"A Study to Assess the Level of Social Anxiety and Deficits of Social Competence Among Adolescent School Students at Selected School in Pondicherry"

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Abstract
This descriptive study aimed to assess social anxiety and deficits in social competence among 100 adolescent school students at Bharatha Devi English High School, Pondicherry. Utilizing the Kutcher Generalized Social Anxiety Disorder Scale and the Social Competence Scale for Adolescents, the study analyzed the levels of social anxiety and competence deficits and their association with demographic variables. The study revealed that 70% of students experienced moderate social anxiety, while 70% exhibited high social competence. Significant associations were found between age, socioeconomic status, and social competence, whereas no significant demographic correlations were found with social anxiety levels. These findings underscore the need for targeted interventions and informed support structures within educational and health systems.
Keywords: Social Anxiety, Social Competence, Adolescents, School Students, Pondicherry

I. INTRODUCTION

Social Anxiety Disorder (SAD) was recognized as a distinct phobic disorder in the mid-1960s. According to ICD-10 and DSM, SAD involves persistent fear of one or more social situations where embarrassment may occur, with anxiety disproportionate to the actual threat. Individuals with SAD worry excessively about social situations, often weeks in advance, fearing they will humiliate themselves. In children, this may manifest as withdrawal, crying, freezing, or behavioral outbursts.

Social competence is an individual's ability to interact effectively in social contexts, including skills like emotional regulation, communication, empathy, problem-solving, and adaptability. Developing social competence is essential for healthy relationships, academic success, and mental well-being.

STATEMENT OF PROBLEM:
"A Study To Assess The Level Of Social Anxiety And Deficits Of Social Competence Among Adolescent At Selected School In Pondicherry".

OBJECTIVES OF THE STUDY:
- To assess the level of social anxiety and deficits of social competence among adolescent
- To associate the level of social anxiety and deficits of social competence among adolescent with their selected demographic variables.

RESEARCH METHODOLOGY:
The research approach used for this study was quantitative research approach. A descriptive research design was adopted for this present study. The researcher used a convenient sampling technique to select 30 adolescent school students at selected school in Pondicherry who fulfilled the criteria. Demographic data was collected. Kutcher Generalized Social Anxiety Disorder Scale was applied to assess the level of social anxiety and avoidance among adolescents. The collected data were classified and noted in the marked section. The researcher assured the participants of the confidentiality of their responses.

Inclusion criteria:
- Adolescent school students who are available during data collected
- Adolescent school students who can able to write English / Tamil

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Exclusion criteria:
- • Adolescent school students who are not willing to participate in the study.

DESCRIPTION OF THE TOOL

Section A:

Demographic variables include age, gender, education, residence, religion, family monthly income, occupation of father, occupation of mother, socio economic status, family history of psychiatric illness, type of family, number of siblings, any substance abuse

Section B:

This section consists of Kutcher Generalized Social Anxiety Disorder Scale for Adolescents to assess the level of social anxiety and avoidance in adolescents.

SCORING INTERPRETATION:

S.NO	Level of Anxiety	SCORE
1	Low social anxiety	0-36
2	Moderate social anxiety	37-72
3	Sever social anxiety	73-108

SECTION C:

The Social Competence Scale for Adolescents is designed to evaluate adolescents' ability to interact effectively in social situations. It assesses skills such as communication, empathy, conflict resolution, and collaboration using a 5-point Likert scale.

Scoring Interpretation

Interpretation	Total Score Range
Low Social Competence	10-19
Moderate Social Competence	20-34
High Social Competence	35-50

DATA ANALYSIS AND INTERPRETATION

SECTION A: Description of demographic variables of adolescent school students.

SECTION B: Distribution of Adolescents school students according to the level of social Anxiety and social competence

SECTION C: Association between Demographic variables with the level of social Anxiety and social competence among adolescent school students.

Table 1: Frequency and percentage wise distribution of demographic variables of adolescent school students.

N=100

S.No	Characteristics	Frequency (n)	Percentage (%)
1	**Age**		
	10 to 12 years	51	51
	12 to 14 years	48	48
	14 to 16 years	1	1
	16 to 19 years	0	0
2	**Gender**		
	Male	44	44
	Female	56	56
	Transgender	0	0
3	**Education**		

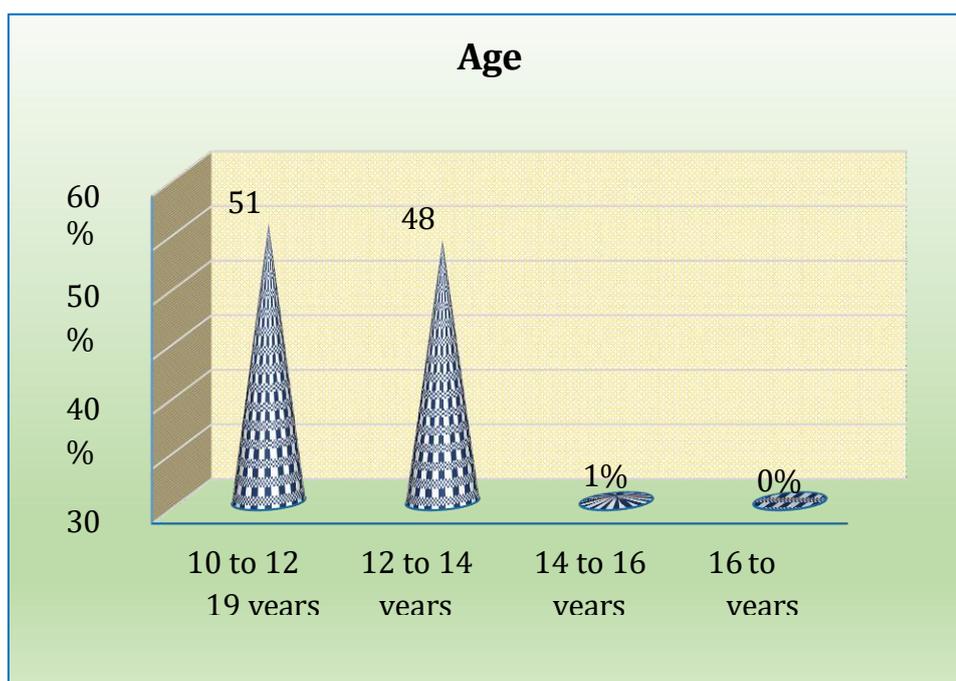|			
	Middle school	3	3
	High school	97	97
	Higher secondary school	0	0
	Other	0	0
4	**Residence**		
	Rural	55	55
	Urban	45	45

Figure 2: Percentage wise distribution of adolescent school students according to their age.

The majority of students (51%) were aged 10 to 12 years, followed by 48% in the 12 to 14 age group, with a minimal representation (1%) in the 14 to 16 age range and none in the 16 to 19 years category.

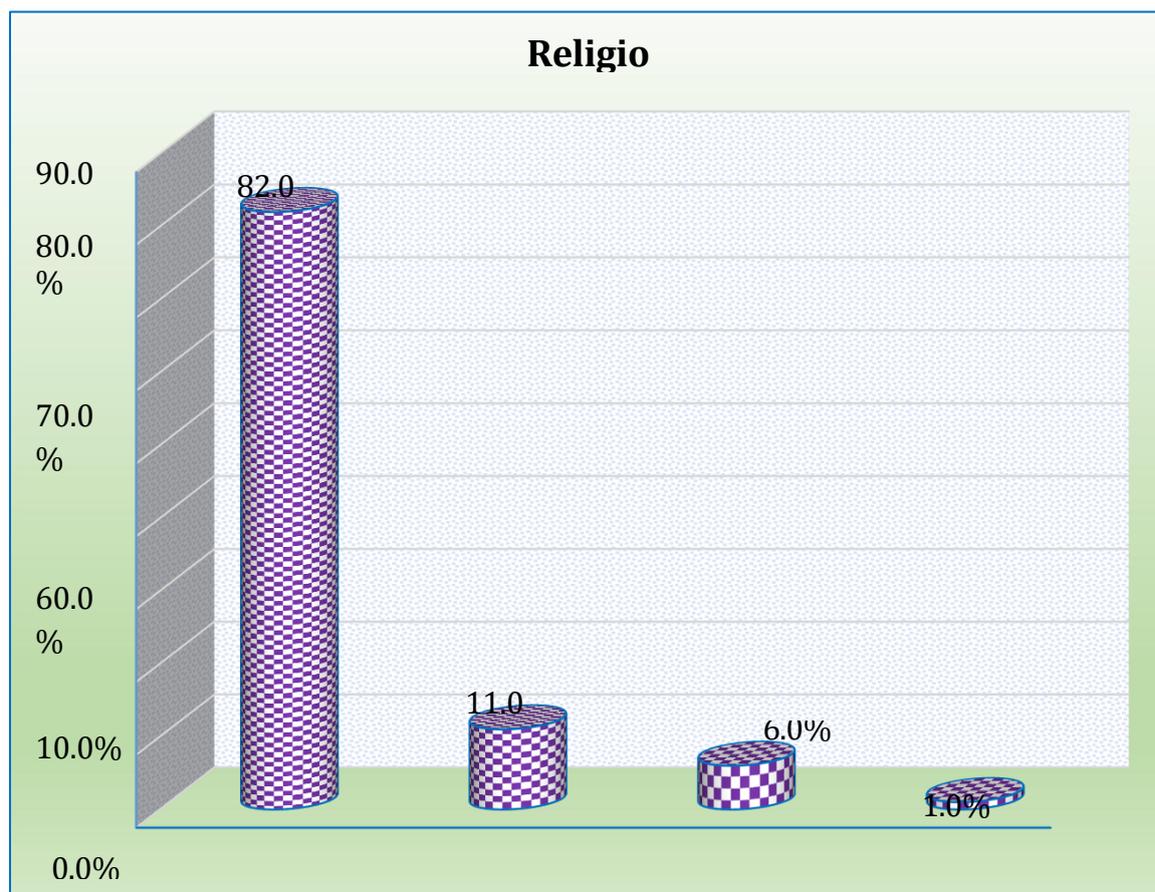| 5	Religion	Frequency (n)	Percentage (%)
	Hindu	82	82
	Muslim	11	11
	Christian	6	6
	Others	1	1
6	**Family's Monthly Income**		
	Below ₹5000 per month	29	29
	₹5000 to ₹10,000 per month	46	46
	More than ₹10,000 per month	25	25
7	**Occupation of Father**		
	Daily wage	42	42
	Private sector	30	30
	Government sector	8	8
	Others	20	20

Figure 6: Percentage wise distribution of adolescent school students according to their religion.

The majority (82%) identified as Hindu, followed by 11% Muslim, 6% Christian, and 1% belonging to other religions.

8.	Occupation of Mother	Frequency (n)	Percentage (%)
	Daily wage	42	42
	Private sector	30	30
	Government sector	8	8
	Homemaker	20	20
9.	Socio economic Status	Frequency (n)	Percentage (%)
	Low socio-economic status	5	5
	Middle socio-economic status	95	95
	High socio-economic status	0	0
10	Type of Family		
	Joint family	49	49
	Nuclear family	45	45
	Single parent family	6	6

11.	Number of siblings	Frequency (n)	Percentage (%)
	One	61	61
	Two	31	31
	Three	4	4

	None	41	41
12.	**How comfortable are you in making new friends?**		
	Very comfortable	47	47
	Somewhat comfortable	46	46
	Uncomfortable	3	3
	Very uncomfortable	4	4
13.	**Do you avoid situations where you might have to speak to someone in authority (e.g., a teacher or principal)?**		
	Never	17	17
	Rarely	46	46
	Sometimes	34	34
	Often	3	3

Table 5: Association between Demographic variables and the level of social Anxiety among adolescent school students.

S. No	Demographic Variables	Level of Social Anxiety						X^2 value
		Low		**Moderate**		**Severe**		
1	**Age**	N	(%)	N	(%)	N	(%)	$X^2 = 0.899$ DF = 4 P = 0. 925 (NS)
	10 to 12 years	12	12	34	34	5	5	
	12 to 14 years	9	9	35	35	4	4	
	14 to 16 years	0	0	1	1	0	0	
	16 to 19 years	0	0	0	0	0	0	
2	**Gender**							$X^2 = 2.849$ Df = 2 P = 0.241 (NS)
	Male	7	7	31	31	6	6	
	Female	14	14	39	39	3	3	
	Transgender	0	0	0	0	0	0	
3	**Education**							$X^2 = 1.325$ Df = 2 P = 0.515 (NS)
	Middle school	0	0	3	3	0	0	
	High school	21	21	67	67	9	9	
	Higher secondary school	0	0	0	0	0	0	
	Other	0	0	0	0	0	0	
4	**Residence**							$X^2 = 1.228$ Df = 2 P = 0.541 (NS)
	Rural	10	10	41	41	4	4	
	Urban	11	11	29	29	5	5	

* Significant at P <= 0.05 level

S. No	Demographic Variables	Low		Moderate		Severe		X^2 value
5	**Religion**							$X^2 = 7.031$ Df = 6 P = 0.318 (NS)
	Hindu	20	20	53	53	9	9	
	Muslim	0	0	11	11	0	0	
	Christian	1	1	5	5	0	0	
	Others	0	0	1	1	0	0	
6	**Family's Monthly Income**							$X^2 = 5.095$ Df = 6 P = 0.532 (NS)
	Below ₹5000 per month	5	5	20	20	4	4	
	₹5000 to ₹10,000 per month	8	8	34	34	4	4	
	More than ₹10,000 per month	8	8	16	16	1	1	
7.	**Occupation of Father**							

	Daily wage	11	11	25	25	6	6	$X^2 =$ 8.919 Df = 6 P = 0.178 (NS)
	Private sector	8	8	21	21	1	1	
	Government sector	0	0	8	8	0	0	
	Others	2	2	16	16	2	2	
8.	**Occupation of Mother**							$X^2 =$ 3.649 Df = 6 P = 0.724 (NS)
	Daily wage	5	5	13	13	1	1	
	Private sector	2	2	13	13	1	1	
	Government sector	1	1	8	8	2	2	
	Homemaker	13	13	36	36	5	5	
9.	**Socio economic Status**							$X^2 =$ 4.821 Df = 4 P = 0.306 (NS)
	Low socio-economic status	1	1	4	4	0	0	
	Middle socio-economic status	20	20	65	65	8	8	
	High socio-economic status	0	0	1	1	1	1	
10	**Type of Family**							$X^2 =$ 1.088 Df = 4 P = 0.896 (NS)
	Joint family	11	11	34	34	4	4	
	Nuclear family	9	9	31	31	5	5	
	Single parent family	1	1	5	5	0	0	
11.	**Number of siblings**							$X^2 =$ 2.167 Df = 6 P = 0.904 (NS)
	One	12	12	43	43	6	6	
	Two	7	7	22	22	2	2	
	Three	1	1	2	2	1	1	
	None	1	1	3	3	0	0	
12.	**How comfortable are you in making new friends?**							$X^2 =$ 9.643 Df = 6 P = 0.141 (NS)
	Very comfortable	8	8	32	32	7	7	
	Somewhat comfortable	12	12	33	33	1	1	
	Uncomfortable	1	1	1	1	1	1	
	Very uncomfortable	0	0	4	4	0	0	
13.	**Do you avoid situations where you might have to speak to someone in authority (e.g., a teacher or principal)?**							$X^2 =$ 9.058 Df = 6 P = 0.170 (NS)
	Never	1	1	12	12	4	4	
	Rarely	11	11	33	33	2	2	
	Sometimes	9	9	22	22	3	3	
	Often	0	0	3	3	0	0	

MAJOR FINDINGS OF THE STUDY:

The majority of students (51%) were aged 10 to 12 years, followed by 48% in the 12 to 14 age group, with a minimal representation (1%) in the 14 to 16 age range and none in the 16 to 19 years category.

Gender distribution revealed a higher proportion of females (56%) compared to males (44%), with no representation of transgender individuals. In terms of education, 97% of the students were in high school, while only 3% were in middle school, and none were in higher secondary school or other educational categories.

Regarding their place of residence, 55% of students lived in rural areas, while 45% resided in urban settings. The majority (82%) identified as Hindu, followed by 11% Muslim, 6% Christian, and 1% belonging to other religions.

II. CONCLUSION

The present study assessed the level of social anxiety and deficits of social competence among adolescent school students at selected school in Pondicherry. The study concluded that most patients experienced a moderate level of social anxiety, with fewer individuals showing low or severe levels of anxiety. Similarly, some showing moderate competence and none falling into the low competence category. These findings highlight a predominant trend of moderate social anxiety inpatients and strong social competence in students.

RECOMMENDATIONS
- A similar study may be conducted with a larger sample size across multiple schools to improve the generalizability of the results.
- Further studies can examine the long-term impact of social anxiety and social competence deficits on academic performance, peer relationships, and overall well-being in adolescents.

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