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Research Article

Social Anxiety, Depression And Mental Well-Being: A Correlational Study.

Yachna[1*], Dr. Jahangeer Majeed[2]

[1*]M.A Clinical Psychology (Dept. of Psychology, Lovely Professional University)
[2](Assistant Professor, Psychology)

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ABSTRACT

This study is aims to understand the role of social anxiety, depression and mental well-being; A correlational study, the most centered par in the analysis is stress, worriedness, anxiety throughout traditional days. The purpose of the study was to determine the impact of social anxiety/ Phobia, depression and mental well-being and to know how the individual regulates their emotions.

Keywords: Social anxiety, Mental well-being, Depression.

Introduction:

The stage is characterized by tremendous change, including the shift from adolescents to maturity, academic expectations, and other social and personal duties. Furthermore, modern systems of assessment and apprehension of failures might elicit unpleasant emotions that may affect academic achievement. The study, which focused on the occurrence and effect of anxiousness on psychological adaptation to the setting, produced a wide range of findings. This variance is most likely owing to the numerous measurement tools used, each of which approaches this concept differently (Bozal et al., 2019). Anxiety disorders are characterized by excessive fear, uneasiness, apprehension, and corresponding behavioral problems. Social anxiety disease (SAD), often known as social phobia, involves worry and anxiety about social interactions and is frequently connected with avoidant behaviour (Ratnani et al., 2017). Social anxiety is rather widespread, affecting up to 13% of the population, and it can be exceedingly debilitating. It can be generally particular (limited to one or two execution conditions) or generic, which is possible to determine using a scale-based assessment. Anxiety about social situations may occur with other diseases including depression and dysthymia (Jefferson, 2001). Furthermore, previous research has not investigated differences in people's subjective perceptions of life's stressful circumstances (e.g., effect, chronicity, causal attribution). Individuals may react significantly to a difficult circumstance according to their personality characteristics, present life conditions, and disorders (Christopher, 2004), or those variations show an impact on the manner in which they adapt with as well as handle pressure (Goodman et al., 2023). Depressive disorder is an important issue for society due to its increasing incidence significant corresponding pain, breakdown, complications, as well as financial consequences. Sadness being more frequent in women as opposed to males. The Worldwide Cost of Disease study determines that the average lifetime incidence of unipolar depressive episodes is 1.9% for men and 3.2% for women, with a one-year probability of 5.8% for males and 9.5% for women. The investigation further discovered revealed the period of sickness overall the degree of symptoms of depressive disorders are the strongest predictors of inadequate standards existence as well as disabilities (Grover et al., 2010). Historically, studies on psychological wellness and health in this field have usually been undertaken utilizing a psychiatry viewpoint, with the goal of comprehending the cognitive malfunctioning that gives rise to symptoms of psychiatry and providing a medication to rectify neurological dysfunctional behaviour (Hernández-Torrano et al., 2020). More generally, an individual's physical, social, and emotional states are all included in their state of good-being. If someone's fundamental demands are satisfied, and they appear purposeful and capable of achieving significant personal objectives as well as interacting with others in humanity, then are in an optimal condition of self-being. Thus, having psychological well-being involves more than just preventing mental illnesses (Alshehri, 2021). The emergence of many mental illnesses, such as depressive disorders as well as social anxiety disorder, usually peaks during adolescence (Belfer, 2008). The difficulties that young individuals with these medical conditions confront are widely known, and a large amount of investigation is devoted to creating and assessing therapeutic interventions. However, relatively little research has been done on the social ramifications of these diagnoses, particularly the stigma that goes along with them. However, studies showing

detrimental effects on teenagers with mental illnesses, such as isolation from society, cruel treatment, and lower expectations, emphasize how important it is to comprehend mental health stigma (Lynch et al., 2021). Examining the relative significance of various interpersonal stressor domains in the associations among depressive symptoms and social anxiety may provide additional insight into these disparate results. Furthermore, correlational analyses suggest a specificity in the association that exists between various interaction stressor categories as well as depressive and anxiety about social situations symptoms, correspondingly, which might assist in further disentangle the connections at a more detailed level (Tillfors et al., 2023). Comorbid SAD in teenagers who are already depressed can contribute to a more malignant course and nature of eventual depressive disease, and social anxiety disorder during adolescence or young adulthood is a strong predictor of subsequent depressive illnesses (Stein et al., 2001).

The research examines the frequency, impairments, patterns of co-morbidity, and other characteristics of DSM-IV social phobia in adolescents and young adults, distinguishing between generalized and non-generalized social phobics. Methods. The data come from the baseline examination of the Early Developmental Stages of Psychopathology research (EDSP), a prospective longitudinal community research of 3021 individuals aged 14 to 24. Identification were made using the DSM-IV algorithms from an enlarged version of the Composite International Diagnostic Interview. Although generalized social phobia sufferers are more likely than non-generalized social phobics to undergo mental health therapy, the treatment rate in this group was low, despite the reality that mental health services are inexpensive in Germany (Wittchen et al., 1999). Even in the absence of concurrent major depression, social phobia can be a severe, burdensome anxiety condition with a significant loss in quality of life. In clinical investigations, social phobia is strongly connected with significant disability and a lower quality of life. It can be challenging to get a clear picture of the impairment triggered by social phobia in population samples. Furthermore, previous research have left it unclear how much of the indices were due to social phobia rather than concomitant severe depression. The authors looked at appropriate information gathered from the Ontario Health Survey Mental Health Supplement (Stein & Kean, 2000).

Methodology:

1. Research Design: Employ a correlational research design to examine the relationships among social anxiety, depression, and mental well-being. Utilize quantitative methods to analyse the extent and nature of correlations.

2. Sampling Technique: Implement a stratified random sampling technique to ensure representation across key demographics. Obtain informed consent from all participants, emphasizing voluntary participation and confidentiality.

Measures Instruments:

A. Social Anxiety / Phobia: SPIN is a 17-item self-evaluation screening instrument that assesses anxiety and avoidance in a range of social contexts using a Likert scale ranging from 0 (not at all) to 4 (extreme). The scale has an acceptable capacity to recognize adults with or without a fear of social situations, and it has three separate categories for avoidant behaviour (of interacting to others, of communicating to others for anxiety about humiliation, of attending parties, experiencing the focus of attention, of giving statements, of getting warned, of responding to leadership), Physical signs (glistening, shivering, heart palpitations or shaking and tremble in front of others), and a fear of society (of persons in power, of gatherings and social occasions, being judged and disregarded, of interacting to others, of performing tasks when people are looking, and of being humiliated). In a previous study, the cutoff value of SPIN for SAD was indicated as 24, with 19 for mild SAD (Ratnani et al., 2017).

B. Depression: Employ standardized instruments such as the Beck Depression Inventory (BDI) assess depressive symptoms. Beck's depression inventory (BDI II) is a 21-item self-rating questionnaire used as both a screening instrument and for evaluating the severity of depression. The suggested cutoff threshold for testing for depression is 13, which provides the optimum combination of both specificity and sensitivity (Ratnani et al., 2017)

C. Mental Well-Being: Measure mental well-being using established tools like the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). The 14 appropriately expressed elements on the scale were created A 5-point Likert scale (1–5) was utilized for completing the assessment. The value of each point corresponded to the following response categories: Never, very seldom, occasionally, frequently, and always. Throughout the current study's initial evaluation, no changes were done, therefore only its reliability was examined (Alshehri, 2021).

3. Data Collection:

Administer the questionnaires through online surveys. Ensure consistency in data collection methods to minimize potential biases.

4. Statistical Analysis: Conduct correlational analyses, such as Pearson or Spearman correlation coefficients, to examine the strength and direction of relationships between social anxiety, depression, and mental well-being. Explore potential moderating and mediating factors through regression analyses.

Hypotheses:

The is negative correlation between Social phobia and mental well-being
There is positive correlation between Social phobia and depression
There is negative correlation between depression and mental well-being

Result and Discussion:

Descriptive Statistics

	Mean	Std. Deviation	N
X	18.16	11.853	200
Y	42.10	12.976	200
Z	14.10	9.806	200

Descriptive statistics are a crucial aspect of understanding and summarizing data. They provide insights into the central tendencies, variability, and distribution of a dataset. In this analysis, we have three variables: X, Y, and Z, each with their respective mean and standard deviation values, along with the sample size (N) of 200 for each variable.

Let's start by understanding what each of these descriptive statistics means:

1. **Mean (Average)**:
   - The mean is the sum of all values in a dataset divided by the total number of values.
   - For variable X, the mean is 18.16, for Y it's 42.10, and for Z it's 14.10.
   - The mean represents the central tendency of the data, indicating where most of the values lie.
2. **Standard Deviation**:
   - The standard deviation measures the dispersion or spread of values around the mean.
   - A higher standard deviation indicates greater variability in the data, while a lower standard deviation suggests that data points are closer to the mean.
   - For variable X, the standard deviation is 11.853, for Y it's 12.976, and for Z it's 9.806.
3. **Sample Size (N)**:
   - N represents the number of observations or data points in the sample.
   - A larger sample size generally provides more reliable estimates of population parameters.

Now, let's delve deeper into what these descriptive statistics reveal about each variable:

Variable X:
- The mean of 18.16 suggests that, on average, the observations for X fall around this value.
- With a standard deviation of 11.853, there's considerable variability in the data points. This means the values of X are spread out from the mean.
- The relatively high standard deviation compared to the mean indicates that the data points may be dispersed over a wide range of values.

Variable Y:
- Y has a higher mean of 42.10 compared to X and Z, indicating that, on average, the observations for Y are higher.
- The standard deviation of 12.976 suggests that there is variability in the data, but it's somewhat similar to variable X.
- With a larger mean and standard deviation, the data points for Y might be more spread out compared to X and Z.

Variable Z:
- Z has the lowest mean of 14.10 among the three variables, indicating that, on average, the observations for Z are the lowest.
- The standard deviation of 9.806 suggests that the data points for Z are less dispersed compared to X and Y.
- The smaller standard deviation indicates that the values of Z are closer to the mean compared to X and Y.

In summary, these descriptive statistics provide valuable insights into the central tendencies and variability of each variable. They help in understanding the distribution of data points and how they relate to each other within the dataset. Additionally, they can assist in making comparisons between different variables and identifying any patterns or trends present in the data.

Correlations

		X	Y	Z
X	Pearson Correlation	1	-.261**	.555**
	Sig. (2-tailed)		.000	.000
	N	200	200	200
Y	Pearson Correlation	-.261**	1	-.329**
	Sig. (2-tailed)	.000		.000
	N	200	200	200
Z	Pearson Correlation	.555**	-.329**	1
	Sig. (2-tailed)	.000	.000	
	N	200	200	200

**. Correlation is significant at the 0.01 level (2-tailed).

Correlation analysis is a statistical method used to examine the relationship between two or more variables. In this case, we have three variables: X, Y, and Z. The correlation coefficient, represented by the Pearson correlation coefficient, indicates the strength and direction of the linear relationship between each pair of variables. Let's delve into the correlations observed among X, Y, and Z, as well as their implications.

Starting with the correlation between X and Y, we observe a negative correlation of -0.261, which is statistically significant at the 0.01 level. This indicates that as the values of variable X increase, the values of variable Y tend to decrease, and vice versa. However, it's important to note that the strength of this relationship is relatively weak, suggesting that changes in X only explain a small portion of the variability in Y.

Moving on to the correlation between X and Z, we see a positive correlation of 0.555, also significant at the 0.01 level. This suggests a strong positive linear relationship between X and Z, implying that as the values of variable X increase, the values of variable Z also tend to increase, and vice versa. Unlike the correlation between X and Y, this correlation is stronger, indicating that changes in X can better explain the variability in Z.

Next, exploring the correlation between Y and Z, we find a negative correlation of -0.329, significant at the 0.01 level. This indicates a moderate negative linear relationship between Y and Z, suggesting that as the values of variable Y increase, the values of variable Z tend to decrease, and vice versa. Similar to the correlation between X and Y, the strength of this relationship is moderate, indicating that changes in Y explain a moderate portion of the variability in Z.

These correlation coefficients provide valuable insights into the relationships among the variables X, Y, and Z. However, it's essential to interpret these findings cautiously and consider potential underlying factors or variables that may influence these relationships.

One important consideration is the presence of confounding variables, which are variables that may influence both the independent and dependent variables, thus affecting the observed correlations. Additionally, causality cannot be inferred from correlation alone, as it only indicates a relationship between variables, not a cause-and-effect relationship.

Furthermore, while correlation analysis is useful for identifying associations between variables, it cannot determine the direction or nature of causality. Therefore, additional research, such as experimental studies or longitudinal analyses, may be necessary to establish causation conclusively.

In conclusion, the correlations observed among variables X, Y, and Z provide valuable insights into their relationships. While these findings can inform further research and analysis, it's crucial to interpret them within the appropriate context and consider potential confounding variables and limitations. Overall, correlation analysis serves as a valuable tool for exploring relationships between variables and uncovering patterns in data.

The major findings from the correlation analysis can be summarized as follows:

Variability in Observations:

The standard deviations for variables X, Y, and Z are 11.853, 12.976, and 9.806, respectively. This indicates that there is variability in the observations for all three variables.

Variable Y has the highest standard deviation, suggesting the greatest spread or variability in its data points.

Variable Z has the lowest standard deviation, indicating less variability compared to X and Y.

Differences in Central Tendencies:

The means for X, Y, and Z are 18.16, 42.10, and 14.10, respectively. These values represent the central tendencies of each variable.

Variable Y has the highest mean, indicating that, on average, its observations are higher compared to X and Z.

Variable Z has the lowest mean among the three variables.

Comparative Analysis:

By comparing the means and standard deviations of the variables, we can discern differences in their distributions.

Variable Y exhibits both a higher mean and a higher standard deviation compared to X and Z. This suggests that the data points for Y are not only centered around a higher average but also more spread out compared to the other variables.
Variable X has a moderate mean and standard deviation, indicating that its observations are less dispersed compared to Y but more so compared to Z.
Variable Z has the lowest mean and standard deviation, implying that its data points are concentrated closer to the mean compared to X and Y.

Implications for Analysis:
The variability observed in all three variables suggests that the dataset is diverse, with a wide range of values for each variable.
Researchers or analysts should take into account the differences in central tendencies and variability when interpreting the data and drawing conclusions.
Further analysis, such as hypothesis testing or regression analysis, could be conducted to explore relationships between these variables and investigate potential patterns or correlations.
Considerations for Decision Making:
Depending on the context of the analysis, the findings regarding central tendencies and variability can influence decision-making processes.
For example, in financial analysis, understanding the variability of investment returns (represented by variables X, Y, and Z) is crucial for risk assessment and portfolio management decisions.
Similarly, in healthcare research, differences in central tendencies among patient groups (represented by variables X, Y, and Z) could inform treatment strategies and resource allocation.
In conclusion, the major findings from the descriptive statistics highlight differences in central tendencies and variability among variables X, Y, and Z. These findings provide valuable insights for further analysis and decision making in various fields.
Data Understanding and Interpretation:
Understanding the central tendencies and variability of each variable is crucial for interpreting the dataset accurately.
Researchers and analysts can use this information to gain insights into the distribution of data points, identify outliers, and detect any underlying patterns or trends.
Comparative Analysis:
The comparative analysis of means and standard deviations allows for a deeper understanding of how the variables differ from each other.
It enables researchers to identify which variables have higher or lower averages and which exhibit more or less variability, aiding in the prioritization of further investigation.
Risk Assessment and Decision Making:
In fields such as finance and investment, understanding the variability of variables X, Y, and Z is crucial for assessing risk.
Investors can use this information to make informed decisions about portfolio diversification, asset allocation, and risk management strategies.
Resource Allocation:
In healthcare, education, or social services, knowledge of central tendencies and variability can guide resource allocation decisions.
For instance, if variable Y represents student performance scores, educators can allocate resources to address the needs of students with scores that deviate significantly from the mean.
Quality Control and Process Improvement:
In manufacturing or production environments, descriptive statistics can be used for quality control and process improvement.
By monitoring variables related to product quality or process efficiency, organizations can identify areas of improvement and implement targeted interventions to enhance performance.
Predictive Modeling and Forecasting:
Descriptive statistics serve as a foundation for more advanced analytical techniques, such as predictive modeling and forecasting.
Analysts can use historical data on central tendencies and variability to develop models that predict future outcomes or trends, enabling proactive decision making and risk mitigation.
Communication and Stakeholder Engagement:
Descriptive statistics provide a succinct summary of key characteristics of the dataset, making it easier to communicate findings to stakeholders.
Clear and concise reporting of descriptive statistics facilitates stakeholder understanding and fosters collaboration in decision-making processes.
Ethical Considerations:
Understanding the implications of descriptive statistics is essential for ethical data analysis and decision making.

Researchers and analysts must consider how their interpretations and actions based on descriptive statistics may impact individuals or communities, ensuring fairness, transparency, and accountability.
In essence, the implications of descriptive statistics extend beyond data analysis to inform decision making, resource allocation, risk assessment, and stakeholder engagement across diverse domains. By leveraging the insights provided by descriptive statistics, organizations and policymakers can make more informed and evidence-based decisions to achieve their objectives effectively.

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