



**ORIGINAL RESEARCH PAPER**

**Nursing**

**A STUDY TO ASSESS THE PREVALENCE OF SOCIAL PHOBIA AMONG NURSING STUDENTS**

**KEY WORDS:** Assess, Prevalence, Phobia, Social phobia

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**ABSTRACT**

Social Phobia / Social Anxiety Disorder is quite common - it ranks high on the general anxiety disorder scale. Most of us will suffer some kind of social anxiety during our lives.

**Purpose:** To assess the prevalence of social phobia among nursing students at SRM College, SRM University, Kattankulathur, Kancheepuram District, Tamil Nadu, South India. **Methods:** Research design was descriptive design. The data collection consisted 2 parts.

Part A: Demographic variables. Part B: A structured questionnaire to assess the prevalence of social phobia among nursing students. It was validated and found to be feasible. 100 students who fulfilled the inclusion criteria were selected as samples using non-probability convenient sampling technique.

**Result:** There was no significant relationship between prevalence of social phobia and selected demographic variables.

**INTRODUCTION:**

Social anxiety disorder (formerly termed "social phobia") is a much more common problem than past estimates have led us to believe. Millions of people all over the world suffer from this devastating and traumatic condition every day, either from a specific social anxiety or from a more generalized social anxiety. A specific social anxiety would be the fear of speaking in front of groups (only), whereas people with generalized social anxiety are anxious, nervous, and uncomfortable in almost all social situations. It is much more common for people with social anxiety to have a generalized type of this disorder. When anticipatory anxiety, worry, indecision, depression, embarrassment, feelings of inferiority, and self-blame are involved across most life situations, a generalized form of social anxiety is at work. (1)

Social anxiety disorder can wreak havoc on the lives of those who suffer from it. For example, individuals may decline job opportunity that requires frequent interaction with new people or avoid going out to eat with friends due to a fear that their hands will shake when eating or drinking. Symptoms may be so extreme that they disrupt daily life and can interfere significantly with daily routines, occupational performance, or social life, making it difficult to complete school, interview and get a job, and have friendships and romantic relationships. People with social anxiety disorder developing depressive disorder and alcohol use disorders. (2)

**MATERIALS AND METHODS**

**Participants and Methods:**

Assess the prevalence of social phobia among nursing students at SRM College by using the technique of questionnaire method. A structured questionnaire was developed for the collection of data for this study. The tool consist of two sections Section-A dealt with demographic variables, such as Age, Birth orde, Educational status of father and mother , occupation of father, occupation of mother ,family income, Residential status, lodging, family size. Section-B a structured questionnaire to assess the prevalence of social phobia among nursing student. Scoring key:None-0%,Mild-1% Moderate-2%, Severe-3%.

**Ethical consideration:**

Formal approval was obtained from the Institutional review board and Institutional ethical committee of SRM University, Kattankulathur, Chennai, TamilNadu, India. In addition, the participants were informed of their right to withdraw anytime during the course of the study.

**Instruments:**

Questionnaires comprises two sections. Section A includes demographic data, Section B comprises a structured questionnaire to assess the prevalence of social phobia among nursing students.

**Description of the Intervention:**

Assess the prevalence of social phobia among nursing students at SRM College by using the technique of questionnaire method. A structured questionnaire was developed for the collection of data for this study. The tool consist of two sections Section-A dealt with demographic variables. Section-B a structured questionnaire to assess the prevalence of social phobia among nursing student. Scoring key:None-0%,Mild-1% Moderate-2%, Severe-3%.

Statistical analysis: The information collected from the study participants was scored and tabulated. Statistical analysis was conducted with the help of the Statistical Package for Social Sciences (SPSS)-16. Mean, percentage and Standard deviation was used to explain the demographic and structured questionnaire was used to assess the prevalence of social phobia among nursing students. Results: The collected data was analyzed with SPSS Version 11.5.

**Table 1:** Frequency and Percentage Distribution Of Demographic Variables Related To Nursing Students With Social Phobia.

Demographic Variables	No.of Students	%	
Age in year	19 Years	24	24.00%
	20 Years	40	40.00%
	21 Years	36	36.00%
Birth order	1st Child	32	32.00%
	Middle Child	41	41.00%
	Last Child	27	27.00%
Education of father	Illiterate	7	7.00%
	Primary School or Literate	7	7.00%
	Middle School Certificate	11	11.00%
	High School Certificate	18	18.00%
	Intermediate or Post - High-School Diploma	30	30.00%
	Graduate or Post Graduate	25	25.00%
	Professional or Honours	2	2.00%

Education of mother	Illiterate	27	27.00%
	Primary School or Literate	17	17.00%
	Middle School Certificate	9	9.00%
	High School Certificate	19	19.00%
	Intermediate or Post - High-School Diploma	16	16.00%
	Graduate or Post Graduate	12	12.00%

Demographic variables		No.of students	%
Occupation of father	Unskilled Worker	3	3.00%
	Semi skilled Worker	8	8.00%
	Skilled Worker	4	4.00%
	Clerical, Shop-Owner, Farmer	42	42.00%
	Semi Profession	38	38.00%
	Profession	5	5.00%
Occupation of mother	Unemployed	29	29.00%
	Unskilled Worker	8	8.00%
	Semi skilled Worker	9	9.00%
	Skilled Worker	2	2.00%
	Clerical, Shop-Owner, Farmer	36	36.00%
	Semi Profession	13	13.00%
	Profession	3	3.00%
Family income	Rs.2301-6850	11	11.00%
	Rs.6851-11450	33	33.00%
	Rs.11451-17150	38	38.00%
	Rs.17150-22850	16	16.00%
	Rs.22850-45750	2	2.00%
Residential status	Rural	21	21.00%
	Suburban	45	45.00%
	Urban	34	34.00%
Lodging	With Parent	44	44.00%
	With Guardian	21	21.00%
	Institutionalized	35	35.00%
Family size	< 4	66	66.00%
	6-Apr	29	29.00%
	> 6	5	5.00%

This table reveals that 40 (40%) belongs to age group between 20 years.Considering the birth order 41 (41%) the middle child. Considering the education of father intermediate or post –high-school diploma 30 (30%).Considering the education of mother illiterate 27(27%) .Considering the occupation of father clerical, shop – owner ,father 42 (42%) .Considering the occupation of mother clerical, shop – owner, farmer36(36%) .Considering the family income 11451-17150 38(38%).Considering the residential status in suburban area 45(45%) .Considering the lodging the students stay with parent 44(44%) .Considering the family size <4 -66(66%) .

**Table 2:** To assess the level of prevalence of social phobia among nursing students.

1.	2.Prevalence Of Social Phobia	3. Maximum Score	4. Mean Score	5. % Of Mean Score
6.	7. Telephoning in public	8. 3	9. 0.91	10. 30.30%
11.	12. participating in small groups	13. 3	14. 0.79	15. 26.30%
16.	17. Eating in public places	18. 3	19. 0.85	20. 28.30%
21.	22. Drinking with others in public place	23. 3	24. 1	25. 33.30%
26.	27. Talking to people in authority	28. 3	29. 1.05	30. 35.00%
31.	32. Acting performing or giving a take in front of an audience	33. 3	34. 1	35. 33.30%
36.	37. Going to a party	38. 3	39. 0.83	40. 27.70%
41.	42. Warking while being observed	43. 3	44. 1.02	45. 34.00%
46.	47. Writing while being observed	48. 3	49. 0.89	50. 29.70%
51.	52. Calling someone you do not know very well	53. 3	54. 0.75	55. 25.00%
56.	57. Taking with people you do not know very well	58. 3	59. 0.76	60. 25.30%
61.	62. Meeting strangers	63. 3	64. 0.72	65. 24.00%
66.	67. Urinating in a public bathroom	68. 3	69. 0.76	70. 25.30%
71.	72. Entering room when others are already seated	73. 3	74. 0.86	75. 28.70%
76.	77. Being the centre of attention	78. 3	79. 1.12	80. 37.30%
81.	82. Speaking up at a meeting	83. 3	84. 1.25	85. 41.70%
86.	87. Taking a test	88. 3	89. 1.02	90. 34.00%
91.	92. Expressing a disagreement or disapproval to people you don't know very well	93. 3	94. 0.98	95. 32.70%
96.	97. Looking at people you don't know very well in the eyes	98. 3	99. 0.97	100. 32.30%
101.	102. Giving a report to a group	103. 3	104. 0.95	105. 31.70%

106.	107. Trying to pickup someone	108. 3	109. 0.84	110. 28.00%
111.	112. Returning goods to a store where a goods are normally accepted	113. 3	114. 1.02	115. 34.00%
116.	117. Giving a party	118. 3	119. 1.04	120. 34.70%
121.	122. Resisting a high pressure sales person	123. 3	124. 0.9	125. 30.00%
126.	OVERALL	127. 72	128. 22.27	129. 30.90%

Table 1 2 shows the each question wise assessment of level of prevalence of social phobia among nursing students. They are having minimum score in Meeting strangers (24.0%). They are having maximum score in Speaking up at a meeting (41.7%). Overall they are having 30.9% score.

**Table 3:** Level of social phobia

Level of Phobia	Number of Nursing Student	Percentage (%)
None	0	0.00%
Mild	66	66.00%
Moderate	30	30.00%
Severe	4	4.00%
Total	100	100.00%

Table 3. shows the 66% are having mild phobia, 30% of them are having moderate phobia and 4% of them are having severe phobia.

**Major finding of the study**

The major finding of the study were respect of overall status is the 66% of nursing students having mild level social phobia ,30% have moderate level of social phobia,4% have severe level of social phobia. The 'chi – square test 'revealed that there is significant association between the Age in years, the education status of father and residential status and other demographics are not significant.

**Discussion**

The first objectives to assess the demographic variables among nursing students.

The frequency and percentage distribution reveals that 40 (40%) belongs to age group between 20 years.Considering the birth order 41 (41%) the middle child. Considering the education of father intermediate or post –high-school diploma 30 (30%).Considering the education of mother illiterate 27(27%) .Considering the occupation of father clerical, shop – owner ,father 42 (42%) .Considering the occupation of mother clerical, shop – owner,farmer36(36%) .Considering the family income 11451-17150 38(38%).Considering the residential status in suburban area 45(45%) .Considering the lodging the students stay with parent 44(44%) .Considering the family size <4 - 66(66%) .

TugbaSedaColak,BetuiDusunceli (2012)conducted study about Investigation of Correlation Between Demographic Features of University Students and Psychological Symptoms with Non Linear Canonical Correlation Analyze. Results indicated that lessening occupational stress and strengthening social support and rational coping could decrease depressive symptoms among Chinese female nurses . Results showed that 38.6 percent of secondary teachers in Hong Kong had experienced strong maladaptive stress. (3) Second objectives to assess the level of prevalence of social phobia among nursing students.

The level of prevalence of social phobia among nursing students. 66% are having mild phobia, 30% of them are having moderate phobia and 4% of them are having severe phobia.

Carlos Alberto Baptistaa,Sonia Regina Loureiro (2012) Social phobia in Brazilian university students: Prevalence, under-recognition and academic impairment in women. The prevalence of social phobia among the university students was 11.6%. Women with social phobia had significantly lower grades than those without the disorder. Fear of public speaking was the most common social fear. Only two of the 237 students with social phobia (0.8%) had previously received a diagnosis of social phobia and were under treatment.(4) 3.Third objectives the association between demographic variables and level of prevalence of social phobia among nursing students.

The association between demographic variables and Level of social phobia among nursing students.Younger, less education status of father and rural students are having more social phobia than others. Statistical significance was calculated using chi square test.The variable is significant.

Min-Sup Shin (2010) conducted study aboutthe prevalence of specific phobia and associated co-morbid features in children and adolescents. Find out the 1-year prevalence of specific phobia was 7.9% (95% CI 7.63–8.17). Animal phobia was associated with anxiety disorder (OR 8.68, 95% CI 1.91–39.51) and oppositional defiant disorder (OR 2.55, 95% CI 1.27–5.12). Nature–environment phobia was associated with anxiety disorder (OR 25.70, 95% CI 6.16–107.10)(5)

**Conclusion**

The study concludes that among 100 selected samples regarding prevalenceof social phobia among nursing students at SRM College of nursing,SRM University, kattankulathur. Among the students 66% have mild level of social phobia .30% have moderate level of social phobia, 4% have severe level of social phobia.

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