Abstract

In this study, the researcher study about the prevalence of social phobia among adolescence in Thodiyoor Gramapanchayath, Karunagappally. This Thodiyoor gramapanchayath is in Kollam district. The purpose of this study is to know and understand the relevance of social phobia in adolescent age group. In this study have 70 numbers of respondents. The total of 70 respondents responds and fills all the questions in the questionnaire. In this study, most respondents are in female. The objective of the study is to study the prevalence of social phobia in adolescence and the reasons to affect social phobia in adolescent age group. In this study the major findings are; majority of the respondents haven’t social phobia. A portion of the respondents have social fear in mild level, a portion of the respondents have social phobia in moderate level, and a portion of the respondents have social phobia in severe level. Analyze all the respondents; majority has faced one or more symptoms of social phobia. Then, the children haven’t proper opportunities to perform any activities in front of the people. This statement is one of the reasons to affect social phobia in adolescent children. This is one reason to influence social phobia in adolescent age group.
I. INTRODUCTION

Human development is the way to the individual’s freedoms and opportunities. Human development is also the way for the well-being of the people. Human development is the development of any person for their better living. It also includes the development of the body of any individual and also mind of any individual. Human development is about the genuine opportunity, individuals need to choose who, what, and how to live. The human development idea was created by economist Mahbub ul Haq. Human development and improvement is described by several distinct and interesting stages starting with origination and ending at death. Like all phases of human development, adolescence is a critical stage. For most people, adolescence period starts around the age of 10 to 12 years. Then, adolescence period finishes the age of 18 to 21 years old. Adolescent development normally starts at the age 11 years and this development process continues to the age of 21 years. The phases of adolescence, which include physical, cognitive and social emotional development, and are different into early, middle and late adolescence.

The World Health Organization (WHO) characterizes adolescence is the transitional time of advancement and change among adolescence and adulthood and furthermore the transitional time of physical and mental change that generally happens during the period from puberty to adulthood (age of maturity). Adolescence is a formative move amongst childhood and adulthood. It is the phase from puberty until full adult status has been achieved. Then, adolescence is considered as being involved cognitive, physical, and socio-emotional phases.

Adolescence is generally connected with the high school years or the teenage years. However, its physical, mental or social expressions may start early and end later. For example, puberty now commonly starts during preadolescence, especially in females. Physical development (especially in males), can extend into the early twenties. Also this is considered the intellectual development of the person. An understanding of adolescence in the public eyes depends on information from different viewpoints. This includes psychology, biology, history, sociology, training and human sciences. All of these points of view, we see that adolescence as a transitional period between childhood and adulthood. It is a time of different moves including education, training, employment and unemployment, and also moves from one living situation to another. The end of adolescence and the start of adulthood vary by nation and by capacity.

Adolescence is one of the most quickly periods of human development. Adolescence is the phase of development between childhood and adulthood. Adolescence covers the period of life between ten and twenty years. In this period of time during a person experiences lot of biological changes and emotional issues. The term ‘adolescence’ is derived from the Latin word adolescere, which means to ‘grow to maturity’. Adolescence is the period of anxiety and also the period of fear. Then, adolescence is the time of influence of the peer groups and also the people outside in the society. The phase of adolescence has lot of issues like fear, anxiety, social phobia, and stress and strain.
Social phobia is basically the fear of a person. Fear like a person who has fear to face a crowd and also fear to speak anything in front of people. Social phobia is the sub point of social anxiety. Another name of Social Anxiety Disorder (SAD) is social phobia. This is an anxiety issue described by a significant amount of fear in at least one social situation, making problem. Physical side effects of social phobia often include excessive blushing, sweating, palpitations and sickness. Stammering might be available, along with fast speech. Panic attacks can also occur under intense fear and discomfort. A few of the suffering individuals may use alcohol or other drugs to reduce their fears and tensions at social events or get together. It is basic for sufferers of social phobia.

Social phobia or social is an intense fear in social situations. It regularly starts around early adolescence. Some adolescent children believe that others are more able and eligible than them. Normal feelings of adolescent children with social phobia are fears of going to social situations. In this research, I study about the social phobia of adolescence in Thodiyoor grama panchayath. The researcher selects Thodiyoor Government Higher Secondary School for the research data collection. Easily accessibility of respondents and also easily reachability of this place is the reason for selecting this Thodiyoor area for research. The researcher selects 70 numbers of respondents in adolescence for the study.

II. REVIEW OF LITERATURE

Social phobia is additionally called social anxiety disorder. Social phobia is an intense fear of becoming humiliated in social situations. It regularly starts around early adolescence. Some children and adolescents trust that others are more able than they are. Normal feelings of children/adolescents with social phobia are fears of going to social circumstances. In this research, we study about the social phobia of adolescence in Thodiyoor grama panchayath.

On the basis of the study, Problems Related to Social Phobia by John Hauser, says that a few people may have a difficult time trusting that social phobia or social fear is an illness and not just one of many identity types. Individuals with social phobia infrequently turn to alcohol or drugs. They are an expected four times more probable than the general population to abuse alcohol. The utilization of alcohol or drugs may immediately facilitate the nerves; however it can likewise form into a dependency. Individuals with social phobia are at higher hazard for dropping out of school. There is the social scene of cooperating with classmates, or the danger of being called upon to give an oral report. Furthermore, tests can incite disabling anxiety. People with social phobia are also more likely to be single. This comes as no genuine surprise, given the social obstacles required in looking for and creating sentimental connections.

Social phobia (Social anxiety disorder), this is a report on the National Institute of Mental Health. They say that, social phobia is a solid fear. This fear is so strong that it is the path of going to school or any work or other daily activities. People with social fear have dread of getting things done before different people. Additionally individual with social phobia have dread to eat or drink before other person. People with social phobia are
nervous at all times. They have fear or nervous to meeting new people and also giving a speech. Individuals with social fear have dreaded to confront a group or society and furthermore cooperate with the general population in the public eye. Most of the people with social phobia have fear and they cannot control their fear and emotions. Common symptoms of people with social phobia are:

• They are very anxious to interact with other people
• They have fear of being shy in front of people
• They have fear that other people will judge them
• People have body problems like sweating, blushing and trembling.

Social phobia as a rule begins the child or teen years, ordinarily about at age 13. A specialist can tell that a man has social fear on the off chance that the individual has had side effects for no less than six months. Without treatment, social dread can continue going for quite a while or a lifetime. There is help for individuals with social fear or social phobia. The underlying stride is to go to a pro or prosperity office to talk about manifestations. People who think they have social dread may need to convey this booklet to the master to help them talk about the reactions in it. Specialists may recommend medicine to help calm social fear. Realize that some of these meds may take fourteen days to start working. In many states just a medicinal specialist (a family specialist) can recommend medicines.

The sorts of medications used to treat social phobia are listed below. Some of these medicines are utilized to treat different issues, such as depression, additionally are useful for social fear: antidepressants, and beta blockers. Specialists likewise may ask individuals with social fear to go to treatment with an authorized social specialist, or therapist. This treatment can help individuals with social fear feel less restless and frightful. There is no cure for social dread yet, however solutions can offer mitigation to people who have it and help them bear on a more run of the typical life.

Social Anxiety fact sheet by Thomas A. Richards, Ph.D., Psychologist. This is the report on Social Anxiety Association. They say that; Social anxiety medication is valuable for some, yet not all, individuals with social uneasiness issue. For social anxiety, investigate shows uses of the counter strain masters and certain antidepressants in conjunction with CBT have exhibited for the most part beneficial. Drug without the utilization of dynamic, organized subjective behavioral treatment has no long haul benefits. No one but CBT can change the neural pathway relationship in the cerebrum for all time. The treatment utilized must "fit" the way the human mind is organized.

Around 15% of our in-person socially-on edge individuals are aided by antidepressants. A part of the broad scale solution mulls over for social uneasiness have been tended to and seen to be skewed for the meds displayed by comparable pharmaceutical associations that paid for these audits to be done regardless. These sort of studies are irreconcilable circumstances, and their decisions ought to be completely addressed.

Furthermore, every individual is distinctive, and there is no broad decide that works concerning social uneasiness and meds. For a regular individual with social uneasiness,
who has a "normal" measure of tension, along the quantifiable continuum, we have
observed an against nervousness operator to be best, if the individual has no history of
substance mishandle. Antidepressants don't work wherever close likewise, when all is
said in done. An average superstition, progressed by the prescription associations, is that
antidepressants have threatening to uneasiness properties. This is not valid. On the off
chance that anything, huge numbers of the antidepressants make a man MORE restless.
Notwithstanding, not all individuals need or need prescription. One of the enormous
changes in the most recent decade is the continuous non-utilization of pharmaceuticals by
individuals coming into dynamic treatment for social tension. Most of people in our
social affairs now pick not to use pharmaceuticals and to concentrate solely on CBT.
Regardless, it is the blend of subjective and behavioral treatment that movements the
brain and empowers you to thrashing social anxiety. Pharmaceuticals can just incidentally
change mind science and can be valuable at times. This is exceptionally broad
exhortation, and you should counsel with your specialist with regards to meds. Attempt to
discover somebody who comprehends that hostile to nervousness specialists are not
addictive to individuals with diagnosable uneasiness issue. In a quarter century, have
never had even one patient who has climbed their measurement of an against nervousness
specialist once a sufficient standard is built up as being viable.

Social anxiety disorder (social phobia), this is the report on Mayo Foundation for Medical
Education and Research (MFMER). They say that; social phobia is common to feel
uneasy in some social conditions. For example, going out on the town or giving a
presentation may hasten that assumption butterflies in your stomach. Social anxiety
disorder is an endless emotional wellness condition, yet treatment, for example, mental
directing, medicine and picking up adapting aptitudes can help you pick up certainty and
enhance your capacity to interface with others. In any case, in social uneasiness issue,
also called social fear, normal interchanges cause colossal anxiety, dread, reluctance and
disgrace since you fear being explored or judged by others.

Social Anxiety Disorder by FR Schneier M.D. - New England Journal of Medicine- Mass
Medical Soc, in September 7, 2006 says that; Social uneasiness issue, generally called
social fear, is a champion among the most broadly perceived psychiatric issue with a
lifetime transcendence of 12%. About a large portion of that pervasiveness speaks to
people who have the summed up kind of the confusion, with dread or evasion
incorporating most social circumstances. Whatever remains of fear and avoiding
essentially confined to open talking or other execution conditions, addressing the sort of
this issue all over suggested as execution sort social uneasiness issue.

Social anxiety disorder ordinarily starts amid the early young years and is constant.
Albeit social uneasiness issue is more typical among ladies than among men, around
equivalent quantities of men and ladies look for treatment for it. Social tension issue
contrasts from timidity and execution uneasiness in its more prominent seriousness,
inescapability, and resultant pain and impairment. Persons with social nervousness issue
may dodge essential exercises, for example, going to classes and gatherings, or go to yet evade dynamic investment.

In Encyclopedia of mental disorders, Social phobia shifts in its improvement and introductory introduction. In a few adolescents, the turmoil ends up plainly out of a whole deal history of shyness or social prevention. In others, social fear winds up detectably clear after a move to another school or similar developmental test. In grown-ups, encompassed social phobia might be related with a change of occupation or employment advancement, the most widely recognized case being the development of the turmoil as to open talking in a man whose past employments did not oblige them to make introductions or addresses before others. The onset of social fear may be tricky, which suggests that it falls apart by direct degrees. About portion of all patients, be that as it may, encounter a sudden onset of social fear taking after an especially embarrassing or unnerving knowledge. For instance, in one British contextual analysis the patient's social fear grew unexpectedly after her dad's sudden passing. The patient had a contention with him one morning and he was killed in a mischance later in the day. The onset of social fear quite often happens in youth onset after age 25. This component regularly adds to their pain and sentiments of inadequacy.

The pervasiveness of social phobia in the general United States populace is hard to assess on the grounds that scientists vary in their estimation of the limit of "noteworthy impedance" with the individual's word related or instructive working. Moreover, unique reviews have concentrated on various subtypes of social phobia. One review found that around 20% of the grown-ups studied detailed large amounts of tension identified with open talking or different sorts of open execution, however just 2% demonstrated adequate pain to meet the analytic criteria of social phobia. As a result of these distinctions in estimation, epidemiological and group based reviews give figures for a lifetime predominance of social phobia that fall in the vicinity of 3% and 13%. Fears identified with eating, drinking, or writing out in the open, or utilizing an open restroom, are a great deal less normal in this gathering of patients. Social phobia represents 10%–20% of the uneasiness issue analyzed in patients in outpatient centers, yet it is once in a while the purpose behind hospitalizing a patient. On the Psychiatry Journal Volume 2017, High Magnitude of Social Anxiety Disorder in School Adolescents, the predominance of social phobia among school young people differed from nation to nation. For example, in high-wage nations, the extent ranges from 3.5% to 21%. Despite the fact that there is shortage of proof in creating nations, the accessible writings recommended that social phobia is higher, which ranges from 10.3% to 27%. Understudies’ regard for scholarly data might be occupied by an over the top concentrate on their nervousness. The capacity to screen and change correspondence with partners and instructors might be dubious by dread of negative assessment and when taking an interest in a course, socially on edge understudies judge their ability ineffectively, which prompts scholastic underachievement. Confirmations demonstrated that social fear was related with 20% of instances of grown-up melancholy and 17% of instances of liquor and medication...
reliance. Low financial status, being unmarried, unemployment, low level of training, and poor social support were recognized as a hazard consider for social fear. Society's state of mind towards bashfulness and shirking as a measure of courteousness is additionally a critical variable related with understudies' capacity to assemble social connection. Regardless of the high overall weight of social phobia, restricted confirmation is accessible, especially in creating nations. This audit endeavored to assess parts which were previously not especially tended to. The inspiration driving this audit was to assess the inescapability and related factors of social fear among school youngsters in Ethiopia. Social fear was the penniless variable and the markers were socio demographic elements (sex, age, religion, wealth list, relationship status, current living condition, and initiation of living game plan), clinical components (past history of psychiatric affliction, past history of never-ending helpful ailment, and family history of enthusiastic infection), substance use is an area green leaf plant which had amphetamine-like vivifying effect consequent to gnawing on account of the dynamic settling called cathinone. Information was gathered by pretested self-managed survey and the information accumulation was encouraged via prepared information authorities and chiefs. Social phobia was surveyed by utilizing the Social Phobia Inventory (SPIN) which a 17-thing self-rating scale is created by Connor and his partners. It demonstrates the indication areas of social fear (dread, shirking, and physiological excitement) and seems to have dependable and substantial psychometric properties of screening social phobia in youths and different populaces. An understudy with a score of 20 or more on SPIN was considered as having social phobia.

III. RESEARCH METHODOLOGY
1. Need of the Study:
   • To know the prevalence of social phobia in the adolescent age group and understand the current situations of the adolescent children.
   • To identify the reasons to affect social phobia in adolescence.
2. Objectives of the Study
   ➢ General objective
     • To study about the social phobia of adolescence in Thodiyoor grama panchayath.
   ➢ Specific objective
     • To study the prevalence of social phobia in adolescence.
     • To study about the reasons to affecting social phobia in adolescent children.
3. Theoretical Definition
   Adolescence: - Adolescence is a developmental transition between childhood and adulthood. Adolescence is the period from puberty until full adult status has been attained.
4. Operational Definition
   Adolescence: - Adolescence is most often thought of as being comprised of distinct physical, cognitive, and socio-emotional stages.
5. Research Design: Descriptive design is used for the study
Glorin Ann Kuruvila, Vivek S. :: Prevalence of Social Phobia Among Adolescence in Thodiyoor Gramapanchayath

IV. DATA ANALYSIS AND INTERPRETATION

Figure 1: The overall details about the research study
Table 1: The overall details about the research study

<table>
<thead>
<tr>
<th>Response</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>13</td>
<td>18.6</td>
</tr>
<tr>
<td>Moderate</td>
<td>4</td>
<td>5.7</td>
</tr>
<tr>
<td>None</td>
<td>52</td>
<td>74.3</td>
</tr>
<tr>
<td>Severe</td>
<td>1</td>
<td>1.4</td>
</tr>
<tr>
<td>Total</td>
<td>70</td>
<td>100.0</td>
</tr>
</tbody>
</table>

In this above diagram and table represents the overall details about the research study. In this diagram and table shows that 74.3% of the respondents haven’t social phobia, 18.6% of the respondents have mild social phobia, then 5.7% of the respondents have social phobia in moderate level, and the remaining 1.4% of the respondents have severe level of social phobia.

V. MAJOR FINDINGS OF THE STUDY

- In this study the researcher identified that larger part of the respondents have social fear. A portion of the respondents have social fear in mild level, a portion of the respondents have social fear in moderate level, and a portion of the respondents have social fear in severe level. Analyse all the respondents; majority has faced one or more symptoms of social phobia.
- The researcher distinguished that most of the respondents has a place with Nuclear family and the remaining portion of the respondents are in the piece of the Joint family. The researcher identified that this is the reason to affect social phobia in adolescent age group. In our society now hasn’t joint family. Joint family has grandparents. They give more care and support to their children. This is helpful to reduce the fear of the child.
- The study says that most of the adolescent respondents in this study have fear or afraid of people in authority. The researcher also interacts with the respondents. They tell that they have fear to interact with the people. Also they have fear to face the people in the community.
- The researcher identified that some of the respondents have problem like sweating in front of people.
- The researcher knows that some of the respondents in this study who are avoiding to going parties. The reason is they have fear or social phobia. Also they have fear to face a crowd.
- The researcher understands that majority of the respondents are scare to talking with other people in the society. They have fear and shy to face the strange persons. Mostly female respondents have these kinds of problems.
- The researcher realizes that half of the respondents have fear and afraid of doing things in front of the individuals.

VI. SUGGESTIONS

On the basis of the findings of the study, the researcher made certain suggestions.
Majority of the adolescent respondents expressed that they have fear or social phobia to face the people in the authority. Also the respondents have fear to stand in front of the group of people. They have also stage fear. Give more opportunities to them to perform any activities in front of the people is to reduce the fear and also reduce the social phobia of the children.

Provide awareness about the reasons to affect social phobia and impact of social phobia to the parents.

Also give awareness to the school teachers about the term social phobia.

Maintain and give social support and social relationship.

Provide proper care and support to the adolescent children.

Help to improve the qualities of the adolescent children to reduce the social fear and phobia.

VII. CONCLUSION

Social phobia is basically the fear of a person. A person who has fear to face a crowd and also fear to speak something in front of people. Social phobia is the sub point of social anxiety. In this research, the researcher found that the ‘Social phobia of adolescence in Thodiyoor gramapanchayath’. In this study the researcher identified the symptoms of social phobia. Symptoms like fear, heart palpitations, shaking or trembling, blushing and sweating. In this research, the researcher identified lack of opportunities to perform activities in front of the people is the reason to affect social phobia and stage fear in adolescent age group. In this study revealed that the majority of the respondents have social phobia. They have fear or afraid of people in authority. They avoid parties and social events. Some of them avoid talking to the people. This is the situation that the researcher identified in the adolescence of Thodiyoor gramapanchayath.

VIII. REFERENCES


Glorin Ann Kuruvila, Vivek S. :: Prevalence of Social Phobia Among Adolescence in Thodiyoor Gramapanchayath