



SOCIAL ANXIETY DISORDER IN RELATION TO SELF-EFFICACY AND FAMILY ENVIRONMENT

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Abstract

The study was intended to find out the relation of social anxiety disorder with self-efficacy and family environment. 300 adolescents from Government Senior Secondary Schools located in three districts of Punjab namely Ludhiana, Moga and Patiala were taken as sample. Social Anxiety Disorder Scale developed by the investigator, Self-Efficacy Scale developed by Mathur and Bhatnagar (2012) and Family Environment Scale by Bhatia and Chadha (2012) were used for the collection of the data. The results of the study showed significant negative relation between social anxiety disorder and self-efficacy. A significant negative relation was found between social anxiety disorder and four dimensions (namely cohesion, expressiveness, active-recreational orientation and organization) of family environment. Conflict dimension of family environment was having a significant positive relation with social anxiety disorder. The other three dimensions (acceptance and caring, independence and control) of family environment were negatively related to social anxiety disorder but the value of coefficient of correlation was not significant.

Introduction

In today's competitive world, quality of performance is the key factor for personal progress. Excellence particularly, in academics and generally in all other areas has been seen as an important aspect. Parents desire that their children climb the ladder of performance to as high level as possible. In such an age of hard competition, desire of a high level of achievement puts a lot of pressure on students making their life more confused and insecure to compete which impinge his personality. Exposure to high level of stress leads to deterioration in individual's performance. Only those individuals experience anxiety who believe themselves to be incapable of managing potentially detrimental events (Bandura, 1997). So it becomes necessary for them to develop coping skills to reduce stress. One's belief about oneself can act as moderating variable in the stress-strain relationship. Moreover stress and anxiety are the offshoots of inadequate interaction with the environment in which family environment is the chief cause (Joshi & Tomar, 2006). So family can be a strong source of stability, security and happiness. But when things go wrong within this unit it can become a source of great stress and turmoil. Since adolescence is a period of development and consolidation of the social self (of one's identity and understanding of the self in relation to the social world), teenagers are acutely aware and concerned about what the society thinks about them. But extreme and consistent fear of meeting new people may dramatically limit a person's ability to engage in ordinary social activities. According to US Census Bureau, Internal Database (2004) social phobia, which is also known as social anxiety disorder, is a serious mental health problem in India with an incidence of 2.79% and prevalence of 1.47 %.

Social anxiety disorder

Social anxiety disorder is different than the occasional nervousness or shyness a person may feel before a big social event, and it may dramatically limit a person's ability to engage in ordinary social activities. Reber (1995) defines social anxiety as feeling of unease and discomfort in social settings typically accompanied by shyness and social awkwardness. Further, Social anxiety disorder is marked by a persistent fear of particular social situations in which the individual is subjected to possible scrutiny by others and fears that he or she will act in some way that will humiliate or embarrass. The actual fear itself may be quite circumscribed, such as being unable to speak in public, choking on food while eating in the presence of others, having one's hand tremble when attempting to write in front of others etc.

Self-efficacy

Self efficacy is the belief that one is capable of performing in a certain manner to attain certain goals. It is the belief that one has the capabilities to execute the courses of actions required to manage prospective situation. Unlike 'efficacy', which is the power to produce an effect (in essence 'competence'), 'Self efficacy is the belief (whether or not accurate) that one has the power to produce that effect (Singh, 2013). Bandura (1977) defined perceived self-efficacy as beliefs in one's capabilities to organize and execute the courses of action required to produce given attainments. Self-efficacy beliefs do not refer to someone's capabilities or skills but only to what some believe he or she is capable of under certain circumstances regardless of the capabilities or skills that he or she actually possess.

Family environment

Family is the major environment influence and remains throughout the life as the most persuasive of all the influences (Dink, 1967). It is the family which gives the child his first experience of living. It gets him when he is completely uninformed,



unprotected, before any other agency had a chance to affect him. The influence of the family on the child is therefore immense. The family environment refers to all sorts of moral and ethical values and emotional, social and intellectual climate set up by family members for the wholesome development of an individual. According to Ranhotra (1996) family environment is the complex of social and cultural conditions, the combinations of external or extrinsic physical conditions that affect and influence the growth and development of the member of family, the most intrinsic fundamental social group which includes parents and their children.

Emergence of the Problem

Most of the studies conducted on the relation between social anxiety disorder and self-efficacy are conducted in countries other than India (Treptow, 1999; Moree, 2010; Tahmassian & Moghadam, 2011; Rudy, Davis, & Matthews, 2012; Fitzgerald, 2012; and Tarkhan, Esmaeilpour, & Tizdast, 2013).

Studies conducted on the relation between social anxiety disorder and family environment (Wentzel, 1998; Caster, Inderbitzen, & Hope, 1999; Johnson, Lavoie, & Mahoney, 2001; Knappe, Lieb, Beesdo, Fehm, Höfler, PingLow, Glosterand, & Wittchen, 2009; Bracik, Krysta, & Zaczek, 2012; and Binelli, Ortiz, Muñiz, Gelabert, Ferraz, Filho, Crippa, Nardi, Subirà, & Martín-Santos, 2012) were also to be conducted in other countries.

Not much research work has been done on social anxiety disorder in relation to the proposed variables self-efficacy, and family environment. No study was found by investigator on Indian population, so the proposed study seems fully justified.

Objectives

1. To study significance of relationship between social anxiety disorder and self-efficacy of adolescents.
2. To study significance of relationship between social anxiety disorder and family environment of adolescents.

Hypotheses

1. There exists no significant relationship between social anxiety disorder and self-efficacy of adolescents.
2. There exists no significant relationship between social anxiety disorder and family environment of adolescents.

Method: Descriptive survey method was used in the present study.

Sample: The study was conducted on 300 adolescents selected randomly from Government Senior Secondary Schools located in three districts of Punjab namely Ludhiana, Moga and Patiala. The sample was equally balanced between boys and girls.

Tools

- Social Anxiety Disorder Scale developed by the investigator
- Self-efficacy Scale (2012) by Mathur and Bhatnagar
- Family Environment Scale (2012) by Bhatia and Chadha

Results and discussion

To investigate the significance of relationship of social anxiety disorder with self-efficacy and family environment, Pearson's coefficient of correlation was worked out and the values are given in following tables:

Table 1: Significance of relationship between social anxiety disorder and self-efficacy among adolescents (N=300)

Variables	r
Social anxiety disorder and self-efficacy	-0.136*

*Significant at 0.05 level of significance

Table 1 represents correlation between social anxiety disorder and self-efficacy in adolescents. The value of coefficient of correlation came out to be -0.136, which is significant at 0.05 level of confidence. Social anxiety disorder thus has significant negative correlation with self-efficacy. This leads to rejection of null hypothesis which states that 'There exists no significant relationship between social anxiety disorder and self-efficacy of adolescents'. This finding is well supported by the studies conducted by Moree (2010), Tahmassian and Moghadam (2011), Fitzgerald (2012), Rudy et al (2012), and Tarkhan et al (2013).



Table 2: Significance of relationship between social anxiety disorder and family environment among adolescents (N=300)

Dimensions of Family Environment	r
Cohesion	-0.178**
Expressiveness	-0.159**
Conflict	0.192**
Acceptance and caring	-0.062
Independence	-0.059
Active-recreational orientation	-0.171**
Organization	-0.282**
Control	-0.063

*Significant at 0.05 level of significance

**Significant at 0.01 level of significance

Table 2 reveals that for the adolescents, the value for correlation between social anxiety disorder and family environment I (Cohesion), social anxiety disorder and family environment II (Expressiveness), social anxiety disorder and family environment III (Conflict), social anxiety disorder and family environment IV (Acceptance and Caring), social anxiety disorder and family environment V (Independence), social anxiety disorder and family environment VI (Active-Recreational Orientation), social anxiety disorder and family environment VII (Organization) and social anxiety disorder and family environment VIII (Control) comes out to be -0.178, -0.159, 0.192, -0.062, -0.059, -0.171, -0.282 and -0.063 respectively. The values of correlation between social anxiety disorder and family environment I (Cohesion), social anxiety disorder and family environment II (Expressiveness), social anxiety disorder and family environment III (Conflict), social anxiety disorder and family environment VI (Active-Recreational Orientation) and social anxiety disorder and family environment VII (Organization) are negative and significant and the value of correlation between social anxiety disorder and family environment III (Conflict) is positive and significant. According to the manual of family environment scale low value of family environment III (Conflict) means good family environment where as high value means poor family environment. This dimension thus has positive relationship with social anxiety disorder. The value of correlation of social anxiety disorder with family environment IV (acceptance and caring), family environment V (independence) and family environment VIII (control) comes out to be negative but not significant.

Therefore the hypothesis, ‘There exists no significant relationship between social anxiety disorder and family environment of adolescents is not retained on Cohesion, Expressiveness, Conflict, Active-recreational orientation, Organization dimensions but is retained for Acceptance and Caring, Independence and Control dimensions of Family Environment. The finding is supported by the studies conducted by Knappe, et al (2009), and Bracik, et al (2012)

Implications

The results of the present study show a significant negative correlation between social anxiety disorder and self-efficacy of adolescents. There is need to enhance level of self-efficacy among adolescents because individuals having high self-efficacy are better able to respond flexibly to changes in their social environment and build supportive social networks. The task of exploring the inner abilities of the adolescents lies with school and family. Another important finding of the present study is the significant but inverse relationship of social anxiety disorder with family environment. A warm, congenial, disciplined and supportive family environment helps adolescents to face the difficulties and challenges encountered in the stage of adolescence, whereas the conflicting family environment hampers the psychosocial development of adolescents. Thus families should assist them in the discovery of their ‘selves’ so that the road to their future remains clear to them and they realize the relevance of social world in their lives.

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