SELF CONCEPT AND SOCIAL ANXIETY AMONG ADOLESCENTS

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ABSTRACT

*Aim: Self concept is the individuals belief about him self or herself, including the person's attributes and who and what the self is (Baumeister,1999).Social anxiety consists of constant and specified fear from one or few social situation/s or a performance through which an individual feels that he is exposed to the unfamiliar/unknown individuals or possible scrutiny on the behalf of others and will be humiliated or ashamed (Masoudnia, 2008).The present study aimed to investigate self concept and social anxiety among adolescents .**Method**: The study was done on 100 adolescents out of 50 males and 50 females through purposive sampling technique. Moshin's self concept inventory (Moshin, 1979) Leibowitz Social Anxiety Scale (LSAS) (Michael Leibowitz, 1987) were used to collect data. Data were analyzed by using Mean, S.D, t-test, and Pearson product moment correlation.**Result:** Result proves it there is a significant relationship between self concept and social anxiety among adolescents. There is a negative correlation between self concept and social anxiety among adolescents*

Keywords: Self concept, Social anxiety

INTRODUCTION

Self concept is a general term used to refer to how someone thinks about evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself. The self concept is an important term for both social and humanistic psychology. Lewis (1990) suggest that the development of a concept of self has two aspects they are 1 . Existential self and 2. Categorical self. Self-concept is an overarching idea we have about who we are—physically, emotionally, socially, spiritually, and in terms of any other aspects that make up who we are (Neill, 2005). Baumeister provides self concept as "The individual's belief about him self or herself, including the person's attributes and who and what the self is (Baumeister,1999).

Social anxiety is a chronic mental health condition in which social interaction cause irrational anxiety. Social anxiety disorder it is also termed as social phobia, it is mental health condition. It is an intense, persistent fear of being watched and judged by others. This fear affect our day to day activities. Cognitive behavioral therapy (CBT), guided self help, antidepressant medicines, are some treatment for social anxiety. Social anxiety consists of constant and specified fear from one or few social situation/s or a performance through which an individual feels that he is exposed to the unfamiliar/unknown individuals or possible scrutiny on the behalf of others and will be humiliated or ashamed (Masoudnia, 2008)

WHO clearly recognizes that "adolescence" is a phase rather than a fixed time period in an individual's life. Social anxiety in adolescents is associated with considerable impairment that persists through to adulthood. There are clear potential benefits to delivering effective interventions during adolescents(Eleanor and David,1995). Adolescents are more likely to employ complex abstract and psychological self characterization. An adolescents who has an adequate self concept is likely to follow the problem solving approach and tends to be spontaneous, creative, original and have high self esteem.

Definition of key terms

Self concept: Self concept is the individuals belief about him self or herself, including the person's attributes and who and what the self is (Baumeister,1999).

Social anxiety: Social anxiety consists of constant and specified fear from one or few social situation/s or a performance through which an individual feels that he is exposed to the unfamiliar/unknown individuals or possible scrutiny on the behalf of others and will be humiliated or ashamed (Masoudnia, 2008)

REVIEW OF LITERATURE

1.Jones et. al(2014) conducted a study on the topic "social anxiety and self concept in children with epilepsy: A pilot intervention study". Fifteen children with epilepsy and a primary anxiety disorder participated in a CBT intervention for 12 weeks plus a 3-month follow-up visit. Self-concept was also assessed by using the Piers-Harris Children's Self-Concept Scale II (Piers-Harris 2).This pilot investigation utilized an evidenced based CBT intervention to reduce symptoms of social phobia, which in turn provided a vehicle to address specific social skills improving self-concept in children with epilepsy

2.Schroeder (1995) conducted a study on the topic "Self-concept, social anxiety, and interpersonal perception skills". Sixty-eight undergraduate psychology students (36 females and 32 males, average age = 18.8 yr.) were selected as samples. negative correlations between both shyness social anxiety and nonverbal decoding scores, and positive correlations between shyness and measures of test anxiety. Results are interpreted in light of cognitive conceptions of social anxiety and its role in decoding nonverbal communication.

3.Stopa &Bryant(2004) conducted a study on the topic "Memory perspective and self concept in social anxiety: An exploratory study "A total of 60 undergraduate and postgraduate students from university of Southampton were selected as samples. Self concept and memory questionnaire, Fear of negative evaluation scale, self consciousness self revised were used for data collection. The high socially anxious group scored significantly higher than low socially anxious group on public self conscious.

METHODS

Problem

Is there any relationship between self concept and social anxiety among adolescents

Aim

To study the relationship between self concept and social anxiety among adolescents and to study the significant difference in the self concept and social anxiety among adolescents based on gender

Objectives

1.To study the relationship between self concept and social anxiety among adolescents

2. To study the level self concept and the level social anxiety among adolescents across gender

Variables

Independent variable :Gender

Dependent variable: self concept and social anxiety

Hypothesis

1.There will be no significant difference in the self concept among adolescents based on gender

2.There will be no significant difference in the social anxiety among adolescents based on gender

3.There will be no significant correlation between self concept and social anxiety among adolescents

Research design

The study was the quantitative type and used a correlational design to determine if there is a relationship between self concept and social anxiety among adolescents, The study also adopted a between-group design to assess the self concept and social anxiety among adolescents based on gender.

Research sample

Purposive sampling method was used for this study. The study sample was consisted of 100people out of which 50 were males and 50 were females . The sample was equally taken from the population by the basis of gender. The sample has been taken from Kerala. The sample belonged to the different gender, religious, family type, area of residence, year of experience status groups.

Sampling criteria

Inclusion criteria:

1.willingness of participants via online

2.adolescents at the age of 11 to 20

Exclusion criteria:

1.Other than adolescents

2. Participants those who having mental retardation, physical problems

Tools

The following tools were administered for collecting the required data

1.socio demographic details

2Moshin's self concept inventory (Moshin, 1979)

3.Leibowitz Social Anxiety Scale (LSAS) (Michael Leibowitz, 1987)

Procedure

Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. The socio demographic data sheet, Moshin's self concept inventory (Moshin, 1979) ,Leibowitz Social Anxiety Scale (LSAS) (Michael Leibowitz, 1987)were given to the sample through online with proper instructions one after the other. Responses were collected from the participants. The scoring for both the assessments was done and interpreted according to the manual.

Analysis of data

The collected data were analyzed using following statistical tests. The statistical analysis was carried out using the Statistical package for social science (SPSS) version 20 was used for analysis.

1.Mean, Standard deviation

2.t-test

3.Pearson product moment correlation.

Ethical issues

1.collected data's only used for research purpose

2.confedentiality of collected information was maintained throughout the study

RESULTS

Data analysis and interpretation

The main purpose of the present study was investigating the Self concept and social anxiety among adolescents. For this purpose investigator formulated three different hypotheses. Results are shown in below given tables.

Table 1

Shows t-ratio for male and female on self concept and social anxiety

Variable	Gender	N	Mean	SD	t	df	Sig
Self concept	Male	50	32.0588	7.69262	1.508	98	.135
	Female	50	29.7143	7.85016			
Social anxiety	Male	50	40.8824	21.78132	-3.366	98	.001
	Female	50	58.3265	29.59546			

The above table shows that there is a significant difference in the social anxiety among adolescenadolescents also there is no significant difference in the self concept among adolescents. Hence the first hypothesis is accepted and second hypothesis rejected. Male have higher level of self concept than female counterparts and female have higher level of social anxiety than male counterparts

Table 2

Shows correlation between the variables

		Self concept	Social anxiety
Self concept	Pearson correlation	1	-. 330
	Sig(2 tailed)		.001
	N	100	100
Social anxiety	Pearson correlation	-.330	1
	Sig (2 tailed)	.001	
	N	100	100

Table 2 shows that there is no significant correlation between Self-concept and social anxiety among adolescents .Hence the 3rd null hypothesis accepted and there is a negative correlation between self concept and social anxiety

SUMMARY AND CONCLUSION

In adolescence, teens continue to develop their self concept. Their ability to think of the possibilities and to reason more abstractly may explain the further differentiation of self during adolescents. Social anxiety in adolescents is associated with considerable impairment that persists through to adulthood. The aim of the study is to find the relationship between self concept and social anxiety among adolescents. The data were collected through purposive sampling techniques and there were 100 samples (50 males, 50 females) . The tools used for the study was socio demographic data sheet, Moshin's self concept inventory , Leibowitz Social Anxiety Scale. To analysis the

descriptive statistics, mean and standard deviation were used. To find the gender difference independent sample t-test was used and Pearson's product moment correlation was used

Major findings

1.There is no significant difference in self concept among adolescents based on gender

2.There is a significant difference in social anxiety among adolescents based on gender

3. There is a negative correlation between self concept and social anxiety among adolescents

4.Male have higher level of self concept than female counterparts and female have higher level of social anxiety than male counterparts

Limitations

 1.study was done on a small sample

2.Since the study was conducted by online survey, the seriousness with which participants answered the questions cannot be verified

Implications

As the results of the study indicates female have high level of social anxiety when compared to male similarly female have low level of self concept compared to male counterparts so we can use some intervention program to the female participants

Scope

It can be done in large population

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