

# A Study on the Impact of Social Anxiety among Teenagers

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## Abstract

Social Anxiety is a major mental health problem seen in all types of age groups. It is mostly present among teenagers. It is a feeling of discomfort and fear, which distance them from friendships and other interesting relationships. Social, economic, emotional, physical, cultural factors are responsible for creating social anxiety in them. The study examined the degree of economic and emotional factors affecting social anxiety, along with the impact of social anxiety on different age groups of teenagers. The study concludes that, age is not a factor which is influencing emotional problems but there is a greater influence of economic and emotional factors in determining social anxiety among teenagers.

**Keywords:** Social anxiety, Economic Factors, Emotional Factors, Teenagers

## I. METHODOLOGY

We use the term Anxiety to describe the feelings of discomfort and fear. These responses are necessary for our survival. At times these responses put ourselves in dangers and prepares our body to challenge or escape. Anxiety always becomes a problem when it becomes the major one, rather than the exclusion, and also when our efforts to control it begin to protect our ability to manage our work, family and social obligations.

The third largest mental health problem prevailing today is social anxiety disorder (SAD). The over active amygdale is a particular brain structure that regulates the heart response, emotions and thoughts of anxiety. It is the fear to interact with other people during social situations and also thinking that other people may evaluate you negatively. It is causing fear and anxiety in most areas of a person's life. This is mainly experienced while we are under scrutiny, public speaking, attending

meetings. Social anxiety can therefore be a persistent fear of acting with an inferiority complex. These fears are provoked by fearful situations, which create severe distress and interfere into their personal, occupational and social activities.

Teenagers are mostly the victims of this social anxiety disorders, which usually affects 3% to 5% of young adults. They usually want to make friends and engage in social interactions. But this disorders is preventing them from all these. Such teenagers distance themselves from friendships and other interesting relationships because of fear of scrutiny. They are mainly seen as shy, silent, uninterested, disadvantaged ones. It can even go into other disorders like depression and dysthymia. Social anxiety disorder left untreated can lead to variety of other conditions such as anxiety disorders, nicotine dependence and substance use disorders.

There are many factors affecting this social anxiety in teenagers. The factors like social, economic, emotional, physical, cultural do affect teenagers mental health. This study mainly focuses on the impact of economical and emotional factors affecting social anxiety on teenagers and the ways to avoid them to a small extent. Although, social anxiety disorder is recognized as common, impaired, but treatable, it often remains undiagnosed.

## II. LITERATURE REVIEW

**Seema, G.B (2018), in their study “Impact of social skills training on social anxiety self esteem and social competence among adolescent students** “examines the effect of social skill training intervention on social anxiety, self esteem and social competence among adolescent students. They concluded that, the study provides empirical support that, learning and practicing social skills can strengthen or alter the attitude and behavior of individuals. Imparting social skills training through including them in curriculum will help adolescents to overcome certain issues in life.

**Badauria, Mridula (2007), in their study,” Study of frustration anxiety feeling of insecurity and adjustment in socially disadvantaged adolescents in urban slums and rural setting”** found out that region don't affect the anxiety, feeling of insecurity, social, educational and total adjustment while it affects the frustrations and emotional adjustments of disadvantaged groups. They also concluded that, adolescents of rural setting are found to be more frustrated and inferior in emotional adjustment than the adolescents of urban slums. As far as gender wise comparison is concerned, girls are more frustrated, anxious and unsecured than boys.

**Roy Piyali (2018),in their study “Test anxiety of higher secondary students in relation to their emotional maturity and locus of control”** mainly reveals the presence of test anxiety in most of the students and how it is correlated with emotional maturity and locus control. Test anxiety is an

emotion hence, student’s emotional maturity levels should be considered to bring desirable changes in their behavior. A healthy emotional development can reduce the possibility of the negative impact of test anxiety. Also care should be taken to help and guide the children for developing a balanced personality. A correct and positive attitude towards the anxious situation can help the students to deal with it in a better way.

**Singh, Archana (2014), in their study on “relationships between anxiety and creativity among intermediate students** “revealed that there is a positive and significant relationship between anxiety and creativity which is influenced by age. The relationship is negatively affected by the score of marks. This may be due to the fact that those who score more marks concentrate more towards studies. The relationship is also affected by family income that is, an increase in family income intensifies the relationship between anxiety and creativity.

**Nanglu, Vandana (2006), in their study “Effect of anxiety self regulation perceived competence fear of success and parental involvement on procrastination in secondary school children”** said that anxiety, self-regulation, perceived competence, and parental involvement affects children’s procrastination. Academic anxiety is also a significant factor in determining procrastination for both boys and girls; also perceived cognitive competence and academic anxiety are more important predictors of procrastination.

## III. SCOPE OF THE STUDY

A group of teenagers belonging to the age group of 18 to 21 years has been included for the study. The scope of the study is limited to youth in Ernakulum district.

## IV. SIGNIFICANCE OF THE STUDY

Social anxiety is a mental health care problem which is commonly seen among teenagers. The study is being mainly focused among teenagers and there are various variables that are available to study the

social anxiety among them. Emotional factors like expectation, discouragement, isolation, low-key and economical factors like job and lack of parental support are few factors that are taken into consideration.

### V. STATEMENT OF THE PROBLEM

The study analyses the social anxiety which mainly focuses on teenagers of age group 18 to 21. Social anxiety is a major problem faced by this age group. So the prefers to analyze the problem responsible for this type of behavior from this age group.

### VI. RESEARCH METHODOLOGY

The study is totally descriptive in nature. Primary and secondary data are used for the study. Primary data are collected through questionnaires and personal interviews. Secondary data has been collected from various sources like websites, books and magazines. A population containing 50 samples is collected from teenagers in Ernakulum district. Tools used for analysis are questionnaires and interviews and the source of all the tables used are primary

### VII. OBJECTIVES

- i. To study the degree of emotional factors, like expectation , discouragement and isolation affecting social anxiety among teenagers.
- ii. To study the degree of economic factors like job and lack of parental support to meet arrangements that affect social anxiety among teenagers .
- iii. To study the impact of social anxiety among different age groups of teenagers.

### HYPOTHESIS

1.  $H_0$ : There is no significant relationship between emotional factors like expectation, discouragement and isolation affecting social anxiety among teenagers.  
 $H_1$ : There is significant relationship between

emotional factors like expectation, discouragement and isolation affecting social anxiety among teenagers.

2.  $H_0$ : There is no significant relationship between economic factors like job and lack of parental support to make arrangements affecting social anxiety among teenagers.

$H_1$ : There is significant relationship between economic factors like job and lack of parental support to make arrangements affecting social anxiety among teenagers.

3.  $H_0$ : There is no significant impact of social anxiety among different age groups of teenagers.

$H_1$ : There is no significant impact of social anxiety among different age groups of teenagers.

### VIII. ANALYSIS AND INTERPRETATION

#### 1) FREQUENCY TABLE

**TABLE 1.1 WHICH AGE GROUP DO YOU BELONG TO**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	13-15	8	16.0	16.0
	16-18	8	16.0	32.0
	19-20	34	68.0	100.0
	Total	50	100.0	100.0

#### INTERPRETATION

From the table 1.1 it is clear that out of the total population 34% of students belong to the age group of 19 to 20 years.

**TABLE 1.2 ARE YOU EASILY HURT BY WHAT OTHER PEOPLE DO OR SAY TO YOU**

	Frequency	Percent	Valid Percent	Cumulative Percent
NEVER	7	14.0	14.0	14.0
SOMEWHAT	22	44.0	44.0	58.0
Valid USUALLY	10	20.0	20.0	78.0
ALWAYS	11	22.0	22.0	100.0
Total	50	100.0	100.0	

**INTERPRETATION**

Table 1.2 shows that 22% of the total population is of the opinion that they are easily hurt by what other people do or say to them. 7% of the population are not even affected by any kind of actions from others.

**TABLE 1.3 DO YOU HAVE SENSE OF ISOLATION, EITHER WHEN ALONE OR AMONG PEOPLE**

	Frequency	Percent	Valid Percent	Cumulative Percent
NEVER	12	24.0	24.0	24.0
SOMEWHAT	23	46.0	46.0	70.0
Valid USUALLY	10	20.0	20.0	90.0
ALWAYS	5	10.0	10.0	100.0
Total	50	100.0	100.0	

**INTERPRETATION**

Table 1.3 clearly depicts that 23% of the population is of the opinion that they do have a sense of isolation either when alone or among people. Out of the total population 5% always sense a feeling of isolation.

**TABLE 1.4 THE EXTENT OF PARENTAL SUPPORT DERIVED DURING SOCIAL ANXIETY**

	Frequency	Percent	Valid Percent	Cumulative Percent
NEVER	13	26.0	26.0	26.0
SOMEWHAT	20	40.0	40.0	66.0
Valid USUALLY	12	24.0	24.0	90.0
ALWAYS	5	10.0	10.0	100.0
Total	50	100.0	100.0	

**INTERPRETATION**

From table 1.4 we could analyze that 20% of the population is of the opinion that there is strong parental support derived during social anxiety. 13% of the population is of the opinion that there is no parental support during the stages of social anxiety.

**2) REGRESSION BETWEEN AGE GROUP AND EMOTIONAL FACTORS**

**TABLE 2.1 Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.290 <sup>a</sup>	.084	-.020	.770

**INTERPRETATION**

Table 2.1 provides R and R<sup>2</sup> values. The R value represents the simple correlation and is 0.290 (the "R" column), which indicates a high degree of correlation. The R<sup>2</sup> value indicates how much of the total variation in the dependent variable, age group; can be explained by the independent variable. The emotional factors in this case is only 8.4%, can be explained which is very small. This shows that there is only a slight variation between age group and emotional factors. That is emotional factors is not determined by age group.

**TABLE 2.2 ANOVA<sup>a</sup>**

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	2.403	5	.481	.811	.548 <sup>b</sup>
Residual	26.077	44	.593		
Total	28.480	49			

**INTERPRETATION**

Table 2.2 is the anova table, which reports how well the regression equation fits the data, that is predicts the dependent variable. Here,  $p > 0.05$  which is 0.548. This indicates that there is no significant relationship between emotional factors, which are expectation, discouragement and isolation affecting social anxiety among teenagers. Therefore the null hypothesis is accepted.

**TABLE 2.3 Coefficients**

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	2.270	.466		4.872	.000
1 are you easily hurt by what other people do or say to you	.086	.137	.112	.631	.532
do you worry when you find that you have not performed to your expectation	.060	.122	.077	.491	.626
do you get discouraged easily	-.243	.159	-.241	-1.532	.133
does criticism hurt you badly	.045	.160	.049	.279	.781
do you have sense of isolation , either when alone or among people	.136	.130	.163	1.045	.302

**INTERPRETATION**

Table 2.3 indicates that the most affected emotional factor among teenagers is the sense of getting isolated either when alone or among people. Teenagers usually get isolated as part of their studies as they are at their 10<sup>th</sup> and 12<sup>th</sup> grades. They are least affected by criticisms. This group of people faces criticisms frequently so they are least bothered about it.

**3) REGRESSION BETWEEN AGE GROUP AND ECONOMIC FACTORS.**

**TABLE 3.1 Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.359 <sup>a</sup>	.129	.092	.726

**INTERPRETATION**

Table 3.1 demonstrates R and R<sup>2</sup> values. The R value represents the simple correlation and is 0.359 which proves a high degree of correlation. The R<sup>2</sup> value indicates how much of the total variation in the dependent variable, age group, that can be explained by the independent variable. The emotional factors in this case is 12.9 percentage, can be explained which is very small. This represents that there only a small variation between age group and economic factors. That is economical factors is not determined by age group.

	Regression	3.680	2	1.840	3.487	.039 <sup>b</sup>
1	Residual	24.800	47	.528		
	Total	28.480	49			

**INTERPRETATION**

Table 3.2 which is the anova table, which reports how well the regression equation fits the data, that is predicts the dependent variable. Here, p < 0.05 which is 0.039. This indicates that, there is significant relationship between economic factors, job and lack of parental support to make arrangements affecting social anxiety among teenagers. Therefore the null hypothesis is rejected.

**TABLE 3.2 ANOVA<sup>a</sup>**

Model	Sum of Squares	Df	Mean Square	F	Sig.
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**TABLE 3.3 Coefficients**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	2.667	.380		7.017	.000
1 the extent of parental support derived during social anxiety	-.257	.111	-.317	-2.325	.024
are economic reasons due to lack of parental support	.299	.212	.193	1.411	.165

**INTERPRETATION**

Table 3.3 illustrates that the majority of the population has the opinion that there are economic reasons due to lack of parental support. Economic factors are not determined by age groups. There is a strong need of parental support at the times of social anxiety among teenagers.

**IX. FINDINGS**

It has been found out that emotional and economic factors are not influenced by age. Persons of all age groups are affected by emotional disturbances. Most of the youngsters tend to worry if they are not performed to their expectation. Majority of them have the fear of getting isolated even when in groups also. It has been found out that many youngsters lack parental support at times of social anxiety. Most

of them responded that they don't get adequate economic support from their parents.

## SUGGESTIONS

Some of the major suggestions to solve social anxiety among teenagers are through practicing yoga and meditation is good stress relief methods for all age groups. Devoting time for prayer related factors for refreshing mind. Attending counseling sessions when coming across stressful situations. Engaging youngsters in sports and other entertainment activities in order to relax their mind. Adequate economic support from the part of parents leads to reduce stress in youngsters.

## CONCLUSION

Social Anxiety is a major problem faced by different age groups of teenagers. It is actually a part of our survival. There are many factors responsible for this issue among teenagers, like economical, emotional, social, cultural, and environmental. The study mainly analyses the emotional and economical factors and the impact of social anxiety among different age groups of teenagers. The study concludes that, age is not a factor which is influencing emotional problems. Youngsters of different age group suffer the same anxiety problems. But economical factor like, lack of economical support from the part of parents is a major factor leading to social anxiety in most of the teenagers. Proper support from parents, both economically and considering teenagers emotional aspects can bring in a great change in them regarding this mental issue like Social Anxiety.

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