

Social Anxiety among Adolescent.

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Abstract

The present research focused on gender differences in social anxiety. The study sample was BHMS first year Muslim student in urban colleges. The sample was randomly selected from Aurangabad district. The total no of student boys 30 and girls 30. The Boys mean 54.27 and girls mean 59.33. The t value of social anxiety among Adolescent is 2.647. The df was 58 at 0.05 level table value is 2.00 and at 0.01 level table value was 2.66. Our obtained t value was 2.647. So it was statistically significant at the level of 0.05. The results indicated that there was significant difference in the study of social anxiety among adolescents. Researcher found more social anxiety in BHMS first year Muslim girls than in boys.

Keywords: Social Anxiety, Liebowitz Social Anxiety Scale.

Social Anxiety is a strong fear of being judged by others and of being embarrassed. This fear can be so strong that it gets in the way of going to work or school or doing other everyday things. Everyone has felt anxious or embarrassed at one time or another. For example, meeting new people or giving a public speech can make anyone nervous. But people with social Anxiety worry about these and other things for weeks before they happen.

People with social Anxiety are afraid of doing common things in front of other people. For example, they might be afraid to eat or drink in front of other people. Most people who have social Anxiety know that they shouldn't be as afraid as they are, but they can't control their fear. Sometimes, they end up staying away from places or events where they think they might have to do something that will embarrass them. For some people, social Anxiety is a problem only in certain situations, while others have symptoms in almost any social situation. Social Anxiety sometimes runs in families, but no one knows for sure why some people have it while others don't. Researchers have found that several parts of the brain are involved in fear and anxiety. By learning more about fear and anxiety in the

brain, scientists may be able to create better treatments. Researchers are also looking for ways in which stress and environmental factors may play a role. Social Anxiety affects adults, which usually begins in childhood or early adolescence. There is some evidence that genetic factors are involved. Social Anxiety is often accompanied by other anxiety disorders or depression. Substance abuse may develop if people try to self-medicate their anxiety.

Chris Hayward, Kimberly A. Wilson, Kristy Lagle,, Helena C. Kraemer, Joel D. Killen, and C. Barr Taylor,(2008) they studied in Department of Psychiatry and Behavioral Sciences, Stanford California as research on "The developmental psychology of social anxiety in adolescents." Structured diagnostic interview were obtained from biological parents of 770 participants. finding indicate Parent-reported, childhood negative effect, shyness, and chronic illness as well as parental panic disorder or agoraphobia were associated with adolescent social anxiety. Parent-reported childhood shyness was a stronger predictor of adolescent social anxiety in females compared to males. This study provides support for a multi-factorial and developmentally informed understanding of adolescent social anxiety.