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The Study of the Relationship between Social Anxiety and Self-Esteem in Adolescents between the Ages of 12-18

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Abstract

The results of studies have shown that many factors are involved in the formation and development of social anxiety. Low self-esteem is a risky factor in the development of anxiety disorders, especially social anxiety in adolescents. The purpose of this study is to investigate the relationship between self-esteem and social anxiety in adolescents. The present study is cross-sectional and correlational. The statistical population is the guidance and high school students in Shiraz during 2013-2014 that 180 students include 101 girls and 79 boys were selected by cluster sampling. The age range of subjects was 12-18 years and the mean age was 15.4. The instruments used in this study were Rosenberg's self-esteem questionnaire and social anxiety scale for adolescents (SASA). Data were analyzed using correlation and regression. Results showed a significant negative relationship between social anxiety and self-esteem (r=-0/453, P<0.01). Also, regression analysis indicates 20.5% of the social anxiety variance can explain by self-esteem. Adolescents with social anxiety have lower self-esteem and vice versa when they experience higher levels of self-esteem, their social anxiety reduces. Thus, low level of self-esteem is a strong factor in creating a negative self-assessment and there by experiencing the social anxiety. Therefore it could be conclude that self-esteem is the core issue in social and performance anxiety.

Keywords: Social Anxiety, Self-Esteem, Adolescents.

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