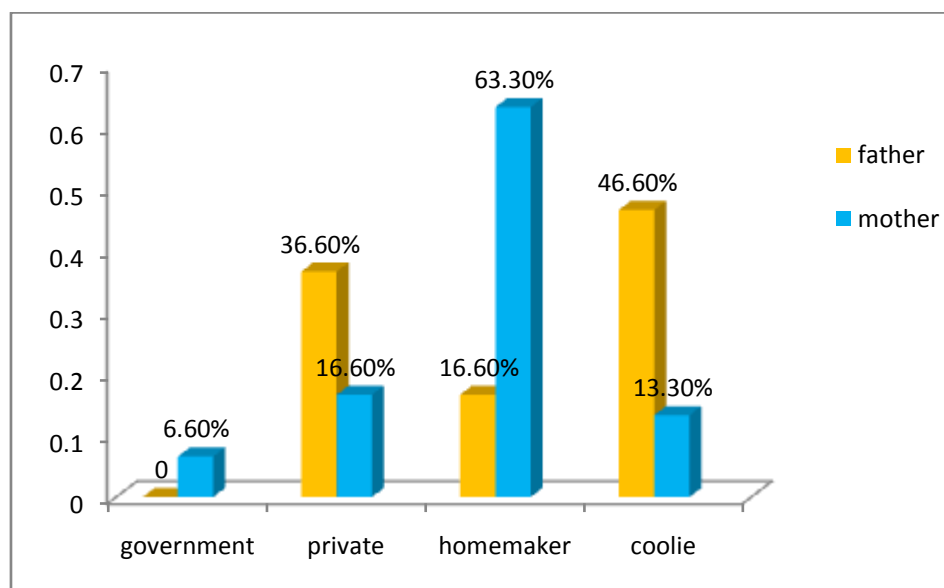
Descriptive statistics such as frequency, percentage were used to analyse demographic variables and level of social anxiety.

**Results:-****Section 1:** Description of Sample Characteristics**Table1:-** Distribution of adolescence on the basis of their age (N=60).

SLNO:	Sample characteristics	Frequency(n)	Percentage(%)
<b>1.</b>	<b>Age of adolescence</b>		
a	12-14 years	20	33.3
b	15-16 years	20	33.3
c	17-18 years	20	33.3
<b>2.</b>	<b>Gender</b>		
a	Male	30	50
b	Female	30	50
<b>3.</b>	<b>Religion</b>		
a	Hindu	20	33.3
b	Christian	12	20
c	Muslim	28	46.6
<b>4</b>	<b>Type of family</b>		
a	Nuclear family	34	56.6
b	Joint family	14	23.3
c	Extended family	12	20
<b>5</b>	<b>Birth order</b>		
a	1st	18	30
b	2nd	20	33.3
c	3rd	16	26.6
d	Others	6	10



**Figure 1:-** Distribution of parents according to educational status(N=60).



**Figure 2:-** Distribution of parents according to occupational status(N=60).

## Section II: Assess the Level of Social Anxiety Among Adolescence

**Table 2:-** Showed that 20(33.3 %) had mild level of social anxiety and 6(10 %) of them had moderate level of social anxiety.(N=60).

SLNO.	Level of social anxiety	Frequency (n)	Percentage (%)
1	None	34	56.6
2	Mild	20	33.3
3	Moderate	6	10
4	Severe	0	0
5	Total	60	100

**Table 3:-** Itemwise Level of Anxiety Among Adolescence.

Sln o.	CHARACTERISTICS	MILD	MODERATE	SEVERE
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		Freq(n)	%	Freq(n)	%	Freq(n)	%
1	Telephoning in public.	10	17	2	3	4	7
2	Participating in small group.	14	23	2	3	0	0
3	Eating in public places.	22	37	12	20	2	3
4	Talking to people in authority.	22	37	4	7	8	13
5	Acting, performing or giving a talk in front of an audience.	20	33	14	23	6	10
6	Going to a party.	18	30	8	13	0	0
7	Working while being observed.	16	27	8	13	2	3
8	Writing while being observed.	18	30	12	20	2	3
9	Calling someone you don't know very well.	14	23	4	7	8	13
10	Talking with people you don't know very well.	28	47	6	10	10	17
11	Meeting strangers.	22	37	6	10	10	17
12	Urinating in a public bathroom.	14	23	10	17	6	10
13	Entering a room when others are already seated.	28	47	4	7	12	20
14	Being the center of attention.	32	53	6	10	8	13
15	Speaking up at a meeting.	14	23	10	17	2	3
16	Taking a test.	22	37	4	7	8	13
17	Expressing a disagreement or disapproval to people you don't know very well.	26	43	4	7	12	20
18	Looking at people you don't know very well in the eyes.	20	33	4	7	12	20
19	Trying to pick up someone.	28	47	10	17	4	7
20	Giving a report to a group.	32	53	6	10	8	13

The study results showed that 20% samples had severe anxiety for entering a room when others are being seated, 20% while expressing disagreement or disapproval and 20% severe anxiety to look strangers

### Discussion:-

An epidemiological study conducted by a department of mental health nursing in Bangalore among 30 samples found that Muslim girls has higher incidence of social anxiety. Majority (31.8%) of adolescence who belongs to Muslim religion have moderate level of social anxiety and 18.2% of Hindus have mild level of social anxiety.

Another study conducted to assess the level of social anxiety among adolescence in a selected village area Mangalore concluded that 33.3% of subjects having mild level of social anxiety, 56.6% of adolescence were not having social anxiety and 10% of adolescence with moderate level of social anxiety.

### Limitations:

This study was limited to only one area of the village. So the study cannot be generalized.

This study was limited to 60 samples.

### Recommendations:-

Similar study can be conducted with a large sample size.

Another study can be conducted to assess factors affecting social anxiety among adolescences

### Conclusion:-

The study concluded that 20(33.3%) of samples had mild level of social anxiety and 6(10%) of samples had moderate level of social anxiety. Adolescents should pay attention to reduce the level of social anxiety. The future nurses have a vital role in controlling social anxiety among adolescents. Hence the nurse educators and students nurse come forward and conducted general awareness programme regarding control measures for social anxiety.

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