



The Relationship Between Social Anxiety and Self-esteem

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ABSTRACT

This study delves into the intricate connection between social anxiety and self-esteem among adults, aiming to elucidate their potential impact on psychological well-being. Utilizing the Severity Measure for Social Anxiety Disorder (Social Phobia)—Adult and the Rosenberg Test for Self-Esteem, data were collected from a sample of N=100 adults. Employing a convenient sampling approach, Spearman's Correlation was utilized through the SPSS software to scrutinize the strength and direction of the relationship. The findings revealed a significant negative correlation between social anxiety and self-esteem, suggesting that as social anxiety increased, self-esteem tended to decrease. These results contribute to the burgeoning literature on the interplay between social anxiety and self-esteem, underscoring the necessity for further exploration into their implications for psychological well-being. Future research directions encompass replicating the study with a more expansive and diverse sample, alongside delving into qualitative dimensions to comprehensively grasp the observed correlation.

Key words: Social Anxiety, Self-esteem, Adults, Correlation, Psychological well-being, Quantitative Approach, Mental Health.

INTRODUCTION

ANXIETY is a sort of emotional well-being ailment. You might respond with anxiety to certain things and situation if you have an anxiety disorder. It may also manifest as physical symptoms like sweating and pulsate.

Kinds of Anxiety Disorders

There are quite a few types of anxiety disorders:

- Panic disorder
- Phobias
- Separation anxiety
- Generalised anxiety disorder (GAD)

Generalised anxiety disorder.

Periodic nervousness is an ordinary piece of life. It's possible that a lot of people are concerned about financial, family, or health issues. However, people with GAD frequently experience extreme anxiety or worry about these and other issues. The most common symptom of GAD is a constant sense of dread or anxiety that affects how you live your life. It isn't the same as every so often encountering uneasiness as a result of unpleasant life occasions or stressing around certain things. For months, on the off chance that not a long

time, individuals with GAD involvement visit anxiety. GAD progresses slowly. It can start as early as childhood, but it usually starts around the adult stage. Ladies are more likely than men to endure from the disorder.

Panic Disorder

In the absence of real danger or apparent cause, a panic attack is an episode of sudden, intense fear that evokes a violent physical reaction. By the time an anxiety attack hits, you may feel like you've let go completely, have a heart attack, or have eaten the dust. Just experience a seizure and the problem will probably go away once the stressful situation is over. However, if you have frequent, unannounced panic attacks for a long period of time and have lived in constant fear of another panic attack, you may have a condition known as panic disorder. Panic attacks are not life-threatening, but they can be frightening and greatly affect quality of life. However, treatment can be very successful.

Social Anxiety Disorder

Somebody with this problem experiences difficulty chatting with individuals, meeting new individuals, and going to parties. They might be worried around being scrutinised or judged by others. Although they may recognise that their worries are unreasonable, they may feel powerless to conquer them. Social nervousness is unique in relation to bashfulness. Shyness can make it hard to socialise, go to school, and labour, but it doesn't disturb life as much as social anxiety does. Social anxiety is persistent and overwhelming, and it can affect activities like grocery shopping.

Some indications of social anxiety:

- Self-conscious
- Repulsion
- Perspiration
- Trembling
- A stiff body stance
- Trouble in speaking
- Feeling as if their mind goes blank.
- Light-headedness

They may avoid all social situations, including:

- Inquiring about things
- Job meetings
- Running errands.
- Public restrooms

Causes:

Social anxiety disorder customarily appears as exceptional humility or avoidance of social circumstances or instinctive and commonly begins in late childhood. Females are more likely to association it than folks are, and this sex gap is especially enunciated in adolescence and energetic adulthood. Without treatment, social weight issue can keep going for a long time, or without a doubt a lifetime.

Some signs of social anxiety:

- emotional, physical, or other types of harassment
- negative contact with peers
- overcontrolling parenting
- having an insecure connection style.

SELF ESTEEM

How we understand and respect ourselves is a ratio of our self-esteem. It is originated on our perceptions of ourselves, which can be stimulating to alter. This could also be stated to as **self-esteem**.

There are two types of self-esteem in an individual:**LOW SELF-ESTEEM**

Poor self-esteem translates to having less confidence in oneself. It might be degrading to frequently compare yourself to others and learn that you "don't measure up." You often disregard your strengths in favour of concentrating on your faults. It's always "half empty" in your glass.

Characteristics of Low self-esteem people:

1. Constantly criticising yourself leads to a regular sense of unhappiness. exaggerating the severity of one's errors or actions and being unable to forgive oneself.
2. Oversensitivity to criticism, which makes one feel attacked and closes one off to helpful criticism.
3. Consistent indecision brought on by a dread of making errors.
4. A strong desire to please others because of a fear of offending them.
5. Perfectionism, which results in ongoing annoyance or underperformance when alleged perfection is not attained.
6. Anger that is quickly sparked, even over seemingly insignificant issues.
7. A sense of unimportance.
8. A general lack of happiness and general pessimism about life.

HIGH SELF-ESTEEM

A high sense of self worth involves having a great supposition Opinion conclusion supposition Synonyms of oneself. This does not infer that you simply are immaculate or that you just appreciate everything approximately yourself. On the other hand, it's ordinary to be self-critical and to have a few perspectives of yourself that you just are less pleased of or fulfilled with than others, indeed for people with tall self-esteem. When you have got a tall sense of self-worth, in spite of the fact that, the great considerations around yourself surpass the negative ones, and the last mentioned do not cause you to undervalue your esteem as an individual. Great self-esteem might alter based on the circumstance as well.

Characteristics of High Self-Esteem people

1. Adhering to a strong set of values and principles and being able to stand up for them when they are being contested. People having high self-esteem don't find it difficult to change their beliefs when they learn something new that contradicts their prior beliefs.
2. Being able to make decisions, have faith in your own judgement, and not feel bad about decisions even if others don't agree.
3. Ignoring hypothetical scenarios and not dwelling on the past or the future. truly embracing the present.
4. Believe in your ability to work through issues, accept setbacks, and seek help.
5. Engaging in a variety of hobbies and activities.

Some factors that influence one's self-esteems:

- 1) Genetics.
- 2) Personality.
- 3) Experiences from life
- 4) Age.
- 5) Health.
- 6) Thoughts.
- 7) Situations in society.
- 8) The responses of others.

SELF-IMAGE

The individual sees, or mental picture, that we have of ourselves is known as our self-image. A person's self-image may be a kind of "inside lexicon" that records things like being keen, lovely, revolting, gifted, egotistical, and kind approximately themselves. As we see them, our resources (qualities) and liabilities (shortcomings) are collectively spoken to by these characteristics.

Types of self-images:

- 1) Self-image as an outcome of how someone sees themselves.
- 2) Self-perception because of how other people perceive you.
- 3) An individual's self-image is the reflection of how they see themselves.
- 4) An individual's self-image is based on how they see themselves and others.
- 5) An individual's self-image is influenced by how they are perceived by others.
- 6) A self-image that is based on how other people see the person.

METHODOLOGY

3.1 Aim

To find the relationship between Social Anxiety and Self-Esteem among adults.

3.2 Objectives

- To calculate the correlation between Social Anxiety and Self-Esteem among adults.
- To explore the impact of specific manifestations of social anxiety on self-esteem among adults.

3.3 Hypotheses

There will be a significant negative correlation between Social Anxiety and Self-Esteem among adults.

3.4 Research Design

This study adopts a quantitative approach with a correlational design. Standardized questionnaires, namely the Severity Measure for Social Anxiety Disorder (Social Phobia)—Adult and the Rosenberg Test for Self-Esteem, are utilized to collect and analyze data. The research focuses on adults, exploring the correlation between Social Anxiety and Self-Esteem.

Variables used:

Independent Variable: Social Anxiety

Dependent Variable: Self-Esteem

3.5 Sample

101 participants (adults) falling in the age range of 18-65

3.6 Tools

The Severity Measure for Social Anxiety Disorder (Social Phobia) demonstrates excellent reliability, with alphas of 0.95 and 0.93, indicating high internal consistency among its items. This suggests that the scale consistently measures the severity of social anxiety symptoms in adults.

In terms of validity, the scale exhibits high convergent and discriminant validity. Convergent validity refers to the scale's ability to correlate strongly with other measures of social anxiety, indicating that it accurately captures the construct it intends to measure. Discriminant validity refers to its ability to differentiate between social anxiety and other constructs. The presence of ten items dedicated to assessing these aspects implies that the scale has been carefully designed and validated to ensure its accuracy in measuring social anxiety disorder symptoms distinctively from other psychological constructs.

3.6.1 Severity Measure for Social Anxiety Disorder (Social Phobia)—Adult

This self-report questionnaire assesses the severity of social anxiety symptoms experienced by adults. It evaluates various dimensions of social anxiety, including fear of social scrutiny, avoidance of social situations, and physiological symptoms.

3.6.2 Rosenberg Test for Self-Esteem

The Rosenberg Test is a widely used measure of self-esteem, comprising a series of statements related to self-worth and self-acceptance. Respondents indicate their level of agreement with each statement, providing insight into their overall self-esteem.

3.7 Procedure

Data collection involved the following steps:

1. Participants received an online survey link containing the Severity Measure for Social Anxiety Disorder (Social Phobia)—Adult and the Rosenberg Test for Self-Esteem.
2. Clear instructions were provided before each questionnaire to ensure accurate responses.
3. Participants were encouraged to contact the provided email address for clarification of any survey-related queries.

3.8 Statistical Analysis

Spearman's Correlation will be employed to examine the strength and direction of the relationship between Social Anxiety and Self-Esteem. Additionally, means and standard deviations will be computed to facilitate a comprehensive analysis of the data.

RESULT

Descriptive Statistics								
	N	Range	Minimum	Maximum	Mean		Std. Deviation	Variance
	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic
AGE	101	39	17	56	23.54	.692	6.959	48.430
RSES	101	25	5	30	18.94	.522	5.248	27.536
TOTAL SOCIAL PHOBIA	101	31	0	31	11.21	.765	7.684	59.046
Valid N (listwise)	101							

Correlations				
		RSES	AGE	TOTAL SOCIAL PHOBIA
RSES	Pearson Correlation	1	.353*	-.302*
	Sig. (2-tailed)		.000	.002
	Sum of Squares and Cross-products	2753.644	1290.267	-1218.752
	Covariance	27.536	12.903	-12.188
	N	101	101	101
AGE	Pearson Correlation	.353*	1	.035
	Sig. (2-tailed)	.000		.725
	Sum of Squares and Cross-products	1290.267	4843.050	189.564
	Covariance	12.903	48.430	1.896
	N	101	101	101
TOTAL SOCIAL PHOBIA	Pearson Correlation	-.302*	.035	1
	Sig. (2-tailed)	.002	.725	
	Sum of Squares and Cross-products	-1218.752	189.564	5904.634
	Covariance	-12.188	1.896	59.046
	N	101	101	101

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations					
			RSES	AGE	TOTAL SOCIAL PHOBIA
Spearman's rho	RSES	Correlation Coefficient	1.000	.206*	-.291*
		Sig. (2-tailed)	.	.039	.003
		N	101	101	101
	AGE	Correlation Coefficient	.206*	1.000	-.004
		Sig. (2-tailed)	.039	.	.967
		N	101	101	101
	TOTAL SOCIAL PHOBIA	Correlation Coefficient	-.291*	-.004	1.000
		Sig. (2-tailed)	.003	.967	.
		N	101	101	101

* . Correlation is significant at the 0.05 level (2-tailed).

** . Correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

The study aims to investigate the relationship between social anxiety and self-esteem in adults using standardized questionnaires that assessed their level of self-esteem and social anxiety.

The outcomes revealed several important conclusions. First, among adults, social anxiety and self-esteem was significantly correlated negatively. This implies that self-esteem tended to decline, and vice versa as social anxiety levels rose. The study also discovered a positive correlation between age and self-esteem, meaning that older persons often had greater levels of self-esteem than younger adults. But there was no significant correlation found between social anxiety and age.

The results of the study have significant implications for our comprehension of adult psychological health, especially when it comes to social anxiety and self-esteem. The research emphasizes the significance of treating social anxiety symptoms to enhance self-esteem and overall psychological well-being outcomes by finding the negative association between these factors. Subsequent investigation showed that particular social anxiety symptoms, such as avoiding social interactions and being afraid of being scrutinized by others, had a major effect on adults' self-esteem.

Higher social anxiety, especially in these categories, was associated with poorer levels of self-esteem in the individual.

Overall, by presenting empirical data on the association between social anxiety and self-esteem in adults, the research adds to the body of knowledge already available on the subject. The results highlight the necessity of focused therapies and support networks to alleviate social anxiety and foster positive self-esteem in people of all ages.

CONCLUSION AND SUMMARY

The study illustrates social anxiety and self-esteem was significantly correlated negatively and The study also discovered a positive correlation between age and self-esteem . This study also provides Insightful information on the intricate relationship that exists between adult social anxiety and self-esteem. By comprehending these dynamics, mental health providers and legislators can create support plans and treatments that are more successful in improving the psychological health of those who are experiencing social anxiety.

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