

The Prevalence of Social Anxiety among Adolescents (Girls - Boys) of Islamabad Gharb District in 2013-2014

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ABSTRACT

In this study, the prevalence of social anxiety among adolescents (girls - boys) in the district of Islamabad Gharb . Method according to purpose of application and procedure survey, the number of 360 student (180 Girl -180 son), using a random sample of all high school students in district of Islamabad Gharb in 2013-2014 were selected. Research tools, Social Anxiety Scale Adolescents (SASA, Paklek, 1998). To analyze the data of this study, descriptive statistics (mean, standard deviation, frequency), and for testing hypotheses, methods of inferential statistics (t-independent), and also for calculating data, software 16 spss was used . Results The prevalence of social anxiety disorder among adolescent girls and 52% boys and 41%, indicated that the incidence of this disorder in teenage girls than teenage boys, mostly, but in relation to age is no difference between girls and boys aged (14-13 years) and (16-15 years) was found. given the high prevalence of this disorder, planning and providing appropriate training can reduce these problems and promoting mental health in this group of influential community be.

KEYWORDS: social anxiety, adolescents, Islamabad Gharb

INTRODUCTION

Anxiety disorders, the most common disorders of childhood and adolescence [1]. The most important types of these disorders can be social anxiety disorder, fear of social situations and functional (America Psychiatric Association, 2000), noted a prevalence in adolescents and young adults 19 to 33 percent (Astrahan, 2003), and the adult population, between 3 to 13% have been reported [2]. Social anxiety disorder, with a marked and persistent fear of one or more social status is determined, in which sufferers feel, actions and behaviors, will be judged, and social situations and interpersonal relationships, avoiding said. In this regard, Lipon and Plysolu, 2000, and Kenneth and Covhan, 2001 have also shown that people who suffer from social anxiety, because themselves than negative evaluation by others, are vulnerable, fear of social situations, and to avoid such situations. When people in social situations, they tend to think that others are monitoring, verification and evaluation of the negative aspects of the behavior, performance and appearance are [3,4]. Research results Blavrez et al, 2003;, and Vander Wal and Teilen, 2000 revealed that a number of factors such as social values - cultural, social comparison, emphasizing the attractive appearance and a negative experience in interacting with peers such concerns intensify , and helps to sustain it [5,6]. Aras et al, 2010; stated that children and adolescents with social anxiety, difficulties in cognitive and affective dimensions, and are associated with social adjustment. Many teens and social anxiety, adjustment problems in their academic life, their experience, including academic achievement, school failure, peer relationship problems, substance abuse, and mood disorders are [7, 8]. Researchers A star so is , 2005; Toolbar, Zentagovty, Dobrin, David, 2013; Alfanov and Biedl, 2011, with respect to the cognitive model, in which the main characteristic of social anxiety disorder is the excessive and persistent fear of social situations, to avoid these situations, and also have a fear of negative evaluation [9]. Recent epidemiological studies have shown that the prevalence of social anxiety disorder in the general population lifetime, range from 2/4 to 16 percent, which is common among children and adolescents Trust [10]. Kayvand , Shafiabadi and Sudani, in 2006, one study found that people with social phobia, low self-esteem even more, in comparison with those who had normal [11]. Further epidemiological studies on the growing prevalence of social anxiety in social situations, have insisted in mid-adolescence, adolescents with high social anxiety, symptoms of depression in older instruments, such as negative mood and low self-esteem, and poorer performance have been reported in relation to their

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peers, and about 10 percent of adolescents with social anxiety disorder, alcohol dependence or abuse disorders have received [12]. Therefore, dealing with social anxiety as one of the most common problems of students in learning environments, according to their perceptions of the psychosocial climate prevailing in their class is formed, which could have important implications for aspects he is the academic efficacy, the benefit is empty. Iran, in spite of that review, the variables associated with social anxiety, are taken into account [13]. Also, epidemiological studies have shown that more women than men are afflicted, but in clinical samples, often the opposite is true, because the differences are not clear. Most common age population panic teenage years, but starting in the early lower (even 5 years), and older (even 35 years) are also common [14]. Gravand, Afzali, Shogri, Persian, Paklek, Khodayi, and Toolabi, 2010, to examine gender and age differences in social anxiety during teen paid. results showed that adolescents 12-13 years old, compared to other age groups (15-14 and 17-16 years), mean higher on both cognitive and behavioral, social anxiety, won. well as the mean scores of girls in each three age groups, compared with boys in the treatment of social anxiety was higher, while the cognitive aspects of social anxiety, there was no significant difference between the sexes [15]. Ranta , Kaltyaal Hino, Koisto, Tomisto, Pelkonen and Martonen 2007, the study "Age and sex differences in social anxiety in adolescence" began. Results showed that scores of girls in social anxiety, and three of its subscales than males in all age groups is higher [16]. 's Research Deloso et al, 2002; designed to assess "social anxiety: Differences Italian student sex ", they did, the results showed that the mean scores of social anxiety in women, more than men, and sex differences, particularly in the area of interpersonal sensitivity, there [17]. Because anxiety disorders, especially social anxiety, due to poor academic performance, social and emotional well being of children and young people need to adopt methods to reduce this problem is inevitable. Because the present study examined the prevalence of social anxiety disorder, according to age and gender, can be considered.

The main aims:

The main objective of this research was to investigate the prevalence of social anxiety among adolescents (girls - boys) Islamabad Gharb district, in the year 2014-2013

Secondary objectives:

1. Identify the prevalence of social anxiety, in terms of gender in adolescents (girls and boys), West city of Islamabad, in the year 2014-2013
2. Identify the prevalence of social anxiety, age, adolescents (girls and boys), West city of Islamabad, in the year 2014-2013

Research questions

- 1 - The prevalence of social anxiety among adolescents (girls - boys) Islamabad Gharb district, the 2014-2013 school year, to what extent?
- 2 - Is the prevalence of social anxiety in adolescents (girls and boys) in the city West of Islamabad, the 2014-2013 school year, according to a different gender?
- 3 - Is the prevalence of social anxiety in adolescents (girls and boys), West city of Islamabad, in the 2014-2013 school year, a different age?

Methods

According to the research object, a practical method is to run the survey. The population in this study consisted of all teenagers (girls - boys) Islamabad Gharb district, is in 2014-2013. 300 patients (150 male / 150 female) from the city of Islamabad Adolescent West, for example, was considered random, and information obtained from the total sample population was generated. In this study a sample of the total population, is based on simple random sampling. To analyze the data of this study, descriptive statistics (mean, standard deviation, frequency), and for testing hypotheses, methods of inferential statistics (t-independent), and also for calculating data, software 16 spss used 's.

Research Tools

Adolescent Social Anxiety Scale: (Sasa, Paklak, 1998), contains 28 items, which concerns, fears and avoidance behaviors of adolescents in different social situations, such as interactions with friends and interact in school, to measure. Each question on a 5-degree range, the answer is given. Has two subscales of dread and fear of negative evaluation (cognitive aspects) 15 items, dealing with stress and social inhibition (post-treatment) is 13 items. Internal consistency of the subscales between different studies (Paklak and Vidmar, 2000; Paklak and Vidkek , 2008), has been confirmed. The alpha

coefficients for the subscales dread and fear of negative evaluation, and inhibition of stress, social conflict, and social anxiety scores, respectively, 0/84, 0/68 and 0/83, respectively.

Research findings

Descriptive characteristics of variables conflict, religious orientation, and emotional intelligence, according to the gender variable, as shown in Table 1.

Group Statistics Table 1) Frequency, mean, and standard deviation of Islamabad city adolescents West					
	Sex	N	Mean	Std. Deviation	Std. Error Mean
Social Anxiety	Son	180	81.1944	14.19186	1.05780
	Girl	180	84.2222	13.73718	1.02391

Question 1) the prevalence of social anxiety among adolescents (girls - boys) Islamabad Gharb district, the 2014-2013 school year, to what extent?

Table 2. the prevalence of social anxiety among adolescents district of Islamabad Gharb

The total sample	Son				Girl			
	sum	15-16	13-14	sum	15-16	13-14	Age	
166	73	45	28	93	31	62	Abundance	Social Anxiety
%46	%41	%25	%16	%52	%17	%34	Percent	
194	107				87		Abundance	Healthy
%54	%59				%48		Percent	
360	180				180		Abundance	The total sample
%100	%50				%50		Percent	

According to the data in Table 2), which is designed to investigate the prevalence of social anxiety, the entire sample was conducted, the results of social anxiety, according to gender and age revealed. As the results showed, social anxiety among girls (14-13 years), and 34% among girls (16-15 years) was 17%, total 52% percent of girls have had high social anxiety., And also social anxiety among boys (14-13 years) 16%, and among boys (16-15 years) was 25% in total and 41% of boys have had high social anxiety., and the total sample (males and females %) of 46 outbreaks of social anxiety, respectively.

Question 2) the prevalence of social anxiety in adolescents (girls and boys) in the city West of Islamabad, the 93-1392 school year, according to a different gender?

Independent Samples Test Table 3) Social Anxiety difference between boys and girls											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95 %Confidence Interval of the Difference		
										Lower	Upper
Social Anxiety	Equal variances assumed	.607	.436	-2.057	358	.040	-3.02778	1.47218	-5.92299	-.13256	
	Equal variances not assumed			-2.057	357.6	.040	-3.02778	1.47218	-5.92301	-.13255	

To investigate the prevalence of social anxiety and gender differences, independent t-test method was used. Results Table 2) shows that, on this hypothesis, the value of t (-2/05), degrees of freedom (358), and the level of significance sig (0/04), the null hypothesis is rejected and research hypothesis, the level of 0/05 be approved. Thus, we reach the conclusion that, boys and girls between the prevalence of social anxiety, there are significant differences.

Independent Samples Test Table 4) examine differences in social anxiety, due to age differences												
			Levene's Test for Equality of Variances		t-test for Equality of Means							
			F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95%Confidence Interval of the Difference		
											Lower	Upper
Social Anxiety	Equal	variances assumed	.022	.881	.268	358	.789	.39778	1.48521	-2.52305	3.31860	
	Equal	variances not assumed			.268	352.237	.789	.39778	1.48190	-2.51671	3.31226	

Question 3) the prevalence of social anxiety in adolescents (girls and boys) in the city West of Islamabad, the 93-1392 school year, a different age?

To investigate differences in the prevalence of social anxiety and age, the way independent t was used. Results Table 3) show that, in this theory, according to the t (0/26), degrees of freedom (358), and a significant level of sig (0/78), assuming the null hypothesis is confirmed and the scholar, the 0/05 is rejected. Thus, we reach the conclusion that the prevalence of social anxiety, age (14-13 years) (16-15 years), there was no significant difference.

RESULTS AND DISCUSSION

In considering the first question, the results showed that social anxiety among girls (14-13 years) 34%, and among girls (16-15 years) was 17%, 52% percent of girls in general, anxiety had high social., and social anxiety among boys (14-13 years) 16%, and among boys (16-15 years) 25% of the total% to 41% of boys have had high social anxiety. And the total sample (males and females) 46%, there was a prevalence of social anxiety., Which results Battani, Martin, Eiken and Corner, 2012, which showed the prevalence of social anxiety in children and adolescents is more common, were aligned. the second question to investigate the prevalence of social anxiety and gender differences, independent t-test method was used. results show that, on this hypothesis, the value of t (-2/05), degrees of freedom (358), and the significance level sig (0/04), the prevalence of social anxiety between males and females in the 0/05, there is a significant difference. The results of this study, the research Dlosov and colleagues (2002) showed that the mean for women, social anxiety, is greater than the men, were aligned. Third question, to investigate the prevalence of social anxiety disorder and age differences, method, t was used. results obtained show that, in this theory, according to the t (0/26), degrees of freedom (358), and the level of significance sig (0/78), the prevalence of social anxiety in ages (14-13 years), with (16-15 years) in 0/05 no significant differences do not exist., the results of the present study Geravand, Afzali, Shogri, Persian, Paklak, Khodayi, and Toolabi (2010), to examine gender and age differences in social anxiety, adolescence began, and the results showed that adolescents 12-13 years old, compared to other age groups (15-14 and 17-16 years), the highest average in both cognitive behavioral and social anxiety, found, was inconsistent.

Conclusions

And finally, summarizes the prevalence of social anxiety disorder, a high percentage among boys and girls, accounted for, and the results of this study showed that the prevalence of these disorders in adolescent girls than boys were more However, in relation to age, no differences between girls and boys aged (14-13 years), and (16-15 years) was observed. According to study results, and a high incidence of this disorder in adolescence and its prevalence in girls, the authorities, the planning and delivery of educational services appropriate to treat this disorder is recommended. Also, this study can be a basis for studying the efficacy of interventions that reduce social anxiety and improve mental health is being evaluated.

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