Original Research Article

An Explorative Study to Assess the Prevalence of Social Anxiety Disorder (SAD) and Its Determinants among High School Students of Selected High School of Bagalkot

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ABSTRACT

Introduction: As per research 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% among high school students.[1] Rural Indian children are facing this problem of lethal evil more as compared to Urban high school students in India.

Objective: To assess the prevalence of social anxiety disorder [sad] and its determinants among high school students of selected high school of Bagalkot.

Methods: Descriptive survey approach was used for the study with cross sectional survey design. 120 high school students between 14 years to 16 years of age were selected Disproportionate stratified random sampling technique method from high school students studying in selected high school of Bagalkot. The data regarding determinants was collected by structured interview schedule and self-report method. The Social Phobia Inventory (abbreviated as SPIN) is a five point scale was used to categories the high school students according to their social anxiety disorders. The association was explored by Chi square test, Fisher's exact probability test and linear regression.

Results: Total 120 high school students were responded for Social Phobia Inventory (SPIN) scale, in that level of social anxiety disorders had reveals that majority 83.3% had non phobic, 15.8% had mild and 0.8% had moderate, there is no extremely phobic. A significant association was found between the social anxiety disorders of adolescents and their selected socio-demographic variables like monthly income (χ^2= 21.199; P<0.05).

Conclusion: The findings revealed that there was a positive correlation found between the psychological wellbeing and academic performance among adolescents, recommended health education, early recommended understanding the social anxiety disorder and its determinants by their students especially among the fresher`s. Effectiveness of teaching programmes regarding impact of its determinants on level of social anxiety disorders among adolescents can be done had positive effect on adolescents health, which were also statistically significant.

Key Words: Social anxiety disorder, Determinants, Adolescents, high school students, academic performance, Spin scale.

INTRODUCTION

If children have been feeling this way for at least six months or more and these feelings make it hard for you to do everyday tasks such as speaking to people at work or school you may suffering with social anxiety disorder. Social anxiety disorder [also called social phobia] is a mental illness condition. It is an intense, persistent fear of being watched and judged by others. These fears can affect on behavior or daily activities. It's also hard to keep friends. But social anxiety disorder doesn't have to prevent by reaching your potential. Treatment can help you to your symptoms. [1]

Social phobia is a fear of being judged by someone and of being shy or anxious. This fear can be so strong that it gets in the way to work or schooling or doing other daily activities. People with social phobia are afraid of doing simple things in front of someone; for Ex, they might be afraid to sign a check in front of a cashier at the shops, or they might be embraced to eat or drink in front of people. All of us have been a little bit fear, at one time or another, about things like meeting someone or giving a speech. But children with social phobia worry about these and other things for before few days they happen. Most of the people who have social anxiety disorder know that they shouldn't be as afraid as they are, but they unable to control their fear. Sometimes, they will end up stay away from places or events where they think they want to do something that will embarrass them. That they can keep them from doing the everyday tasks of living and from enjoying times with family and peer groups. [2]

Social anxiety disorder is characterized by persistent fear of being humiliated or scrutinized by somebody (WHO 1992 American Psychiatric Association 2013). Individuals fear a level of social interactions, such as conversations with strangers, joining in groups and speaking on the telephone. Things that involve being observed by others are difficult. Common signs include the fear of sweating, blushing, shaking, sweating, stumbling over words, looking anxious, or appearing boring, stupid, and incompetent (Stein and Stein 2018).

Objective: The aim of the study was to assess the prevalence of social anxiety disorder [sad] and its determinants among high school students of selected high school of Bagalkot.

Hypotheses:
H_1: There is significant association between social anxiety disorder and selected determinants of high school students.

MATERIALS AND METHODS

Study design. It was a cross sectional study with Descriptive survey design. The study was conducted among 120 children selected from high school of Bagalkot.

Setting of the study: Present study will be conducted at selected high school of Bagalkot. Tentatively Basaveshwara high school will be selected for the study.

Participants: The tentative sample size is 180 students studying in selected high school of Bagalkot. The final sample size will be 120 calculated by power analysis.

Criteria for selection of sample:
Inclusion criteria: The study includes students who are 1) able to understand, read and write English, 2) available at the time of data collection, 3) willing to participate in the study.

Exclusion criteria: The study excludes who are 1) ill at the time of data collection. 2) Unable to cooperate through the period of study. 3) Not willing to give written consent.

Sample Size estimation: sample size was estimated by adolescents of BVVS English medium high school Bagalkot is randomly selected as accessible population and high school (8th, 9th & 10th) adolescents has been enrolled in the study as sample.

Description of data collection tool

The data collection instrument is divided into 2 sections.

SECTION A: includes items related to socio demographic characteristics or determinants of high school students.

SECTION B: The social phobia inventory is a five point scale consists of 17-items developed by the Psychiatry and Behavioral Sciences Department at Duke University. It is effective in screening for, and measuring the severity of SAD.

Data Collection: Data collection was done by structured interview schedule is used to gather information regarding determinants or socio demographic characteristics and self-report method is used to assess the social anxiety disorder.

Variables of the study:

Dependent Variable: Determinants associated with social anxiety disorders among adolescents.

Independent Variable: Social anxiety disorder among high school students.

Statistical Analysis:

The data was analyzed using SPSS 18 statistical package. Numerical data obtained from the sample will be organized, summarized with the help of descriptive statistics like frequency, percentage distribution, arithmetic mean, standard deviation, median and correlation coefficient. Association between social anxiety disorder and its determinants among high school students using Fisher exact probability test; linear regression test and Chi square test were used to analyze association of social anxiety disorders with socio demographic variables. Ethical Consideration: Ethical clearance certificate was obtained from B.V.V.S Sajjalashree Institute of Nursing Sciences, institutional ethical committee. Written consent was obtained from each participant.

RESULTS

The study was begun with selection of 120 adolescents from BVVS English medium high school Bagalkot. All the adolescents were responded to structured questionnaire. their level of social anxiety disorders reveals that majority 83.3% had non phobic, 15.8% had mild and 0.8% had moderate, there is no extremely phobic. The analysis was carried out according to objectives of the study.

SECTION A: DESCRIPTION OF SOCIO DEMOGRAPHIC CHARACTERISTICS OF ADOLESCENTS.

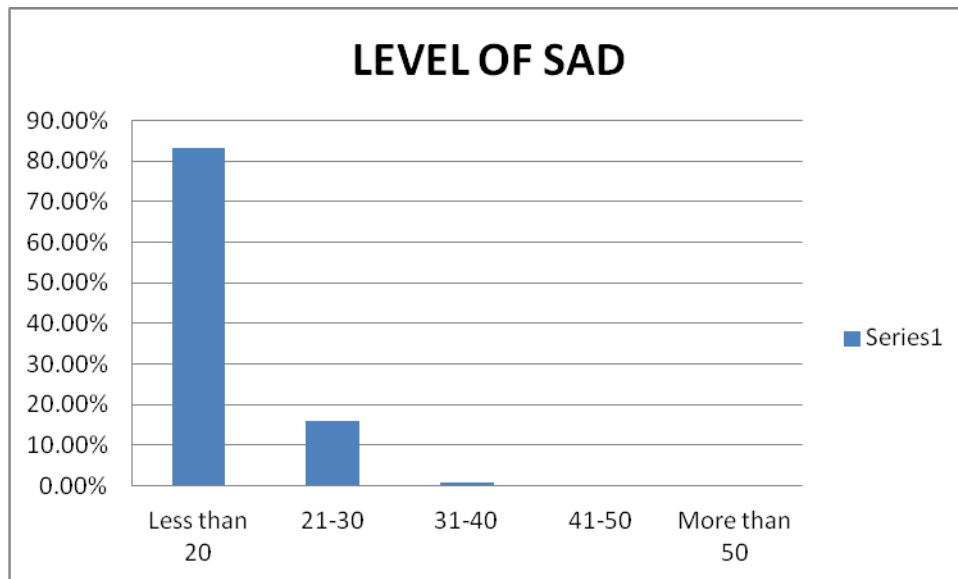**Table.1: percentage distribution of socio-demographic characteristics of adolescents (frequency). N=120**

SL. NO.	Socio-demographic variables	Characters	Frequency	Percentage
1	Age	14 years 15 years 16years	40 40 40	33.33% 33.33% 33.33%
2	Gender	Male Female	65 55	54.2% 45.8%
3	Religion	Hindu Muslim Christian	104 13 3	86.7% 10.8% 2.5%
4	Year of studying	8th standard 9th standard 10th standard	40 40 40	33.33% 33.33% 33.33%
5	Number of siblings	01 02 03 04 05 06	24 29 33 26 5 3	20.0% 24.2% 27.5% 21.7% 4.2% 2.5%

		Table 1 Continued...		
6	Number of members in the family	03	1	0.8%
		04	1	0.8%
		05	8	6.7%
		06	20	16.7%
		07	24	20.0%
		08	25	20.8%
		09	6	5.0%
		10	24	20.0%
		11	5	4.2%
		12	4	3.3%
		13	0	0
		14	1	0.8%
		15	0	0
		16	1	0.8%
7	Do you practice yoga Sana?	Yes	12	10%
		No	108	90%
8	Do you play sports	Yes	74	61.7%
		No	46	38.3%
9	You like attending social gathering	Yes	52	43.3%
		No	68	56.7%
10	Percentage of marks secured in previous academic year	91-100	27	22.5%
		81-90	58	48.3%
		71-80	33	27.5%
		61-70	2	1.7%
11	Do you use mobile phone	Yes	33	27.5%
		No	87	72.5%
12	Do you speak local language	Yes	120	100%
		No	0	0
13	Are you satisfied with your academic performance?	Yes	120	100%
		No	0	0
14	Are you satisfied with your facial appearance?	Yes	120	100%
		No	0	0
15	Have you experienced bullying	Yes	0	0
		no	120	100%
16	Have you experienced battering	Yes	0	0
		No	120	100%
17	Order Of Birth	01	54	45.0%
		02	47	39.2%
		03	16	13.3%
		04	2	1.7%
		05	1	0.8%
18	Whether Your Relation With Your Father Is Satisfactory	Yes	120	100%
		No	0	0
19	Whether Your Relation With Your Mother Is Satisfactory	Yes	120	100%
		No	0	0
20	Do you feel you have satisfied with your social support	Yes	1	0.8%
		No	119	99.2%
21	Are you diagnosed with any diseases	Yes	0	0
		No	120	100%
22	Do You Think/Believe You Have Less Number Of Friends	Yes	0	0
		No	120	100%
23	Do You Feel Difficulty Coping With Students	Yes	0	0
		No	120	100%

SECTION B: LEVEL OF SOCIAL ANXEITY DISORDERS AMONG ADOLESCENTS (assessment)

Table 2: Percentage wise distribution of adolescents according to their level of social anxiety disorders, N=120

SL. NO.	RANGE OF SCORE	Level of social anxiety disorders	Frequency	Percentage
1	Less than 20	Non phobic	100	83.30%
2	21-30	Mild	19	15.8%
3	31-40	Moderate	1	0.8%
4	41-50	severe	0	0%
5	More than 50	extreme	0	0%
		TOTAL	120	100%

Percentage distribution of adolescents according to their level of social anxiety disorders reveals that majority 83.3% had non phobic, 15.8% had mild and 0.8% had moderate, there is no extremely phobic.

Table 3: Mean, S.D and Mean % score for social inventory scale scores of adolescents. N=120

Sl.no	SPIN Scale variables	Max score	Mean	SD	Mean %
1.	Assessment prevalence of social anxiety disorders among adolescents	34	17.18	3.69	52.8%

Results related to Mean, SD and Mean percentage of social inventory scale scores among adolescents.

The mean percentage of the social inventory scale score was 52.8% percent with mean and SD 17.18 ± 3.69. These findings reveal that 53% of social anxiety disorders among adolescents.

SECTION C: DESCRIPTION OF ASSOCIATION BETWEEN SOCIAL ANXIETY DISORDERS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

H_1: There is significant association between social anxiety disorders and selected determinants of high school students.

Table.4: Association between social phobia disorders with their socio demographic variables. N=120

Sl. No	Socio demographic variable	Chi square value	Degree of freedom	P value	Table value	Level of significance	Significance of association
1	Age	2.997	4	0.558	9.488	0.05	NS
2	Gender	1.654	2	0.437	5.991	0.05	NS
3	Religion	0.853	4	0.931	9.488	0.05	NS
4	location	0.202	2	0.904	5.991	0.05	NS
5	Year of studying	7.959	6	0.241	12.592	0.05	NS
6	Number of siblings	11.139	10	0.347	18.307	0.05	NS
7	Number of members in the family	7.116	10	0.999	18.307	0.05	NS
8	Do you practice yogasana?	0.117	2	0.943	5.991	0.05	NS
9	Do you play sports	5.628	2	0.060	5.991	0.05	NS
10	You like attending social gathering	1.506	2	0.471	5.991	0.05	NS
11	Percentage of marks secured in previous academic year	7.230	6	0.300	12.592	0.05	NS
12	Do you use mobile phone	2.00	2	0.368	5.991	0.05	NS
18	Order Of Birth	3.660	8	0.886	15.507	0.05	NS
21	Do you feel you have satisfied with your social support	0.202	2	0.904	5.991	0.05	NS
22	Monthly income	21.199	4	<0.01	13.277	0.05	Significant

DISCUSSION

The aim of the study was to assess the prevalence of social anxiety disorder [sad] and its determinants among high school students of selected high school of Bagalkot.

Similar results were found in cross sectional study conducted and estimating the prevalence of social anxiety disorders in high school students in AL BAHA area using two scales [Liebowitz scale of social anxiety] and severity scale for social anxiety and to determine risk factor which may be significant. This survey study includes 1316 students'. The sample size taken 1030 students. So the total number is 1025. The total positive sample was [21.8 %]. There is highly significant association between Birth order and Place of residence. The result of study concluded that there is a high percentage of high school students diagnosed with social anxiety disorder (using the 2 scales) indicating the importance of the problems in Baha region for further researches behind the causes. [7]

Total 120 students were selected Finding depicts that their level of social anxiety disorders reveals that majority 83.3% were non phobic, 15.8% were mild and 0.8% were moderate, there is no extremely phobic. H_1: There is significant association between social anxiety disorder and selected determinants of high school students was accepted.

Finding depicts that, there is significant association found between monthly income (chi square value 11.199, p <0.05), and there is no significant association found between social anxiety disorders and selected demographic variables.

Limitations of the study: The study was confined only to exploration of Parental determinants associated with malnutrition among under five children. The study focused only on Under five children and their parents residing in rural area of Bagalkot.

CONCLUSION

Results related to Association between social phobia disorders with their socio demographic variables A significant association was found between the social anxiety disorders of adolescents and their selected socio-demographic variables like monthly income (χ^2= 21.199; P<0.05).

Conflict of Interest: None

Ethical Approval: Approved

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