

## Shyness and Loneliness among students of Ranchi City

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### ABSTRACT

Shyness and loneliness both are very common in human being. Loneliness is often associated with a variety of personality characteristics which interfere with the formation of interpersonal relationship. In many studies it is found that shyness and loneliness are interrelated with each other. The present study was conducted on college students. The sample size consists of 60 college students (30 boys and 30 girls) of Ranchi city. The sample was selected by stratified random sampling. **Objectives:** To know the prevalence of shyness among the sample groups; to know the prevalence of loneliness among sample groups; to find the interrelationship between shyness and loneliness. **Hypothesis:** The prevalence of shyness will be vary among sample groups; the prevalence of loneliness will be vary among sample groups; There will be positive interrelationship between shyness and loneliness. **Methodology:** The sample was selected by stratified random sampling. Cheek and Buss (1981) Shyness scale and David Resell's (1996) loneliness scale were used for data collection. The data were statistically analyzed using percentage analyses, Means, SD, t-test and Pearson 'r'. **Conclusion:** According to research finding prevalence of shyness is high among students as compare to loneliness. Prevalence of shyness is same among boys and girls, but loneliness is slightly high among girls as compare to boys. It is found by the present study that there is no relationship between shyness and loneliness among college students of Ranchi city.

**Keywords:** *Shyness, Loneliness, College Students.*

Researchers have struggled to gain a consensual definition of shyness. The conceptions that exist focus on different characteristics of shyness that different researchers believe to be most important. Leary (1986) defined shyness as “an affective-behavioral syndrome characterized by social anxiety and interpersonal inhibition that result from the prospect or presence of interpersonal evaluation”.

Tomkins (1963), on the other hand, defined shyness as an aspect of the underlying fundamental emotion of shame. Cheek, Melchior, and Carpentieri (1986) proposed that

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## Shyness and Loneliness among students of Ranchi City

shyness is “the tendency to feel tense, worried, or awkward during social interactions, especially with unfamiliar people”.

### *Loneliness*

Loneliness has been increasingly recognized as a major social problem (Schmidt & Sermat, 1983). Lonely people believe that they feel so bad because of insufficient interpersonal relationships. The insufficiency may be quantitative (e.g., too few friends), qualitative (e.g., no deeply intimate relationships), or both. In all cases, the dominant social motive is one of approach. Lonely people want more contacts, whereas shy people want to avoid social situations.

Loneliness is defined by Peplau and Perlman (1982) as "the unpleasant experience that occurs when a person's network of social relations is deficient in some important way, either quantitatively or qualitatively".

### *Significance of the study*

The findings of this study will help in understanding the important human characters like shyness and loneliness. By knowing the prevalence of shyness and loneliness among student of Ranchi city, one can understand the factors which influence these characteristics (shyness and loneliness). This study can provide valuable learning, training and practical strategies for parent, teachers, administrators and experts of training issues. The research findings also will be helpful for future researches on shyness and loneliness. This study also explores the correlation between shyness and loneliness.

## **LITERATURE REVIEW**

Shyness and loneliness are essential personality traits which help to shape social life of individuals. Shyness is a form of social anxiety which prevents a person's ability to integrate into social situations (Zimbardo, Pilkonis & Norwood, 1974). Studies show that shyness is related to interpersonal rejection (e.g., Koydemir & Demir, 2008), self-esteem (e.g., Koydemir & Demir, 2008), loneliness (e.g., Jackson, Fritch, Nagasaka, & Gunderson, 2002), and depression (e.g., Alfano, Joiner, Perry, & Metalsky, 1994).

According to the research findings, loneliness has a correlation with social skills (Eldeleklioglu, 2008), introversion (Kraus, Davis, Bazzini, Church, & Kirchman, 1993), depression (Foxall, Barron, Von Dollen, Shull, & Jones, 1994), anxiety (Sears, 1991), Internet use (Amichai-Hamburger & Ben-Artzi, 2003; Deniz, 2010) and shyness (Erözkan, 2009; Kraus et al., 1993).

Shyness may lead to loneliness and therefore can be seen as a causal antecedent. Many researchers have reported a positive correlation between shyness and loneliness (e.g., Anderson & Harvey, 1988; Kalliopuska & Laitinen, 1991; Stephan, Fäth, & Lamm, 1988; Zimbardo, 1977). As one may expect because of its close relationship with shyness, social anxiety has also been found to be related to loneliness (Anderson & Harvey, 1988; Bruch,

## Shyness and Loneliness among students of Ranchi City

Kaflowitz, & Pearl, 1988; Neto, 1992). Jones, Rose, and Russell (1990) reported correlations between shyness and loneliness ranging from .40 to .51.

### METHODOLOGY

#### *Objectives*

1. To know the prevalence of shyness among the sample groups;
2. To know the prevalence of loneliness among sample groups;
3. To find the interrelationship between shyness and loneliness.

#### *Hypothesis*

1. The prevalence of shyness will be vary among the sample groups;
2. The prevalence of loneliness will be vary among sample groups;
3. There will be positive interrelationship between shyness and loneliness

#### *Sample*

Sample for the present study consisted of 60 (30 boys and 30 girls) students, who pursuing their bachelor degree. The sample was selected from different college of Ranchi city. Stratified Random sampling technique was used for the sample selection. The sample was stratified on 2 factors of gender (male and female) in each stratum 30 students were selected randomly making a total of 60 students. The sample Units is presented in Table 1.

*Table 1: Sample Units*

Gender	No. of Sample
Male	30
Female	30
Total	60

#### *Test Materials*

**1. Personal Data Questionnaire:** This questionnaire was prepared by the authors to obtain information about respondent name, age, sex, religion, levels of education, parents' education etc.

**2. Shyness Scale (RCBS):** It is developed by Cheek, J.M., and Buss, A.H. (1981) for testing shyness of a person. The shyness scale is the 13-item Revised Cheek and Buss Shyness Scale. The items are answered on a 5-point Likert scale. The response will be 1, 2, 3, 4, 5 for strongly disagree, uncharacteristic, neutral, characteristic, strongly agree respectively. Scoring for response 1, 2, 3, 4, 5 are reversed as 5, 4, 3, 2, and 1. It has high internal consistency (coefficient alpha =.90) and test retest is reliability .88 (Cheek, 1983).

In present study Mean was 36.35 and SD was 5.74. So, score 42 or above considered as shy.

#### **3. Loneliness Scale**

The loneliness scale is developed by David Resell (1996). This is the most common and widely used measure of loneliness. It has 20 items with four response categories each. These four response categories is denoted as O, S, R, N. O indicates "I often feel this

## Shyness and Loneliness among students of Ranchi City

way”. S indicates “I sometimes feel this way”. R indicates “I rarely feel this way”. N indicates “I never feel this way”. For scoring the response for O, S, R, N the points will be given as 4,3,2,1 respectively. The measure has high internal consistency (coefficient alpha = .96) and a test-retest reliability is .73.

In present study Mean was 47.28 and SD was 8.04. So, score 55 or above considered as lonely.

### RESULT AND DISCUSSION

The results are presenting in following points:

1. Prevalence of Shyness among the sample groups
2. Prevalence of loneliness among sample groups;
3. Interrelationship between shyness and loneliness.

#### *Prevalence of Shyness among the sample groups*

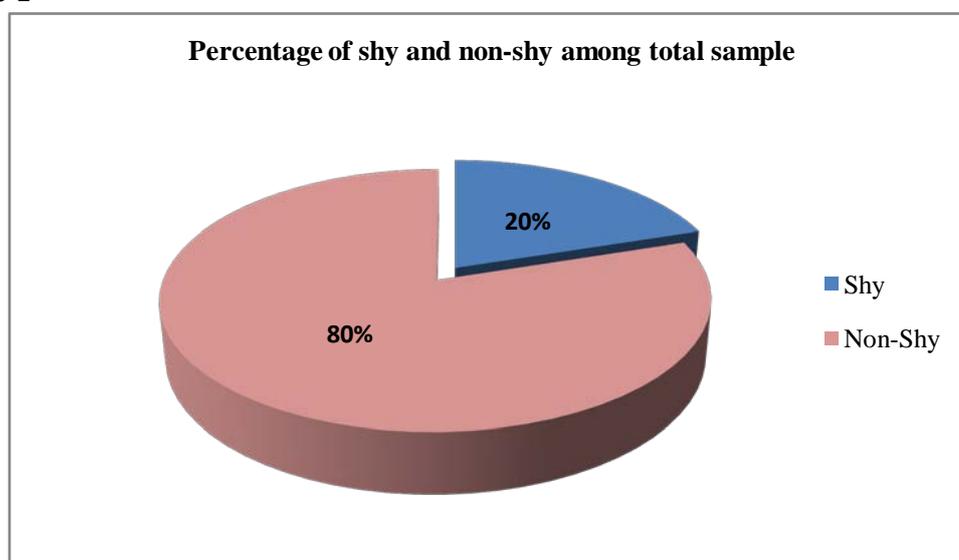
#### **Prevalence of shy and non-shy among total sample**

*Table 2: Prevalence of shy and non-shy among total sample*

Level of Shyness	No.	Percentage
Shy	12	20%
Non-Shy	48	80%

The above table 2 showing the percentage of shy and non-shy students among overall sample. This is apparent from the table that the percentage of shy students are 20% and percentage of non-shy are 80%.So, the prevalence of non-shy was wide as compare to shy.

*Figure 1*



## Shyness and Loneliness among students of Ranchi City

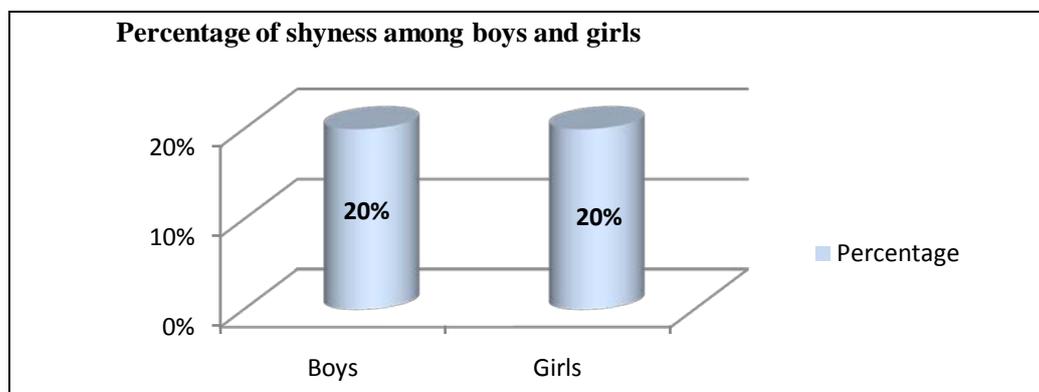
### Prevalence of Shyness among boys and girls.

*Table 3: Prevalence of shyness among boys and girls*

Gender	No.	Percentage
Boys	6	20%
Girls	6	20%

Table 3 indicating the percentage of boys and girls who can be categorized as shy. The data showing that the prevalence of shyness among boys and girls is same that is 20%.

*Figure 2*



### Prevalence of loneliness among sample groups

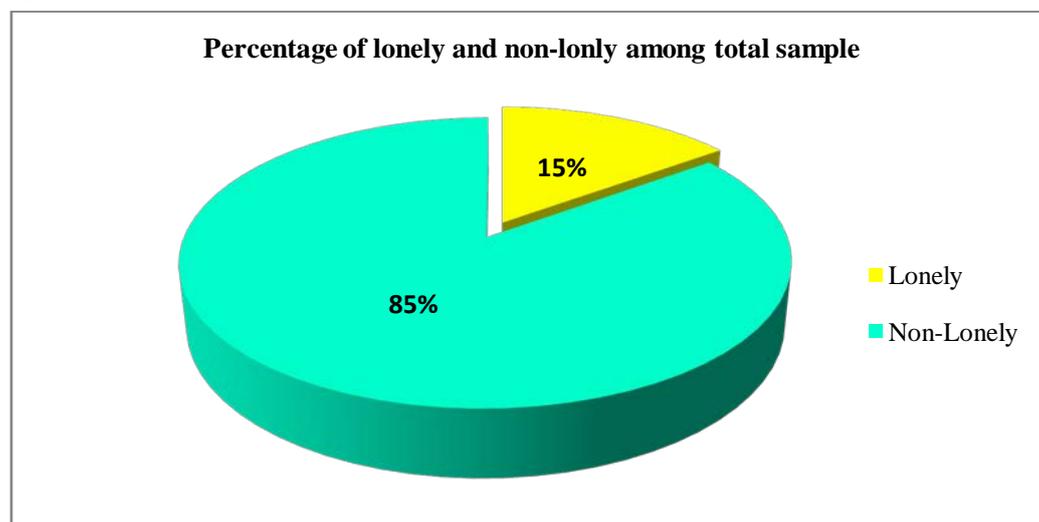
#### Prevalence of lonely and non-lonely among total sample

*Table 4: Prevalence of lonely and non-lonely among total sample*

Level of Loneliness	No.	Percentage
Lonely	9	15%
Non-Lonely	51	85%

Table 4 showing the prevalence of lonely and non-lonely students among total sample. It is found that the percentage of non-lonely (85%) students are more as compare to lonely (15%).

*Figure 3*



## Shyness and Loneliness among students of Ranchi City

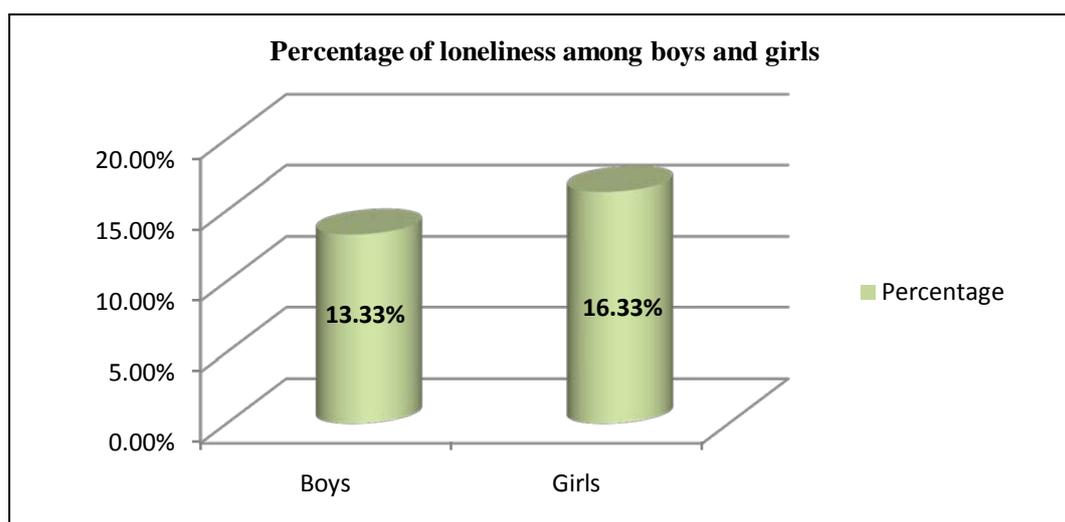
### Prevalence of loneliness among boys and girls

*Table 5: Prevalence of loneliness among boys and girls*

Gender	No.	Percentage
Boys	4	13.33%
Girls	5	16.33%

Table 5 is presenting the percentage of loneliness among boys and girls. Data of the present table is showing that the prevalence of loneliness is slightly more among girls as compare to boys. 13.33% boys and 16.33 girls were found as lonely.

*Figure 4*



### Interrelationship between shyness and loneliness.

*Table 6: Correlation co-efficient between shyness and loneliness*

Variable	Correlation	Significance
Shyness	0.134	Not Significant
Loneliness		

Table 6 is indicating the interrelationship between shyness and loneliness. The correlation between shyness and loneliness was found as 0.134, which was not significant. So, the hypothesis that “shyness and loneliness will be positively correlated with each other” is rejected.

## CONCLUSION

It can be conclude by the research findings that prevalence of shyness is high among college students as compare to loneliness. Prevalence of shyness is same among boys and girls, but loneliness is slightly high among girls as compare with boys. It is found by the present study that there is no relationship between shyness and loneliness among college students.

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**Conflict of Interests:** The author declared no conflict of interests.

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### Shyness and Loneliness among students of Ranchi City

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