Social Interaction anxiety and self-esteem among Kashmir university students

Nelofar Bashir[1]; Shawkat Ahmad Shah[2]

Research scholar[1]; Associate professor[2]

P. G Department of psychology, university of Kashmir

Abstract:

We the social beings are always in emotional need for social communication, but this process is not easy for all. Factors like, fear of rejection, criticism, lack of self-confidence, etc. makes people feel anxious in social situations. This study was carried out to examine the relationship between social interaction anxiety and self-esteem among university students. The sample of the study consists of 202 students from various departments of Kashmir University selected by random sampling method. Social interaction anxiety scale (SIAS) developed by Mattick and Clarke (1998) and Rosenberg's self-esteem scale (1965) were used to collect data. The collected data was analysed by various statistical techniques like correlational analysis, regression analysis and comparative analysis. The results of correlational analysis revealed that there is a negative correlation between social interaction anxiety and self-esteem. The regression analysis revealed that 23% of variance in self-esteem can be attributed to social interaction anxiety. The results of comparative analysis revealed that there is no significant mean difference in social interaction anxiety and self-esteem with respect to gender and residence.

Keywords: Social interaction anxiety, self-esteem, Kashmir university students

Introduction:

A disorder called social phobia or social anxiety disorder is developed by anxiety in severe cases (American psychiatry Association, 2013). This disorder results in a continuous fear of social situations in which person may feel humiliated when allowed to interact with unfamiliar people or under observation of others (Ghaedi et al., 2010). Social interaction anxiety may be perceived by the person as unreasonable, so overcoming it can be quite difficult. While confronted with such situation like, fear of speaking in public, eating or taking a test in the presence of others, using public rest rooms, attending a social engagement alone, interacting with the opposite sex or with strangers, making complaints, and becoming the centre of attention, the person may experience marked anticipatory anxiety and will try to avoid it (Yidebeck, 2011). According to Mattick and Clarke (1989) social interactional anxiety is severe distress when starting and maintaining conversations with friends, strangers, or probable mates. Mattick and Clarke (1989) conceptualized social anxiety as occurring in two similar types of situations, those in which the person interacts with others and those in which the person may be observed by others. In psychology, self-esteem is an overall emotional evaluation of a person and his or her own worth. The self-concept is what a person thinks about his or her self, self-esteem is the positive or negative evaluations of the self (Smith & Mackie, 2014).

Students leaving home to enter university may find it difficult to achieve immediate personal support. Studies have shown that increasing anxiety decreases self-esteem (Shepherd & Edelman, 2009). Izgic et.al (2004), while, studying social phobia among university students and its relation to self-esteem and body image in turkey found that there is a significant negative relationship between the social phobia and the student's self-esteem. Azar et al. (2010), who studied the prevalence of anxiety and its relationship with self-esteem among zabol university students in Iran, and he revealed that self-esteem decreases with increasing anxiety. A correlational study conducted by Ahmad et al. (2013), which consisted of 210 adolescents, reveals that there is a negative correlation between self-esteem and social anxiety. Increasing levels of social anxiety was associated with reduced academic performances and decreased self-esteem (Ganapathi, Duraimurugan,& Kokila ,2017).

Objectives:

Keeping the need and purpose in mind the following research objectives were formulated:

I.   To study the relationship of social interaction anxiety and self-esteem among Kashmir university students.
II. To study social interaction anxiety as determinant of self-esteem among Kashmir university students.
III. To compare social interaction anxiety and self-esteem among Kashmir university students with respect to gender.
IV. To compare social interaction anxiety and self-esteem among Kashmir university students with respect to residence.

Methodology:

Tools:

The following tools were used. Their reliability, validity and objectivity mentioned in their respective manuals were considered as criteria.

1. **Social interaction anxiety scale (SIAS):** The scale was developed by Mattick and Clarke (1998). It is a 20 item self-report scale that measures distress when meeting with others that is widely used in clinical settings and among social anxiety researchers. The SIAS is scored by summing the ratings for 20 items and each item is rated on a 5 point scale ranging from 0 to 4.

2. **Rosenberg's self-esteem scale (1965):** It is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about self. The scale is believed to be uni-dimensional. All items are answered using a 4-point likert scale ranging from 0 to 3.

Sample: The sample of the present study was 202 students from various departments of university of Kashmir**.**

Results and Interpretation:
After collecting the data, the scoring of the obtained data was done according to the manuals. Relevant statistical tests like correlation analysis, regression analysis and t-test were applied.

Table 1: Correlation between Social interaction anxiety and Self-esteem

Variable	Self-esteem	Sig
Social interaction anxiety	-.482**	0.01

As per the above table, Social interaction anxiety and Self-esteem have significant negative correlation (-.482**).

Table 2: Showing multiple regression analysis of Social interaction anxiety and Self-esteem.

Multiple regression analysis (ANOVA summary)

	Sum of Squares	df	Mean Square	F	Sig.
Regression	848.838	1	848.838	60.633	.000^b
Residual	2799.920	200	14.000		
Total	3648.757	201			

Multiple regression analysis (summary of predictor variables)

	Unstandardized coefficients		Standard coefficient	T	Sig.
	B	Std. Error	Beta		
(Constant)	21.822	.669		32.628	.000
SAI	-.179	.023	-.482	-7.787	.000

R^2=.233

The above table revealed that 23% of variance in Self-esteem can be attributed to social interaction anxiety. (R^2=.233, P≤0.001).

Table 3: Mean difference in social interaction anxiety and self-esteem in University students with respect to gender.

Variable	Gender	N	Mean	SD	df	T value
Social interaction anxiety	Male	102	25.4706	10.86525		
	Female	100	27.9300	11.95467	200	1.531
Self-esteem	Male	102	16.7843	3.97424		
	Female	100	17.2900	4.54005	200	.843

$**P ≤ 0.01$ level

The result of the analysis as presented in table 3 indicate that there is no significant mean difference in social interaction anxiety (t = 1.531, P =.001) and self-esteem (t= .843, P=.001) with respect to gender.

Table 4: Mean difference in social interaction anxiety and self-esteem in University students with respect to their residence.

Variable	Residence	N	Mean	SD	df	T value
Social interaction anxiety	Rural	151	27.1656	11.51314	200	1.019
	Urban	51	25.2745	11.27666		
Self-esteem	Rural	151	16.8543	4.13344		
	Urban	51	17.5686	4.61846	200	1.035

$**P ≤ 0.01$ level

The result of the analysis as presented in table 4 indicate that there is no significant mean difference in social interaction anxiety (t = 1.019, P =.001) and self-esteem (t= 1.035, P=.001) with respect to their residence.

Discussion and conclusion:

The present study attempted to investigate the relationship of social interaction anxiety and self-esteem among the students of Kashmir University. The results of the present study showed that there is a significant negative correlation between social interaction anxiety and self-esteem. The result is in line with number of studies by (Leary, & Kowalski, 1995; Forehand, Nousiainen, 1993; Bryant, & Trower, 1974; Moutier, & Stein, 1999), which reported that there is significant negative correlation between self-esteem and social anxiety. The regression analysis revealed that 23% of variance in self-esteem can be attributed to social interaction anxiety. The present study found there is no significant difference between male and female

university students in terms of social interaction anxiety. This is consistent with studies (e. g., Baños et al., 2007; Stewart & Mandrusiak, 2007), suggesting that there are no reliable gender difference in social anxiety. The present study further found there is no significant difference between male and female university students in terms of self-esteem. The result is in line with study by Afzali, & Kermani, (2016) showed that there is not any statistically significant difference in self-esteem between male and female students. The present study also revealed that there is no significant difference between rural and urban in terms of social interaction anxiety. The present study also revealed that there is no significant difference between rural and urban in terms of self-esteem. The findings are in line with study by (Joshi, & Srivastava, 2009), which indicated that there were no significant differences with regard to self-esteem of rural and urban adolescents. The need of the hour is that universities should organise awareness programmes, seminars, workshops to boost self-esteem of students, which may reduce their social interaction anxiety.

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