

Research Paper

## A Study on Shyness Among Secondary School Students in Mysore District

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### ABSTRACT

Everyone is shy –It is the inborn modesty that makes us able to live in harmony with other creatures. It is one thing to assert that shyness is related to self – reports of anxiety, self – esteem, fearfulness etc., In secondary school shyness is a psychosocial difficulty and has negative impacts on children’s all-round development and academic performance. This aim is to evaluate the effectiveness of shyness and reducing psychological difficulties and other impacts. A standardized tool developed by Md. Rafi was used to collect the data. The present study was conducted to know the shyness among secondary school students. Samples of 100 students were selected from Mysore district including Government and private school students of 50 each. After all the data analysis and interpretation, it is found that 7% of the students show not so shy whereas 79% of the students are having moderately shy and 14% of the students found to have extremely shy and the results found that there is no significant differences between Boys and Girls secondary school students with respect to their shyness and also there is no significant differences between government and private secondary school students with respect to their shyness.

**Keywords:** *Shyness, Anxiety, Self-esteem, Psychosocial Difficulties*

**E**ducation is the harmonious development of mental, psychological, Spiritual, Physical and social faculties. It helps to develop critical thinking skills, Decision making, problem solving. It is all-round personality development of the child. Education is the key to solve various problems of life. It helps to formation of characters of an individual. Education is an instrument for improving peace, mental and psychological health. It fosters the society through enlightenment and empowerment. Education can be thought of as the transmission of values and accumulated knowledge of the society. Education opens up a world of possibilities for individuals by empowering them with knowledge.

In education we can observe various attitudes in children.

Adjustment is a one of the main problem in school environment. An adjustment is a method used by an individual to compensate for changes in one’s ability or circumstances. Adjustment is a process of finding and adopting modes of behavior suitable to the environment. It helps every individual to adopt some suitable environment or society.

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Adjustment is a one of the behavioral condition balances the every situation. Life is a process of adjustment. During school life, a student as to learn to do co -operate and coordinate with other students and teachers of different religion, different personalities, different culture and traditions.

Maladjustment in children which leads to psychological problems like Anxiety, depression, loneliness, hopelessness, fear, inferiority complex etc, The individual become anxious when they are unable to cope up with daily classroom activities and different kinds of situations. Anxiety is an unpleasant emotional state of an individual. Most people feel anxious may be described as feeling, nervous or worried. It leads to shyness among individuals.

Anxiety, low self-esteem, lack of confidence, lack of physical and social development leads to shyness among individual. Shyness is a form of social anxiety. It is an anxiety disorder which pertains to feelings of emotional discomfort and fear in social situation. Children here shy often have lower academic attainment, poorer performance on tests and are more likely to have difficulty adjusting at school. Students have shyness the avoid sharing their opinion, ideas and they are not mingle with normal students in classroom due to development of adjustment an individual reduces anxiety and shyness. Adjustment in individuals motivates them for success in future.

### ***Need and Importance of Study***

The main aim of the present study is to investigate the status of shyness among secondary school students. The main focus of this study is to investigate the difficulties a shy student has in the classroom. The study goal was to explore the moderation role of child in shyness and adjustment in secondary school. Most of the secondary school students are adolescents, shyness has been found to be more among adolescents and it ranges from mild, moderate to severe levels with the impact debilitating to self development.

Shyness can negatively affect children's school adjustment. Shyness has been linked to several observed problems in school functions. This study is helps to overcome these problems. This study is a valuable to gauge children attitudes towards school because it is important indicator of their broader school adjustment. The purpose of this study was to examine relationships with degree of shyness. Shyness is a significant problem that affects many children, has a multifaceted impact on functioning and can lead to long term negative effects. This study provided the foundation for a much deeper investigation of shyness. The systematic study is required to know the attitude of children. It helps to attain the aims and objectives of education.

This study mainly focuses on investigating shyness among secondary school students. As they don't interact with teachers or peer group and they are not ready to share their thought and ideas. This leads in low self-esteem and self-consciousness among them. Researcher going to study the shyness among secondary school students in Mysore district.

## **REVIEW OF RELATED LITERATURE**

### **STUDIES CONDUCTED IN INDIA**

1. **Dr. Latha.M(2022)** made a study on "A study of shyness and self-esteem among high school students in relation to their academic achievement" among 8<sup>th</sup> standard high school students with a tool containing 26 items. This questionnaire was developed by W. Ray Crozier in 1995. The result was been found that 8<sup>th</sup> standard students with high academic achievement had least shyness score.

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- Ruchi Kulkarni and AnujaDeshpande (2019)** designed a research on “Relationship between Facebook addiction, depression and shyness among college students in Mumbai”. This study was conducted in various areas of Mumbai. It focusing on college students for this study the investigator used revised Cheek and Buss shyness scale. This study indicated Facebook addiction showed significant positive correlation with shyness.
- Dr. Shankarlinge Gowda and Dr. Chandrakanth Jamadar (2015)**. This paper “Assessment of shyness among Tribal and Rural adolescents and its relationship with vocational interest”. In the present investigation 382 children randomly selected for present investigation. The result was been found that adolescents with lower level of shyness preferred more of social and business jobs. Adolescents with higher level of shyness preferred more of scientific, aesthetic and mechanical jobs and least of business and social jobs.
- Gayathri V. Menon, A. Rhimsha Fathima and Sannet Thomas (2012)**. This paper is the “Study on monophobia and shyness among Teenagers”. The sample size was 100 from different parts of Kerala. The sample was elected through online. All samples are teenagers around the age of 15 to 20. As a result this study shows that there are no significant differences in level of shyness among teenagers across gender.
- Lancy D'Souza and Gururaj B Urs** conducted “A study on effects of shyness on the adjustment among high school students”. The study reports effects of shyness on various area of adjustment of high school students. 240 subject were selected through stratified random sampling from 8<sup>th</sup> and 10<sup>th</sup> standards. They were reassessed using shyness questionnaire (Crozier 1995 and Bells adjustment inventory (Bell. 1970). Results revealed that shyness has no differential effect on home and health adjustment.

### STUDIES CONDUCTED IN ABROAD

- Liv.H.Mjelve, Geir Nyborg, and Edwards and W. Ray Crozier (2019)** studies “Teachers understandings of shyness : psychology differentiation for student inclusion among elementary school and grades 1-7 teachers”. With the tool use Wartofsky 1979 and Engstrom 2007. Including concepts such as shyness and material artifacts such as school, curricula in form both teacher. The result was been found that shy children are withdrawn and inward looking. Shy children are anxious and shy children have poor self-esteem.
- Dr. Onukwu Jonathan N and Betty – Ruth Ngozi (2017)** surveyed “Prevalence, Gender and level of schooling differences in secondary school students level of shyness”. The study was carried out in Ikwerre local government area (LGA) of Rivers state. The instrument contained 13 items. The result shows that there were significant differences between shy and non-shy students and differences between male and female students shyness level.
- Ayesha Manzoor and Kiran (2016)** conducted a research in Pakistan on title “level of shyness among the public and private schools adolescents (13-18 years)” from two different types of schooling system. With the tool containing of 14 items for measurement of shyness. We used Mc Croskey shyness scale. The result that there is very minor differences in level of shyness in both schooling system adolescents and both private and public schools adolescents equally scored high level and moderate level of shyness on scale.
- Mary Grace Lao, Tabasum Akseer, Sandra Bosacki and Robert J. Coplan (2013)** made a study on “Self-identified childhood shyness and perceptions of shy

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children : voices of elementary school teachers”. The research was conducted to elementary school teachers from kindergarten to grade 8. The result was been found that self-identified shy participants indicated that their experiences affected their perceptions of the shy students in their classroom.

5. **H.Claire Rowsell and Robert J Coplan (2013)** conducted a study on “Exposing links between shyness, romantic relationship quality and well- being”. Two studies were carried out in study one involving 1159 participants and in study two involving 400 participants of young adults completed self reports of shyness. This study indicates that shyness was lower in participants. However, more positive attachment beliefs attenuated the negative association between shyness and well- being.

### ***Statement of Study***

**“A study on shyness among secondary school students in Mysore district”**

### ***Objective of Study***

1. To access the level of shyness among secondary school students in Mysore district.
2. To study the significant difference between Boys and Girls with respect to their shyness among secondary school in Mysore district.
3. To study the significant difference between Urban and Rural area secondary schools with respect to their shyness in Mysore district.

### ***Hypothesis of Study***

1. There is no significant difference between Boys and Girls secondary school students with respect to their shyness in Mysore district.
2. There is no significant difference between Urban and Rural secondary schools with respect to their shyness in Mysore district.

### ***Variables of Study***

**Main variable: Shyness**

**Background variable:** 1. Gender  
2. Types of schools

## **METHODOLOGY OF STUDY**

Descriptive / Survey method was used to study the “Shyness among secondary school students in Mysore district”.

### ***Sampling Method***

Random sampling technique was used. The students studying in different types of secondary schools affiliated to Karnataka state education department become the total population of study. Population for research will be going to select as per the Morgan table.

### ***Tool Used in The Study***

Researcher used a standardized tool “Shyness scale” Developed by Md.Rafi (2002)” to conduct the research.

### ***Description of the Study***

The total number of items is 25 out of which 18 questions were of positively polarity (Q. No. 1,3,4,5,6,7,8,11,12,14,17,18, 19,20,21,22,24, and 25) and 7 were negative polarity (Q. No. 2,9, 10,13,15,16and 23) scoring is made as follows:

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Response	Usually	Sometimes	Never
Positive	3	2	1
Negative	1	2	3

### *Statistical Technique Used for The Study*

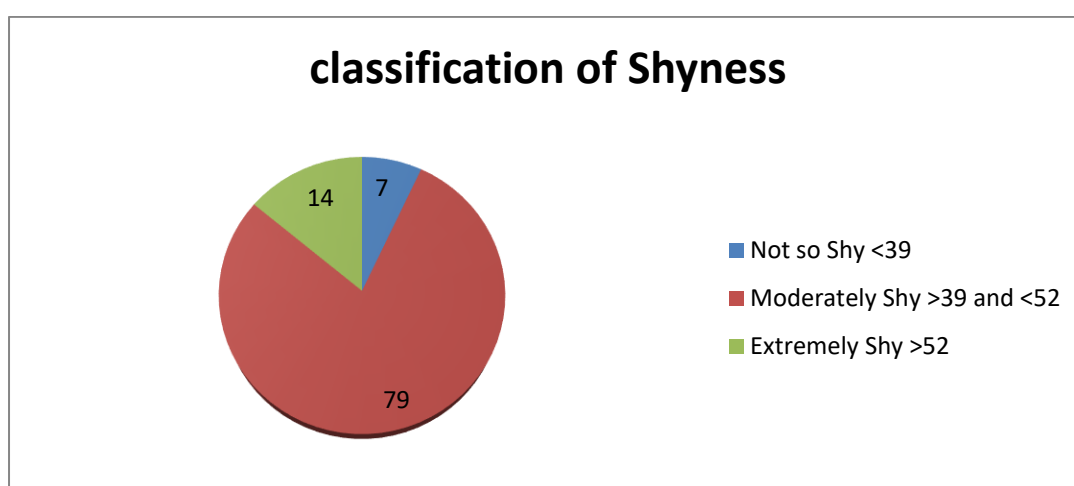
Data was analyzed by appropriated statistical techniques manually and by using SPSS software.

Descriptive statistics: Mean standard deviation and percentage analysis.

Inferential statistics: “t – test”.

### **H1. To access the level of Shyness among secondary school students in Mysore district.**

SI No	Shyness Classification	Range	N
01	<b>Not so Shy</b>	<39	7
02	<b>Moderately Shy</b>	>39 and <52	79
03	<b>Extremely Shy</b>	>52	14



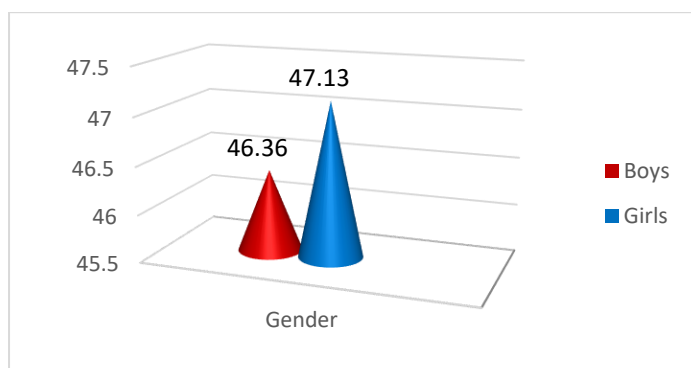
### **H2. To study the significant difference between Boys and Girls of secondary school students with respect to their Shyness in Mysore district.**

SI No	Type of Gender	N	Mean	SD	df	“t”	Remarks
1	Boys	45	46.36	5.90	98	0.6925	<b>Accepted</b>
2	Girls	55	47.13	5.24			

(Standard Error:1.114)

Above table shows that that obtained “t” value is less than that “t” value of df 98 at 0.05 level of significant. That is the null hypothesis is accepted and it is concluded that there is no significant difference between Boys and Girls secondary school students with respect to their shyness in Mysore district.

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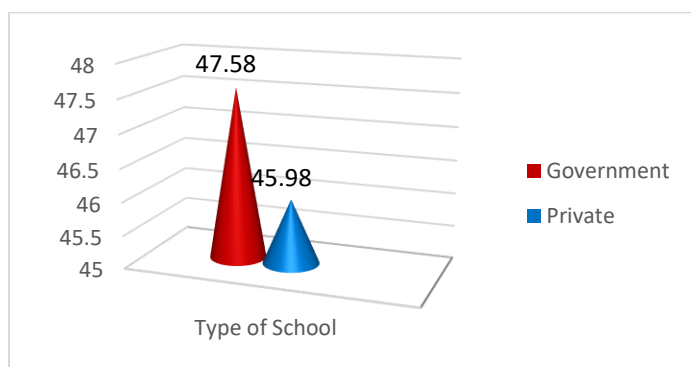


**H3. To study the significant difference between Government and Private secondary school students with respect to their Shyness in Mysore district.**

Sl No	Type of Locality	N	Mean	SD	df	“t”	Remarks
1	Government	50	47.58	5.36	98	1.4549	<b>Accepted</b>
2	Private	50	45.98	5.64			

(Standard Error:1.100)

Above table shows that that obtained “t” value is less than that “t” value of df 98 at 0.05 level of significant. That is the null hypothesis is accepted and it is concluded that there is no significant difference between Government and Private secondary school students with respect to their Shyness in Mysore district.



### **Major Findings of The Study**

- In the totality of the survey 79% of the students are having moderately shyness, 14% students found to have extremely shy and 7% of students show not shy.
- In the comparison between Government and Private secondary school students there is no significant difference in their shyness.
- There is no significant difference between Boys and Girls secondary school students with respect to their shyness.
- There is no significant difference between Government and Private Secondary school students with respect to their shyness.

### **Limitations of the Study**

- This study is limited to only Mysore district.
- This study is limited to secondary school students (8,9 and 10).
- This study is conducted only for government and private schools.
- This study restricted to a one main variable.

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### *Suggestions For Further Study*

- The study can be conducted in any parts of the country.
- The study can be extended to government, private and aided schools individually.
- This study can be conducted for students above secondary school level.

### *Educational Implications*

The result interpreted from the data can be most individuals are shy in certain situations. Some suggestive remedies for shyness are changing learning environment and social environment. Shyness encompasses broad spectrum of behaviors. It's normal for children to sometimes feel shy in new situations. some suggestive remedies for shyness are changing learning environment and social environment and practice social behaviors like eye contact, confident body language and asking questions. Encourage the students to participated in all kinds of activities, Minimizing stress and anxiety. Engage the shy students in special activities and expose the child to new things.

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### *Conflict of Interest*

The author(s) declared no conflict of interest.

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