The Second International Anxiety Congress



Shefa Neuroscience Research Center, Tehran, Iran, 1-3 October, 2014

The Neuroscience Journal of Shefaye Khatam

Volume 2, No.3, Suppl 1

Poster Presentation

Research

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

Sara Ansari^{1*}, Mozhgan Patoo², Mehrdad Mahmoudi³, Leila Hassani⁴

Department of Mental Health, Shiraz University of Medical Sciences, Shiraz, Iran.
Department of Psychology, Faculty of Humanities, Tarbiat Modares University, Tehran, Iran.
Noor Abad Payame Noor University, Lorestan, Iran.
Fars Education Organization, Shiraz, Iran.

Published: 1 Oct 2014

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.

*Corresponding Author: Sara Ansari

E-mail: sara ansarimotlagh@yahoo.com