An Assessment on Impact of Social Anxiety on Self Esteem and Life Satisfaction Among Young Adults

Bhavna Nath[1], Dr Anjali Sahai[2]

[1]Student (M.A Clinical Psychology), Amity University Noida, Uttar Pradesh.
[2]Assistant Professor, Amity Institute of Psychology and Allied Sciences, Amity University Noida, Uttar Pradesh.

ABSTRACT

The study looked at the relationship between young adults' life happiness and self-esteem and social anxiety. A total of 150 participants, aged 18 to 40, were evaluated using the Liebowitz Social Anxiety Scale, Rosenberg Self Esteem Scale, and Life Satisfaction Scale. Of these, 93 were female and 57 were male. After the data were analyzed using SPSS, it became clear that social anxiety and life satisfaction/self-esteem were strongly correlated negatively. These results highlight the negative effects of social anxiety on mental health. In mental health treatments, treating social anxiety is essential for raising self-esteem and enhancing general life happiness. Support systems and customized tactics can lessen these impacts, fostering resilience and mental health.

KEYWORDS: Social Anxiety, Self Esteem, Life Satisfaction.

INTRODUCTION

Young adults with social anxiety have significantly lower levels of life satisfaction and self-esteem, which makes it more difficult for them to function in social situations and find personal fulfilment. Social anxiety disorder (SAD) is characterised by avoidance behaviours and intense emotional distress in social situations, which negatively impacts an individual's relationships, employment opportunities, and general well-being. The impacts of this disorder are compounded when it co-occurs with other mental health conditions, which can result in low self-esteem and prolonged social isolation. Medication and cognitive-behavioral therapy (CBT) are two effective therapies that can greatly reduce symptoms and increase quality of life. It takes an interdisciplinary approach to fully comprehend the intricate interactions that exist between social anxiety, self-esteem, and life happiness, taking developmental, psychological, and sociological viewpoints into account. Social interactions, cognitive processes, and cultural norms are some of the factors that affect how social anxiety appears and how it affects a person's overall wellbeing. Social media poses new difficulties in the current digital era, aggravating social anxiety and impairing young adults' self-worth. Tailored therapies can enhance the quality of life and foster resilience in young people who are struggling with social anxiety by addressing these dynamics.

AIM OF THE STUDY

The aim of this research is to investigate and assess the influence of social anxiety on the self-esteem and life satisfaction of young adults.

OBJECTIVES

- To investigate the relationship between social anxiety levels and self-esteem scores among young adults.

To evaluate the effect of social anxiety on overall life satisfaction in young adults

HYPOTHESIS

- There will be a significant correlation between Social anxiety and self esteem
- There will be a significant correlation between Social anxiety and life satisfaction.

VARIABLES OF THE STUDY

Independent Variable

Social Anxiety: Social Anxiety is the Independent variable in this study. An extreme fear of social situations when one feels evaluated or embarrassed is known as social anxiety, sometimes known as social phobia. It can have a significant impact on day-to-day living and frequently result in social interaction avoidance.

Dependent Variable

Self Esteem: The way we see our own value is called self-esteem. It entails having self-respect and confidence. Being confident in oneself is the hallmark of high self-esteem, whereas uncertainty and unfavourable opinions are traits of low self-esteem. It impacts employment, relationships, and mental health.

Life Satisfaction: One's level of contentment with their life as a whole is termed as life satisfaction. Relationships, employment, health, and individual objectives all have an impact. Feeling fulfilled is shown in high satisfaction, whilst unhappiness is indicated by low satisfaction.

METHODOLOGY

PARTICIPANTS OF THE STUDY

The research comprised of 150 young adults both men and women within the age group of 18 to 40 years. Convenient Sampling approach was the sampling method employed..

DATA COLLECTION INSTRUMENTS

The data for the study was gathered using **"Liebowitz Social Anxiety Scale (LSAS), Rosenberg Self Esteem Scale (RSE), and Life Satisfaction Scale (LSS)"**

DATA COLLECTION PROCEDURE

Three questionnaires were used to gather the data: the "Life Satisfaction Scale, Rosenberg Self Esteem Scale, and Liebowitz Social Anxiety Scale." A series of questionnaires covering subjects including study

goals, privacy concerns, researcher contact details, and more was given to participants in order to collect data for the study. Ten minutes were needed to describe the instruments.

STATISTICAL ANALYSIS

Data analysis in the study was conducted using SPSS software. Using descriptive statistics tests, the hypothesis was validated with Pearson correlation and regression analysis.

FINDINGS

The results of the investigation into the complex interplay among social anxiety (measured by the Liebowitz Social Anxiety Scale), self-esteem (measured by the Rosenberg Self Esteem Scale), and life satisfaction (measured by the Life Satisfaction Scale) in the context of young adulthood are provided in this section. By means of statistical analysis and interpretation of survey responses obtained from 150 participants, we clarify the degree to which social anxiety influences people's self-perceptions and their overall life satisfaction.

Table 1: Descriptive statistics of all variables

	Social Anxiety	Self Esteem	Life Satisfaction
N	150	150	150
Mean	59.81	27.49	62.4333
SD	28.891	5.031	9.52948

The study's variables clearly reflect patterns. For example, social anxiety had a high variance, averaging 59.81 (SD = 28.891). Self-esteem showed less fluctuation, averaging 27.49 (SD = 5.031). The average life satisfaction score was 62.43 (SD = 9.529), with moderate variation.

### Table 4: Pearson correlation analysis of each variable

	Social Anxiety	*Self Esteem*	*Life Satisfaction*
Social Anxiety	1		
Self Esteem	-.493**	1	
Life Satisfaction	-.419**	.757**	1
**Correlation significant at 0.01 level (2-tailed)			

In Relation to Self-Esteem and Social Anxiety, there is a somewhat negative association (r = -.493) between social anxiety (SA) and self-esteem (SE), according to the Pearson association Coefficient (-.493**) and Significance (2-tailed) (.000). This implies that self-esteem tends to decline with increased social anxiety and vice versa.

Between Life Satisfaction and Social Anxiety, there is a somewhat negative association (r = -.419) between social anxiety (SA) and life satisfaction (LS), according to the Pearson association Coefficient (-.419**) and Significance (2-tailed) analyses. This suggests that life satisfaction tends to decline with

increased social anxiety and vice versa.

Figure 1: Scatter plot representing correlations between Social Anxiety (SA) and Self Esteem (SE)
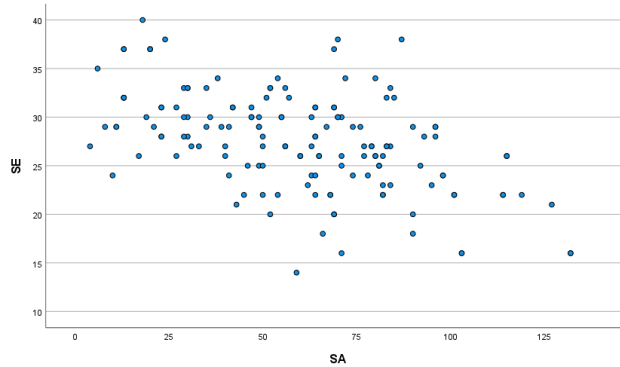
Figure 2: Scatter plot representing correlation between Social Anxiety (SA) and Life Satisfaction (LS)
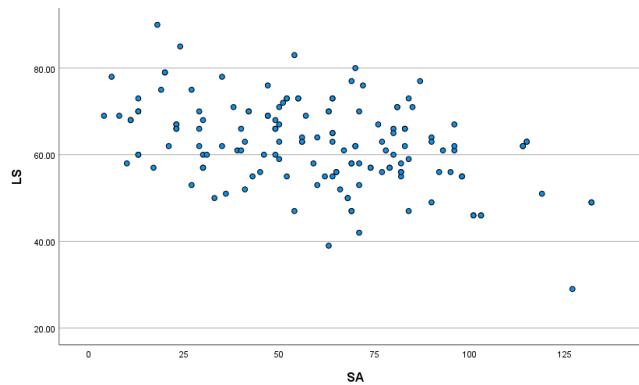
Table 3: Regression analysis of impact of Social Anxiety on Self Esteem of young adults.

Regression Statistics					
R	.493a				
R Square	.244				
Adjusted R Square	.238				
Standard Error	4.391				
Observations	150				
ANOVA					
	df	*SS*	*MS*	*F*	*Significance F*
Regression	1	918.380	918.380	47.639	<.001
Residual	148	2853.113	19.278		
Total	149	3771.493			

The effect of social anxiety on self-esteem was investigated using regression analysis. Self-esteem is substantially predicted by social anxiety ($\Delta R^2 = 0.244$, F = 47.639, p <.001). Self-esteem falls by 0.493 units for every unit increase in social anxiety (p <.001). 32.633 is the intercept (p <.001).

Table 2: Regression analysis of impact of Social anxiety on Life Satisfaction of young adults.

Regression Statistics					
R	.419a				
R Square	.176				
Adjusted R Square	.170				
Standard Error	8.68131				
Observations	150				
ANOVA					
	df	*SS*	*MS*	*F*	*Significance F*
Regression	1	2376.798	2376.798	31.537	<.001
Residual	148	11154.036	75.365		
Total	149	13530.833			

Significant differences are found between Social Anxiety (SA) and Life Satisfaction (F = 31.537, p <.001). Life satisfaction is negatively impacted by SA (β = -.419, p <.001). 17.6% variation is explained by the model. Life satisfaction is 70.702 when SA is zero. A 0.138 drop in satisfaction is predicted for every unit increase in SA.

DISCUSSION

The study explores the complex interactions that exist between young adults' social anxiety, self-esteem, and life happiness, finding notable correlations and predictive associations. Descriptive statistics highlight the importance of comprehending individual variations by revealing the wide range and diversity within these psychological variables.

Correlation analyses reveal detrimental relationships between life happiness and self-esteem as well as social anxiety. The results shed light on the adverse effects on early-adult psychological well-being by indicating a correlation between higher levels of social anxiety and worse levels of life satisfaction and self-esteem.

These links are further clarified by regression analyses, which show that social anxiety significantly predicts variation in both life satisfaction and self-esteem. The models' ability to predict outcomes is significantly increased when social anxiety is included; highlighting the role that social anxiety plays in influencing people's views of themselves and their Satisfaction in life.

Given that social anxiety has a significant impact on young adults' quality of life and sense of self-worth, the findings support focused interventions to reduce social anxiety in this population. Interventions can enhance general wellbeing and strengthen self-concept by reducing symptoms of social anxiety.

Furthermore, it becomes clear that cultivating a positive self-concept is essential for mitigating the negative consequences of social anxiety.

The study's findings highlight the complex relationships that young adults' social anxiety, self-esteem, and life happiness have. It emphasises how important it is to provide specialised treatments that target social anxiety symptoms and foster a positive self-concept in order to improve this population's general well-being.

RECOMMENDATIONS

- **Diverse Samples:** Increase the number of samples in the study that are more varied in terms of socioeconomic class, race, ethnicity, and cultural background. This will guarantee that the results apply to a wider spectrum of young adults and offer a more thorough comprehension of the influence of social anxiety on life happiness and self-worth in diverse demographics.

- **Causal Relationships:** Examine the connections between social anxiety, self-esteem, and life happiness using experimental designs or advanced statistical methods (such as structural equation modelling). Researchers can improve the design of treatments and interventions targeted at enhancing the well-being of young adults by demonstrating causation.

- **Development and Assessment of Interventions**: Create and assess interventions aimed at addressing young adults' social anxiety, self-worth, and level of life satisfaction. Cognitive-behavioral therapy, mindfulness-based techniques, peer support groups, and digital interventions accessible through websites or cellphones are a few examples of possible interventions. Conducting thorough assessments of these therapies through randomised controlled trials will furnish proof of their efficacy and steer next therapeutic endeavours.

- **Technology and Digital Platforms:** Examine how technology and digital platforms can exacerbate or lessen young people' social anxiety. Examine the consequences on self-esteem and life satisfaction of social media use, online communication habits, and digital mental health services, taking into account both the advantages and disadvantages of digital participation.

- **Educational and Preventive Initiatives:** Create educational programmes and preventive measures to help young adults become more resilient and mentally literate. Through raising awareness of social anxiety and its effects on life satisfaction and self-esteem, as well as offering coping mechanisms and support-seeking techniques, these initiatives can enable young adults to take more control over their mental health and overall wellbeing.

- **Long-Term Follow-Up:** As young individuals move into later life stages, do long-term follow-up studies to evaluate the long-term impacts of interventions and changes in social anxiety, self-esteem, and life satisfaction. Comprehending the duration or reduction of these impacts over time will yield significant insights for enhancing therapies and promoting enduring mental health and overall wellbeing.

CONCLUSION

This study explores the complex relationships that young people' social anxiety, self-esteem, and life satisfaction have, highlighting the major effects that these variables have on psychological health at this critical developmental time. The study employed convenience sampling, reveals intriguing correlations

and predictive linkages through a thorough examination of survey data from 150 participants aged 18 to 40, using SPSS for statistical analysis and offering important insights into the psychological dynamics of young adulthood.

The results highlight the negative impact that social anxiety has on people's self-perceptions and general life satisfaction. It is clear that self-esteem and life satisfaction tend to decline when social anxiety levels increase. The mentioned adverse correlations underscore the pressing requirement for focused interventions designed to regulate symptoms of social anxiety and foster psychological fortitude in young adults. Regression analyses also show how social anxiety has a strong predictive ability for determining levels of life satisfaction and self-esteem. These findings highlight the crucial part social anxiety plays in determining how well people function psychologically and generally when they enter adulthood.

Studying how social anxiety affects young adults' life satisfaction and sense of self-worth is essential for comprehending the dynamics of mental health, designing effective interventions, influencing public policy, and eventually improving the wellbeing of this population. Through an analysis of these correlations, we may create focused interventions, manage resources efficiently, and enhance the general well-being of young adults experiencing social anxiety.

REFERENCES

1. Jiang, S., & Ngien, A. (2020). The effects of Instagram use, social comparison, and Self-Esteem on social anxiety: a survey study in Singapore. Social Media + Society, 6(2), 205630512091248.
2. Di Blasi, M., Cavani, P., Pavia, L., Lo Baido, R., La Grutta, S., & Schimmenti, A. (2014). The relationship between self-Image and social anxiety in adolescence. Child and Adolescent Mental Health, 20(2), 74–80.
3. You, Z., Zhang, Y., Zhang, L., Xu, Y., & Chen, X. (2019). How does self-esteem affect mobile phone addiction? The mediating role of social anxiety and interpersonal sensitivity. Psychiatry Research, 271, 526–531.
4. Gómez-Ortiz, O., Roldán, R., Ortega-Ruíz, R., & García-López, L. (2017). Social Anxiety and Psychosocial Adjustment in Adolescents: Relation with Peer Victimization, Self-Esteem and Emotion Regulation. Child Indicators Research, 11(6), 1719–1736.
5. Unal, D., Emiroğlu, N., & Cengiz, F. P. (2016). Evaluation of social anxiety, self-esteem, life quality in adolescents with acne vulgaris. International Journal of Adolescent Medicine and Health, 30(2).
6. Bowles, T. (2016). The focus of intervention for adolescent social anxiety: Communication skills or self-esteem. International Journal of School & Educational Psychology, 5(1), 14–25.
7. Ciarma, J. L., & Mathew, J. (2017). Social anxiety and disordered eating: The influence of stress reactivity and self-esteem. Eating Behaviors, 26, 177–181.
8. Akbay, S. E., & Gündüz, B. (2020). The role of Self-Esteem in adolescents' perception of parents and social anxiety levels. International Journal of Progressive Education, 16(2), 195–204.
9. Tsitsas, G., Nanopoulos, P., & Paschali, A. (2019). Life Satisfaction, and Anxiety Levels among University Students. Creative Education, 10(05), 947–961.

10. Yu, M., Qiu, T., Liu, C., Cui, Q., & Wu, H. (2020). The mediating role of perceived social support between anxiety symptoms and life satisfaction in pregnant women: a cross-sectional study. Health and Quality of Life Outcomes, 18(1).

11. Mahmoud, J. S. R., Staten, R. R., Lennie, T. A., & Hall, L. A. (2015). The relationships of coping, negative thinking, life satisfaction, social support, and selected demographics with anxiety of young adult college students. Journal of Child and Adolescent Psychiatric Nursing, 28(2), 97–108.

12. Blood, G. W., & Blood, I. M. (2016). Long-term Consequences of Childhood Bullying in Adults who Stutter: Social Anxiety, Fear of Negative Evaluation, Self-esteem, and Satisfaction with Life. Journal of Fluency Disorders, 50, 72–84.

13. Alkhathami, S. (2014). Social anxiety among adolescents and its relation to quality of life. The European Proceedings of Social and Behavioural Sciences.

14. Ye, B., Li, L., Wang, P., Wang, R., Liu, M., Wang, X., & Yang, Q. (2021). Social anxiety and subjective well-being among Chinese college students: A moderated mediation model. Personality and Individual Differences, 175, 110680.

15. Dempsey, A. E., O'Brien, K. D., Tiamiyu, M. F., & Elhai, J. D. (2019). Fear of missing out (FoMO) and rumination mediate relations between social anxiety and problematic Facebook use. Addictive Behaviors Reports, 9, 100150.