

Prevalence of Social Phobia among College Students

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ABSTRACT

The purpose of this study was to examine the prevalence of social phobia among college students. It also aimed to check social phobia with reference to level of gender and Area. The Social phobia questionnaire by Dr.Devendra singh sisodia and Mr.Dhamaendra sharma (2012) was used to collect the data. The sample of the study constitutes 200 college students. The findings of the present study are as follows. There is no significant difference in the mean score of social phobia among the boys and girls college students. There is significant difference in the mean score of social phobia among the urban and rural college students. There is no significant difference in the interactive effect of the mean score of social phobia with regards to the level of gender and area.

Keywords: *Social Phobia, Boy and Girl, Urban and Rural College Students*

The first mention of the term social phobia was made in the early 1900s. At that time psychologists used the term social neurosis to describe extreme shyness. But after extensive work by Joseph Wolpe on systematic desensitization, research on phobias and their treatment took a momentum. The idea that social phobia was a separate entity from other phobias came from the British psychiatrist Isaac Marks in the 1960s which was accepted by the American Psychiatric Association and was first officially included in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM 3). Social phobia a common anxiety disorder in adolescent, and findings from wide range studies suggest that prevalence rates of social phobia among children and adolescents is from 3% to 6.8% in clinical settings and 5% to 9% in community studies surveys.

Symptoms of social phobia-

Social anxiety disorder is characterized by the presence of the following emotional, physical and behavior symptoms (Smith et al, 2016)

Emotional symptoms of social anxiety disorder include - excessive self-consciousness and anxiety in everyday social situations, fear that you will act in ways that will embarrass or humiliate yourself, fear the others will notice that you are nervous. Physical sensations of social anxiety disorder include face, or blushing, shortness of breath, trembling or shaking, racing heart or tightness in chest sweating or hot flashes. Behavioral symptoms avoiding

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social situations to a degree that limits your activities or disrupts your life, poor eye contact, a need to always bring a buddy along with where you go.

Social anxiety can range from a relatively benign, infrequent level of severity to being a major hindrance in everyday life. Further, social anxiety disorder or social phobia are mental health diagnoses used to describe a level of social anxiety that is so distressing, excessive and pervasive that it is significantly interfering with an individual's quality of life. The feared or avoided situations in social phobia can be very narrow and specific, or may extend to the majority of one's interactions with others. Thus, a college-based survey was conducted to assess the prevalence of social phobia among college students.

Objectives

1. To study of the social phobia among the boys and girls college students.
2. To study of the social phobia among the urban and rural college students.
3. To study of the interactive effect of social phobia among the level of gender and area.

Hypotheses

1. There will be no significant difference in the mean score of social phobia among boys and girls college students.
2. There will be no significant difference in the mean score of social phobia among urban and rural students.
3. There will be no significant difference in the interactive effect of the mean scores of social phobia among the gender and area.

Variables

Independent variable:

1. **gender level:** - boys and girls students.
2. **area:** urban and rural.

Dependent variable; social phobia score

Sample

The sample of present study consisted total 200 students out of which 100 were from boys students (50 urban and 50 rural) and 100 from girls students (50 urban and 50 rural).

Table 1 Showing the table of sample distribution

Faculty	Level of Education		Total
	Boys	Girls	
Urban	50	50	100
Rural	50	50	100
Total	100	100	200

Tools

Social phobia analysis questionnaire prepared by Dr. Devendra Singh Sisodia and Mr. Dhmaendra Sharma (2012) was used. This scale consisted with 25 statements. Each item in the test has five options 'strongly agree' 'agree' 'undecided' 'disagree' and 'strongly disagree'. Respondents made tick mark () in the cell below response. There reliability is $r = 0.80$ and validity is $r = 0.75$.

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Procedure

The permission was granted from various colleges for data collection in Sabarkantha district after the establishment of rapport, personal information and the social phobia Inventory (SPI) was administered the data was collected, scored, as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table: 2 The Table Showing the Mean Score of social phobia of boys and girls students

The above table no.1 shows the mean score of social phobia among boys and girls students.

	A (Gender)		'F' Value	Sign.
	A1 boys	A2 Girls		
M	86.96	83.74	0.25	N.S
N	50	50		

The mean score of boys student group is 86.96 and girls students group is 83.74. The 'F' value is 0.25 is significant at 0.05 level. The hypothesis no.1 that "There is no significant difference in the mean score of the social phobia among boy and girl college students" is accepted.

Table: 3 The Table showing the mean score of social phobia of urban and rural college students.

	B (Area)		'F' Value	Sign.
	B1 Urban	B2Rural		
M	101.87	68.82	26.03	0.01
N	50	50		

The above table no.3 shows the mean score of social phobia among students of urban and rural college students. The mean score of students of urban area group 101.87 and students of rural area group is 68.82. The 'F' value is 26.03, which was found to be significant level at 0.01.it can be clearly said that significant difference is existed on social phobia among college students of urban and rural area. Here based on mean score it can be said that college students of urban area have high social phobia than college students of rural area. Because may be urban area students feels somewhere inferior which can create social phobia in them. so There is no significant difference social phobia among college students of urban and rural area; is rejected.

Table: 4 The Table showing the interactive effect of the mean score of Mental Health of gender and faculty

			A		'F' Value	Sign.
			A1	A2		
M	B	B1	100.90	102.87	0.64	N.S.
		B2	73.04	64.63		
N			50	50		

The above table no.4 shows the interactive effect of social phobia among the gender and area. The mean score of boys students of urban area group is 100.90, girls students of urban area group , is 102.87 ,boys students of rural area group is 73.04,girls students of rural area group is 64.63.The 'f' value is 0.64 which was found to be not –significant level at 0.05.The

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hypothesis no.3 that,” There is no significant difference in the interactive effect of the mean scores of social phobia among the gender and area” is accepted.

CONCLUSION

1. There is no significant difference in the mean score of the social phobia among the boy's and girls college students.
2. There is significant difference in the mean score of social phobia among the urban and rural college students.
3. There is no significant difference in the interactive effect of the mean scores of social phobia with regards to the level of the gender and area.

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Conflict of Interest

The author(s) declared no conflict of interest.

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