



## A DESCRIPTIVE STUDY TO ASSESS THE SOCIAL PHOBIA AMONG STUDENTS IN SELECTED COLLEGES OF PUNE CITY

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### Abstract

Social phobia is normal to feel nervous in some social settings .It is commonly seen in teenage group. They will be upset in their life and these will be effect on their activities. In India people are affected by social phobia the percentage of affected are adult population 2.57% .Female and Male 3.0 and 1.8 percentage. A social phobia affection in Maharashtra percentage is severe (0.7%)Mild severe (0.2%)Mild (1.8%)Moderate (4%) and Normal (77.1%).A study was conducted with an aim to assess the social phobia among college students in selected college of Pune city . Phobia is a type of anxiety disorder in which some phobia person feel fearfull about the somethings and because of this people are avoid to do some individual activities. Study title: “A descriptive study to assess the social phobia among students in selected colleges of Pune city”.The objective of the study was to assess the social phobia among students and to associate the findings with the selected demographic variables. **Material and Methods:** A non-experimental Descriptive design was carried out. The study was conducted in selected colleges of Pune city. The quantitative research approach was used for the study. Non-probability purposive sampling technique was used .Total 500 students were included in the study. Standardized tool was used to assess the social phobia among students. .Ethical clearance was taken from the Institutional ethics committee. Data analysis was done using descriptive statistics and inferential statistics. The tool was evaluated and validated by 7 experts. **Results:** The above table shows that majority 54% (270) samples were from 18-20 years of age group. Female samples were 52.8% (264). Majority 74.6% (373) samples had a nursing course. Maximum 71.4% (357) samples were from Urban residency. 73.2% (366) samples were from Hindu religion and 66.8% (334) are from nuclear family type.57.2% (286) very mild (0-20), 34.4% (172) had mild (21-30), 8% (40) samples had severe (41-50) SPIN Scoring and mean value was 19.3 and SD value was  $\pm 7.1$ .

**Conclusion:** At the end of our research, we have understood about the social phobia among students of different branches . This study recommend to conduct in comparision between professional and non professional course .

**Keywords:** Social Phobia, assess, college ,Descriptive study design.

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## 1. Introduction

Among those who are having social phobia will have greater intensity as they become older. In most of the people without any therapy they are not facing problem in routine activities. Social Phobia it's normal to feel nervous in some social settings. Its a common among the adolescent yrs. It can be very disappointed & a big influence on life. Avoid a lot about social activities, Such as big group discussion, eating with company members and parties. In social anxiety worry being blamed, avoid eye contact or have low self-esteem.

Most people are having problem in social gatherings they faced fear towards. Social interaction with unknown people .Person who having social phobia worried about activity or action will seen in suitable for society people worry to interact with other people common in that there will they sweat ,blush, vomit and their voice will be vibrate. In the social phobia people are not to express themselves in group also they don't have proper words for their feelings to express in front of others. Human beings is also they don't have proper words fortheir feelings to express in front of others. Human being is also social animal and the capacity is related to the adequately in social situation it influence main aspect of their living things.In leaving things included family, education etc.

Phobia is a type of anxiety disorder in which some phobia person feel fearful about the somethings and because of this things people are avoid to do some individual activities. In India people are affected by social phobia the percentage of affected. People in adult population 2.57% .Female and Male 3.0 and 1.8 percentage. A social phobia affection in Maharashtra percentage is severe (0.7%)Mild severe (0.2%)Mild (1.8%)Moderate (4%) and Normal (77.1%) .

### Need for Study

In spite of the high worldwide burden of social phobia, like unfriendly and disinterested in social phobia & withdraw & limited evidence is accessible. Subject with social phobia were less educated, less socioeconomic status & less likely to be married when compared to subject with other disorder and non disordered subject. Social anxiety disorder goes beyond nervousness or feeling socially awkward; it can be debilitating, harm relationships with loved ones, and hurt your career. Feelings of lack of confidence or discomfort in certain situation are not necessarily signs of social phobia. Some people are naturally reserved social phobia and other people are more outgoing. Indifference to everyday

nervousness, Social phobia includes fear, Shyness & avoidance that interfere with relationship, work and any other activities. Social phobia can lead to psychological symptoms including depression, anxiety or stress and social isolation and sweating. As per the previous research and review researchers get ideas and interested to conduct study on assessing the social phobia among students.

Social phobia symptoms are changes. They may burst up if you are facing a lot of changes, tension or commonds in your life. Although avoiding situation that produce fear may you feel better in the short term, your fear is likely to continue over the long term if you don't get any therapy. The researcher is interested to assess the social phobia among the different branches of students .

### Aim of the Study

The aim of the study was to assess the social phobia among students and to find the association between the social phobia findings and the selected demographic variables like age ,sex, course etc.

## 2. Material and Methods

Research Approach: In order to achieve the desired objectives of this study quantitative research was adopted, research design. In this study the researcher selected and non - experimental exploratory research design. Setting of the study was at selected colleges of the Pune city. The population of the present study was adults of 18 to 25 years.

The sample selected for data collection were those who fulfilled the criteria laid down for the selection of the sample and were available during the period of the data collection. The sample technique adopted was non probability sampling purposive sampling. Inclusion Criteria is Students who were in age group 18 to 25 years from selected colleges of Pune city. Tool consists of 2 section - demographic variable and Standardized tool on social phobia inventory (SPIN) Davidson JRT. To ensure content validity was submitted to 7 expert from psychiatric nursing department. As value of r is  $\pm 7.1$  the tool was found reliable. The findings of the study relevant that the pilot study. The findings of the pilot study shows feasible for the main study.

## 3. Results

### Section I: ANALYSIS OF SOCIAL PHOBIA AMONG STUDENTS USING SOCIAL PHOBIA INVENTORY (SPIN) n = 500

SPIN Scoring	Frequency (f)	Percentage (%)	Mean	SD
None/Very Mild (0-20)	286	57.2	19.3	$\pm 7.1$

<b>SPIN Scoring</b>	Mild (21-30)	172	34.4		
	Moderate (31-40)	40	8		
	Severe (41-50)	2	0.4		
	Very Severe (51-68)	0	0		

Table 1 : Above table shows findings related to social phobia 57.2% (286) very mild (0-20), 34.4% (172) had mild (21-30), 8% (40) samples had severe (41-50) SPIN Scoring and mean value was 19.3 and SD value was  $\pm 7.1$ .

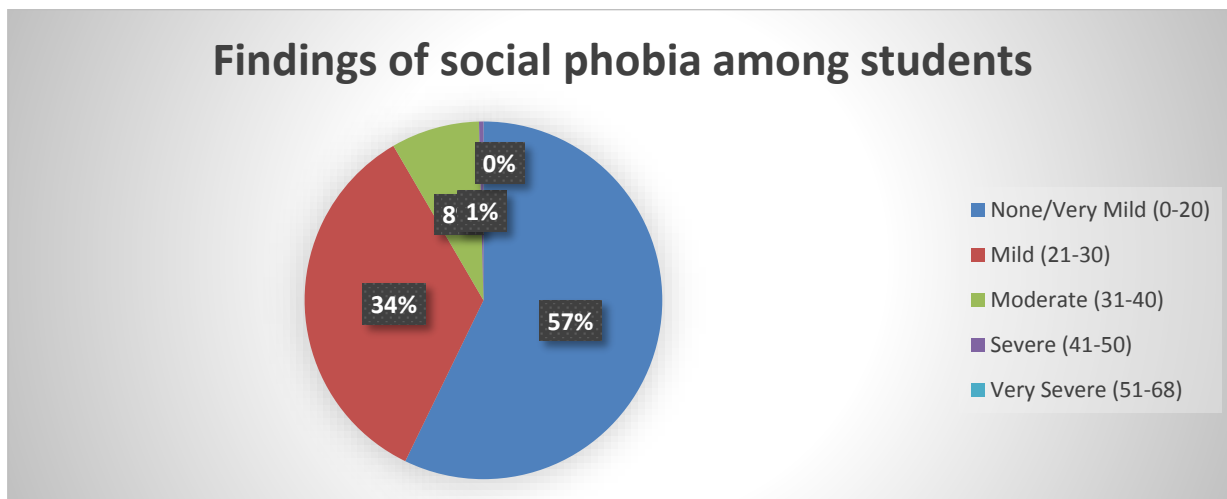


Figure 1: Pie graph showing that Majority 57.2% (286) samples had very mild (0-20), 34.4% (172) samples had mild (21-30), 8% (40) samples had severe (41-50) SPIN Scoring and mean value was 19.3 and SD value was  $\pm 7.1$ .

## SECTION II: TO FIND THE ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND SOCIAL PHOBIA

There is no association between demographic variables of age, sex, course, residence, religion and type of family with social phobia as p-value is more than 0.05 level of significance.

### 4. Discussion

The same study was conducted by Dr. Joylin Jovita Mascarenhas on assess social phobia in medical and paramedical first year students. Sample was selected by using stratified sampling technique. A total 100 samples were selected among that 50 were medical and 50 were paramedical students. Data was collected through social phobia inventory (SPIN). The study result shows that 26% of medical student had social phobia whereas 30% paramedical student had social phobia. So, study concludes that the prevalence of social phobia was high.

This study supported by similar study which was conducted by Madonna J. Dsouza on social phobia among medical student in tertiary care hospital. A descriptive study conducted and 272 medical students were selected as study subject. A data was collected through SPIN questionnaire. Finding of the study shows that 30.5% (83) sample had social anxiety disorder. As compare male

students, female student had more social phobia. Study concludes that there is more social phobia among medical students.

Another study was done by Nagarjun M, Renukaraj Net all at Bagalkot, Karnataka. In High School Student in the year of 2022. As per studies have shown that social anxiety disorder has a worldwide prevalence of 5 to 10% and a lifetime prevalence rate of 8.4% to 15% amount high school students. Using social phobia inventory scale among total 120 students 83.3% had non phobic, 15.8% had mild, 0.8% had moderate, no extremely phobic. The findings was a positive correlation found between the psychological will be an academic performance among adolescence, health education early recommended understanding the social anxiety disorder and its determinants by their students especially freshers. Effectiveness of teaching programs regarding impact of its determinants on level of social anxiety disorder among adolescence can be done had positive effect on health which were also significant.

### 5. Conclusion

Findings of the study shows that majority 54% (270) samples were from 18-20 years of age group. Female samples were 52.8% (264). Majority 74.6% (373) samples had a nursing course. Maximum 71.4% (357) samples were from Urban residency.

73.2% (366) samples were from Hindu religion and 66.8% (334) are from nuclear family type. Majority 57.2% (286) samples had very mild (0-20), 34.4% (172) samples had mild (21-30), 8% (40) samples had severe (41-50) SPIN Scoring and mean value was 19.3 and SD value was  $\pm 7.1$ . Majority students has very mild, mild & moderate social phobia. So there is need to provide knowledge related social phobia to the students. It will gain the student confidence and minimize the social phobia while communicating with others.

#### **Recommendation for Future Research:**

A similar study can be conducted among the professional and non-professional course, male and female comparison, a wide range of settings, in slum areas and even in rural areas. A study can also be done on larger sample in different settings and on social phobia among professional and non-professional course.

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**Conflict of interest:** The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

**Ethical Approval:** Ethical approval is given by Institutional research & recommendation committee, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune

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