

## Social Anxiety and Loneliness among Migrant Tibetan Young Adult

Tenzin Sonam<sup>1\*</sup>, Ms. Soumya Simon<sup>2</sup>

### ABSTRACT

This study aimed to investigate correlation between social anxiety and loneliness among migrant Tibetan young adults. The sample consisted of 103 adolescents. UCLA Loneliness Scale and Leibowitz social anxiety scale were employed in the collection of data. Pearson correlation, regression analysis, and the student t-test were used for data analysis. Results revealed a significant positive correlation between social anxiety and loneliness. Furthermore, social anxiety and loneliness were found to be significant. Research suggests that socially anxious and lonelier individuals are particularly susceptible to this problematic. This vulnerability may relate to the perception of fear, judgment and communication problem as a means of interacting, due to providing anonymity, improved sense of social control and decreased risk of negative evaluation, social fears and social rejection.

**Keywords:** *Social Anxiety, Loneliness*

**S**ocial anxiety  
Feeling anxious in social interaction is common among adults. Imagine you're giving a crucial speech ahead of a giant crowd, and you probably did not have abundant time to organize. Would you feel your blood speeding to your face, making you sweat and do you feel your heart will explode out of your chest? Would you worry that you simply would stutter, freeze, or embrace yourself? If thus, would you go along with your speech or avoid matters altogether? The image that you simply feel these unpleasant emotions whenever you're near to create a call, dine in public, or visit a celebration. These styles of reactions is associate everyday expertise once you have social anxiety.

Closing in on social anxiety investigation social anxiety, temperament, affectivity, and social distance (Ellen Andersson & Tora Sjökvist, 2019). According to them, feeling anxious in social interactions is common among adults, and once the anxiety is impairing it may be diagnosed as a social mental disturbance. This thesis aimed to analyze the connection between excessive social anxiety, temperament, emotional measures, and social distance. Experiments were conducted with video game, VR, during a student sample (N=40), screened for low/high social anxiety.

<sup>1</sup>Student, Dept. of Psychology, Kristu Jayanti College, Bangalore

<sup>2</sup>Assistant Professor, Dept. of Psychology, Kristu Jayanti College, Bangalore

\*Corresponding Author

Received: February 06, 2023; Revision Received: April 15, 2023; Accepted: April 18, 2023

### Loneliness

Loneliness is encompassing us when we have a tendency to have fewer social relationships or fewer relationships of ample quality than we would like to possess (Alice M. Eccles, Pamela Qualter, 13. 04.2020) [4]. Loneliness is viewed as associate degree adaptive and necessary facet of human life as a result of the associated negative feelings guarantee reconnection, that strengthens our social affiliation to stay United States safe from the risks of living on the social perimeter. The useful aspects of loneliness diminish once it's intense and prolonged. once that happens, loneliness results in numerous short- and semi-permanent negative health effects.

This is what loneliness appearance like: A mixed-methods study of loneliness in adolescence and young adulthood by Timothy Matthews, Helen L. Fisher, Bridget T. Bryan, Andrea Danese, TerrieE. Moffitt Pamela Quote, liliaceous plant Verity, and Louise Arseneault. Jan 2022. The present study used quantitative and qualitative ways to explore however lonely youngsters square measure seen from others' views, in terms of their temperament, behavior, and life circumstances.

Tibetan refugees from two homelands – Tibetan and the resettlement they left in India or Nepal to come to the United States. He also wonders how Tibetan youth might now express allegiance to their of natnationt and their strong affiliation to Tibetan Buddhism.

'Freedom in exile is the autobiography of his holiness the Dalai Lama of Tibet and Noble Peace prize, winner. The book includes his entire journey, he also gives some details about China's occupation of Tibet. The book talked about seventeen-point peace agreement that happened between Tibet and China. The book will show a man who sacrificed his life for his people, who are actually under threat of extinction. His Holiness has given insight into his life as an ordinary man who suffered a lot, yet come out like a phoenix.

Tibetan refugees in Bharat, in 1959 the lama at liberty from Chinese-occupied Thibet and fled to Bharat, followed by eighty,000 Tibetan refugees. The Indian prime minister, Pandit statesman, helped build land offered for expatriate settlement in many states of Bharat and Kingdom of Nepal, and also the lama established a government in exile at Dharamsala within the chain foothills of Himachal Pradesh.

### *Need and significance:*

Though there have been lots of studies done in social anxiety and loneliness with different variety of population. But there is no study done on a population of Tibetan people so, through this opportunity I would like to take up this population and explore from the data collection. And bring awareness through the variable of social anxiety and loneliness scale questionnaire.

## **METHODOLOGY**

### *Problem*

The present study aims to assess the social anxiety and loneliness among youth of Tibetan.

### *Objectives*

1. To study the level of social anxiety, and loneliness among young adults.
2. To study the relationship between social anxiety and loneliness among young adults.

## Social Anxiety and Loneliness among Migrant Tibetan Young Adult

### *Hypotheses*

- H01: There is no significant correlation between social anxiety and loneliness.
- H02: There is no significant differences in social anxiety and loneliness on gender.
- H03: There is no significant impact of social anxiety on loneliness.

### *Research design*

The present study was conducted as a correlational research design, where two sets of data were collected from the same group to determine whether any relationship between the research variable exist. The variable chosen to study were 'social anxiety' 'loneliness' among young adults of Tibetan. It is to be noted that the correlational research design does not indicate a causation effect for the variables chosen.

### **Operation definition:**

- **Social anxiety-** Persistent, intense fear or anxiety about specific social situations because you believe you may be judged negatively, embarrassed, or humiliated.
- **Loneliness-** tendency to feel, perceive, behave, and think in relatively consistent ways across time and situations, would consider loneliness.

### **Variables**

*The study would have two variables:*

1. Social anxiety, loneliness.
2. Demographic detail:

*Details of the participant in this was as follows:*

1. Name of the participant
2. Age of the participant between 18 to 27.
3. Gender includes male, female, or others.
4. Qualification includes (12th standard, undergraduate, postgraduate, working)
5. State currently they are live.
6. Marital status includes (married, unmarried, separated, live in relationship, divorced)

**Geographical area:** This study was conducted all over the state of India and which was only restricted to Tibetan young adults.

**Sample and technique:** The study sample is made up of 103 of youth of Tibetan in the age group of 18 to 27 years from all the state. The sample was conducted through convenient sampling of non-probability sampling through online google forms.

Instruments:

**1.The Liebowitz Social Anxiety Scale (LSAS)** is a 24-item, self-rated scale used to assess how social anxiety plays a role in your life across a variety of situations. The LSAS was developed by psychiatrist and researcher Dr. Michael R. Liebowitz.

**2. UCLA loneliness scale by Russell, D, Peplau, L. A. & Ferguson, M. L. (1978).** Developing a measure of loneliness. *Journal of Personality Assessment*, 42, 290-294. Under this scale there is A 20-item scale designed to measure one's subjective feelings of loneliness as well as feelings of social isolation.

## Social Anxiety and Loneliness among Migrant Tibetan Young Adult

*Ethics followed during the research:*

1. Informed consent of each participant was acquired.
2. Confidentiality of the research was maintained.
3. The participant was informed before the study that all data collection would be solely used for research purpose.

### **Inclusive criteria:**

The study was only limited to Tibetan young adults from 18 to 27 year. All the participant in this study was literate. It was online survey question for data analyses.

### **Exclusive criteria:**

People with mental health issue were excluded in this study. Disclosures of participant answers were excluded. The study was only limited to certain population.

### *Statistical analysis*

For analysis of the data, correlation, t-test and regression and were performed.

## **RESULTS AND DISCUSSION**

Statistics is the study of the collection, analysis, interpretation, presentation, and organization of data. In other words, it is a mathematical discipline to collect, and summarize data.

*Table 1. Socio demographic detail of the participant with frequency and percentage*

		N	(M)/percentage
<b>Gender</b>	Male	20	19%
	female	82	80%
<b>Age range</b>	18-27	103	1.660
<b>With parents</b>	yes	66	64%
	no	37	35%
<b>STATE</b>	Karnataka	91	88%
	North India	8	7%
	Out of India	2	1%
	South India	2	1%
<b>How long have you been in India</b>	1-10	5	4%
	11-15	18	22%
	16-20	11	33%
	21-25	69	100%
<b>Qualification</b>	PG	25	24%
	UG	57	55%
	12th std	16	15%
	working	5	4%

Table 1 shows the socio demographic details of the participants. Total samples of 103 Tibetan youth between 18 to 27 were collected for the study, which had 20 males and 82 females. Out of 103 participants, only 64% lives with parents and highest numbers of participants were from Karnataka (88%). Further, it shows that only 69 of the participants had been in India for 21 to 25 years and only 4% has been in India for only 1 to 10 years. In qualification, above table shows that 24% of participants were doing PG, 55% in UG, 15% in 12th standard and only 4% of participant were working.

**Table 2 Correlation between social anxiety and loneliness**

Variables	social anxiety	loneliness
Social anxiety	---	.393**

Table 2 shows correlation analyses of social anxiety and loneliness with value of .393. Which indicate that the value of .393 was found to be significant with \*\*P<. 001, which means that there is significant relationship between social anxiety and loneliness.

**Table 3. Independent sample t test of social anxiety and loneliness**

Variable	f	t value	sig	M
Social anxiety	.442	-2.593	.011	-15.3807
loneliness	.077	-1.019	.311	-3.3452

Table 3 shows the independent sample t test of social anxiety and loneliness to determine if there were difference on gender. In social anxiety and loneliness, the p- value is greater than 0.05, as a result there is no significant differences of social anxiety and loneliness on gender.

**Table 4. Linear regression of social anxiety and loneliness**

Variable	Dependent variable	B(β)	F	R square	t value	sig
Loneliness	Social A	.393	18.398	15.4	7.106	.000

Table 4 shows the result of linear regression analyses to assess the impact of social anxiety toward loneliness, from the table it can be interpreted that social anxiety deepens on loneliness at 15.4 level of the data. The value are significant .000 level which is below 0.05 level. There is a significant impact of social anxiety on loneliness

## SUMMARY AND CONCLUSION

### Summary

The objective of the study was to find the relationship between social anxiety and loneliness among youth of Tibetan migrant. The study sample is made up of 103 of youth of Tibetan in the age group of 18 to 27 years from all the state. There are many studies done on social anxiety and loneliness but study in relation with these two variables are very few. Especially with population of Tibetan youth are very limited. The convenient sampling of non-probability sampling was used. The study had used correlation, regression and t test for analyzing the relations between social anxiety and loneliness and the social demographic details. The tools used in the study are Liebowitz Social Anxiety Scale by was developed by psychiatrist and researcher Dr. Michael R. Liebowitz and UCLA scale for loneliness by Russell et al, (1980). For analysis of the data, correlation, t test and regression will be performed between social anxiety and loneliness. As for Ethical issue Informed consent was there for each participant was acquire, Confidentiality of the research was maintained and the participant was informed before the study that all data collection would be solely used for research purpose. For results and discussion part, table 1 shows the social demographic details of the participant, in table 2 it shows the correlation between social anxiety and loneliness. In table 3 it shows the results of significant differences between social anxiety and, in table 4 its shows that the results of if there is impact on social anxiety on loneliness.

### CONCLUSION

- There is significant correlation between social anxiety and loneliness.
- There is no significant difference in social anxiety and loneliness.
- There is a significant impact of social anxiety on loneliness.

#### *Implications*

The study provides an understanding about level social anxiety and loneliness among the youth of Tibetan migrant. Online relationship is the one of the rare communication fields that an individual with social anxiety prefers over loneliness. However, the tendency of the individual with social anxiety by taking advantage of less threatening communication and also overcoming their feeling of loneliness. Moreover, there is various way to bring awareness to reduce this by practicing deep breathing every day, visiting a therapist creating a list of situations that cause anxiety and try to avoid them and setting goals for yourself. Loneliness can be reduced by interacting in a better manner with family and friends. Increasing social contact thus improves the peer relationships.

#### *Limitation of the study*

The study was only limited to specific population which is Tibetan and the study was done in all over the India as many as possible hence the population was small in size which was 103.

Moreover, the sample is not necessarily representative of the entire Tibetan population, and the findings of this study may therefore not be generalizable to other types of people suffering from social anxiety or loneliness. Although it is difficult to conclude that the sample is truly representative of the target population, several indicators may help to evaluate the extent to which it did so. The scale was a suitable optimal method for evaluating their social anxiety and loneliness. However, it should be noted that utilizing an online survey technique might have gained richer or more detailed information. As most of the participants have no idea of this study and it is highly possible for participants to give dishonest answers.

As for the results there were no studies related to the current study which can bring weakness to this study in addition, data was collected over a four 2 months period, which captured only the minimum population using these services. It should be noted that this study is not based on the classes regarding age, sex or marital status and also should note that with the less number of population doesn't determine the exact evidence.

#### *Scope for future study*

Future study should include more diverse and heterogeneous samples, including from non-Tibetan or any other ethnicity, so that the findings can be generalized to a broader spectrum of people. The most remarkable finding of this study is that this is the first study which was done on this population of Tibetans for social anxiety and loneliness.

Considering additional types of social anxiety and loneliness for those who assessed in the current thesis would be useful for enhancing the quality of the research and informing the population to have knowledge about this study. It would also be meaningful for future research to explore which social anxiety and loneliness types are most prevalent in Tibetan culture.

## REFERENCES

- Closing in on Social Anxiety Investigating Social Anxiety, Personality, Affectivity, and Social Distance Ellen Andersson & Tora Sjökvist.
- Matthews, Timothy, et al. "This Is What Loneliness Looks Like: A Mixed-Methods Study of Loneliness in Adolescence and Young Adulthood." *International Journal of Behavioral Development*, 5 Jan. 2021, p. 016502542097935, 10.1177/0165025420979357. Accessed 14 Mar. 2021.
- Shrestha, Prithvi N. "From a Trickle to a Torrent: Education, Migration and Social Change in a Himalayan Valley of Nepal. By Geoff Childs and Namgyal Choedup." *Mountain Research and Development*, vol. 39, no. 3, 9 Jan. 2020, 10.1659/mrd.mm239.1. Accessed 7 May 2021.
- "Social Phobia and Its Impact in Indian University Students." *The Internet Journal of Mental Health*, vol. 6, no. 2, 2010, 10.5580/2072. Accessed 19 Oct. 2019.
- Sundqvist, Amanda, and Jessica Hemberg. "Adolescents' and Young Adults' Experiences of Loneliness and Their Thoughts about Its Alleviation." *International Journal of Adolescence and Youth*, vol. 26, no. 1, 1 Jan. 2021, pp. 238–255, 10.1080/02673843.2021.1908903. Accessed 30 Nov. 2021.
- Verity, Lily, et al. "Tell Me about Loneliness: Interviews with Young People about What Loneliness Is and How to Cope with It." *International Journal of Environmental Research and Public Health*, vol. 18, no. 22, 12 Nov. 2021, p. 11904, 10.3390/ijerph182211904. Accessed 8 Dec. 2021.
- Yli-Länttä, Heta. "Young People's Experiences of Social Fears." *International Journal of Adolescence and Youth*, vol. 25, no. 1, 12 Oct. 2020, pp.

### **Acknowledgement**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Sonam, T. & Simon, S. (2023). Social Anxiety and Loneliness among Migrant Tibetan Young Adult. *International Journal of Indian Psychology*, 11(2), 198-204. DIP:18.01.017.20231102, DOI:10.25215/1102.017