

ROLE OF SHYNESS AND MENTAL HEALTH AMONG SECONDARY SCHOOL STUDENTS. - A STUDY IN TENALI TOWN, A.P.

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Abstract:

Shyness is the feeling of apprehension, lack of comfort or awkwardness especially when a person is around other people. Shyness can be a characteristic of people who have low self-esteem. Stronger forms of shyness are usually referred to as social anxiety. Mental health is a state of well being in which the individual realizes his or her own abilities can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community. This study is conducted on a sample of 100 students out of 50 boys and 50 girls selected from Secondary schools Tenali. The descriptive survey method is used for data collection, using Mental Health inventory and shyness scale. The finding of the study reported that there is no significant difference between male and female students on mental health. There is significant difference between male and female students on shyness; and also there is significant relationship between shyness and mental health among adolescents.

Key words: Shyness, awkwardness, etc.,

Introduction:

Shyness is a feeling of apprehension and discomfort which is experienced by everyone to some extent in her/his life. It becomes problematic when a person is unable to cope and overcome shyness in daily routine which upsets personal social, professional life. The major behavioral components of excessive shyness in adolescents are as follows: difficulty talking, stammering, stuttering, blushing, shaking, swatting hands when with other people, difficulty in thinking of things to say to people, lack of outgoing mannerism such as good eye contact, reluctance to play with other kids to go to school, to visit relatives and from their environment (Harris, 1984).

Causes for shyness in Adolescents:

Shyness can have many different causes. Majority of causes are related to how these adolescents are nurtured while growing up.

Mental health:

Mental health is a positive concept related to the individual's social, emotional and psychological well being. The concept of mental health is culturally defined, but generally relates to the enjoyment of life, ability to cope with daily stresses, sorrows and sadness. The fulfillment of the goal and potential and a sense of connection to others. Therefore, mental health is an important aspect in individual's well-being and health in general.

Objectives of the study:

1. To study the relationship between shyness and mental health.
2. To study the difference between boys and girls at secondary school level on shyness scale.
3. To study the difference between boys and girls at secondary school level on mental health.

Review of Literature:

P. J. Cooper and M.Eke (1999) conducted a study entitled "Childhood shyness and Maternal Social Phobia"- A community study. To examine the prevalence of maternal affective disorder in a community. Compared with mother of the children in both comparison groups. The mothers of the children who were purely shy had a significantly raised life time rate of anxiety disorder in general and social phobia in particular.

Hypothesis:

1. There will be a significant relationship between shyness and mental health.
2. Girls are more mentally healthy than boys.
3. Girls are more shy when compare to boys.

Methodology:

The descriptive approach is used in the study.

Tools used:

1. Mental health Inventory (NHI) - Jagdish and Srivastav, 1983)
2. Shyness scale: J.M. & Melichor, LA (1985).

Statistical Analysis:

Once the data has been collected from the personnel, it requires certain kind of statistical treatments, such as mean, standard deviation, correlation and t-test.

Table - I

Correlation between Mental Health and Shyness.

Variable	N	Mean	SD	Correlation	Level of correlation
Mental Health	100	135.33	8.12	0.0579	Positive correlation
Shyness	100	60.24	6.08		

From the above table it was found that mental health had positive correlation with shyness.

Table - II

Secondary school student's shyness levels in terms of gender.

Gender	N	Mean	SD	t-test	Significant
Male	50	59.8	6.00	1.115	Significance
Female	50	60.68	6.13		

More shyness among girls when compared to boys.

Table – III

Gender means standard deviation and t-value of mental health of secondary school students.

Gender	N	Mean	SD	t-test	Significant
Male	50	134.84	8.82	0.843	Not Significance
Female	50	136.22	7.30		

The boys and girls students are found to have similar level of mental health. The compared t-value between mean differences is 0.843 which is not significant at 0.05 levels.

Results & conclusion:

➤ It was found that the shyness had positive correlation with mental health. Correlation value (r) between variables shyness and mental health is 0.0579. It means there is a significant relationship between shyness and mental health.

- When t-test was applied, it reported t-value 0.717 found to be significant difference. This means girls are more shy when compared to boys.
- When t-test was applied to test the significance of mean differences between these groups t-value is 0.843 found to be no significant difference. This means mental health for boys and girls is similar.

Conclusion:

Present study reveals that girls and boy students are found to have similar level of “Mental” health where as girls had more shyness than boys. There is a positive correlation between shyness and mental health of secondary schools of Tenali.

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