

Study Of The Impact Of Family Environment On The Social Phobia Of Secondary Level Students

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Abstract

The present study is based on impact of family environment on the social phobia. The objective of the present study was to study the impact of family environment on the social phobia of secondary level students. Survey method was used for this study. For the sample, 200 secondary level students of Ambedkar Nagar were selected as the sample. The present study concluded that the family environment of secondary level students has an impact on their social phobia.

Key words:- Secondary level, family environment, social phobia.

Introduction

Family environment also has an impact on the social fear of students. The social development of children from families with different environments also varies. Those families in which mutual conflict, destructive criticism, feelings of hatred etc. are found among the members i.e. those families in which the habits of husband-wife, brother-sister, father-son, misconduct, falsehood, theft, drinking etc. create social fear in the child. Often, children brought up in this type of environment develop criminal tendencies. On the contrary, the personality of the children of those families whose parents, siblings and other family members are beautiful, educated and well behaved, develops properly. Parents clearly see the glimpse of civility, good character, truthfulness and honesty in their children. The personality of the children of those families develops as per the environment of the family. The following interpersonal relationships most affect the development of the child, but when the parents, due to some reason, are not able to provide affection, pampering and affection to their children, then such children fall into the category of despised children. When this type of behavior occurs, children are despised and distorted emotions develop in them. Such children start considering themselves lonely. Such children adopt a pessimistic attitude. Due to lack of parental affection, a feeling of inferiority develops in them and they hesitate to mix in the society.

It is often seen that if the parents are dominant in the family then the child can be outspoken, quarrelsome and also dependable. Over-protection of children also hinders development. In overprotected children, dependency, less ability to concentrate, getting easily upset and lack of responsibility can be seen. Thus they are afraid to participate in social activities. The mutual relationship between parents and the child also plays an important role in child development. If the mutual relationship between the parents is cordial and adjusted, then this type of relationship blossoms in the child and he gets adjusted in the society, but when there is bitter relationship between the parents, then it also hampers the socialization and social development of the child. And shyness, inferiority and extreme sensitivity develop in the child which gives rise to social fear. Social phobia is a debilitating disorder that affects the lives of many children, teens, and adults. This is affecting the youth. Children with social phobia are more likely than their peers to develop depression at age 15 and substance abuse at age 16 or 17. As they move towards adulthood, they choose paths that require less involvement with other people resulting in the loss of many opportunities. Such teenagers become obstacles to their own success. They are filled with thoughts of self-doubt and failure to deal effectively with the social situations of life. Therefore, it is important to help such youth and for this it is necessary to make them believe in themselves and increase their self-confidence.

Relevance of the study

In the presented research, to study the impact of family environment on social fear so that the child's fear can be eliminated by the behaviour of the parents. The main objective of the present study is to remove the social fear of secondary level

students from the family environment. Therefore, in this chapter an attempt will be made to know that students can be freed from social fear through their family environment. To the best of the researcher's knowledge, no such research work has been done. Therefore, the findings obtained through this study will definitely serve as guidance for the education world. To fulfill this purpose, I have selected this case.

Review related literature

- Chauhan, Richa (2022) investigated the impact of nuclear/joint family on the emotional intelligence of higher secondary level students in relation to their age. The objective of this study was to study the impact of their nuclear/joint family on the emotional intelligence of higher secondary level students in the context of their age. Under this research study, higher secondary school students of Haridwar district have been selected as the sample. Dr. Arun Kumar's emotional test has been used to find out the emotional intelligence of students. The date of birth of the 10th mark sheet has been considered as the basis for the age of the students. Students were asked questions to know the type of family. By analyzing the data obtained, it has been found in the study that the nuclear/joint family of higher secondary level students has a significant impact on their age.
- Francisca (2022) studied the prevalence of adolescent social phobia and social phobia disorder in school contexts. This study analyzed the prevalence of social phobia and social phobia disorder in Portuguese adolescents. In this study, a total of 1495 adolescent students were selected for the sample. The findings revealed that 26 percent of the total sample was found to have high adolescent social phobia and social phobia disorder. Among adolescents with social phobia disorder, 12.9 percent were receiving psychological advice, 12.1 percent refused advice. More social fear is found in girls than boys, that is, a significant difference was found in terms of social fear between boys and girls.
- Gurjar, Anju (2022) studied the effect of family environment on the creativity of upper primary level students. The objective of this study was to study the effect of family environment on the creativity of upper primary level students. Survey method has been used in this study and standardized questionnaire has been used to collect data. As a sample, 150 students of upper primary level from urban and rural areas of Jaipur city have been selected. In conclusion, it can be said that a significant difference has been found in the study of the impact of family environment on the creativity of upper primary level students.
- Nagarjuna (2022) conducted a study to assess the prevalence of social phobia disorder and its determinants among selected high school students of Bagalkot. The objective of this study was to assess the prevalence of social phobia disorder and its determinants among selected high school students of Bagalkot. Descriptive survey approach was used for this study. 120 high school students between the age of 14 to 16 years were selected from the high school students of Bagalkot by disproportionate stratified random method. The findings revealed that a significant correlation was found between the social phobia disorders of adolescents and their selected socio-demographic variables such as monthly income. A positive correlation was found between psychological well-being and academic performance among the adolescents. The effectiveness of teaching programs had positive effects on the health of adolescents with respect to the impact of its determinants on the level of social phobia disorders in adolescents, which were also statistically significant.
- Nagar, Megha (2021) studied the impact of family environment and examination anxiety of secondary level Hindi and English medium students from educated and uneducated families on their professional aspirations and educational achievement. The objective of this study was to study the impact of family environment and examination anxiety of secondary level Hindi and English medium students from educated and uneducated families on their professional aspirations and educational achievement. To measure the family environment, the family scale created by Dr. Bina Shah was used and to measure occupational aspiration, the family scale created by Dr. J.S. The occupational aspiration scale created by Grewal was used. Used by Madhu Aggarwal and Varsha Kaushal to measure test anxiety. (Secondary level class 9 mark sheet was used to measure educational achievement. In conclusion, it can be said that there is a significant difference between family control, family punishment and family compliance of secondary level students on the basis of Hindi and English medium.
- Abdu (2020) studied social phobia and its impact on quality of life among regular undergraduate students of Mettu University, Ethiopia. The objective of this study was to assess the prevalence, severity and quality of life of social phobia disorder among students of Mettu University, Ethiopia. The study was conducted on a stratified sample of 523 undergraduate students to identify the prevalence, correlates of social phobia, and impact on quality of life.

The results of the study found that out of 523 students, 26 percent were found to have high social phobia. Social phobia was found to be moderate in about 69.4 percent and 17.4 percent students respectively. Students with social phobia had significantly lower quality of life compared to students without social phobia.

Statement of the Study**“Study of the impact of family environment on the social phobia of secondary level students”****Objectives of study**

- To study the impact of family environment on social phobia in secondary level students.
- To study the impact of family environment on social phobia in secondary level boys.
- To study the impact of family environment on social phobia in secondary level girls.

Hypotheses of the Study

- There is no significant impact of family environment on social phobia in secondary level students.
- There is no significant impact of family environment on social phobia in secondary level boys.
- There is no significant impact of family environment on social phobia in secondary level girls.

Research method

Survey method has been used in the presented research.

Sample of the Study

In the present study, 200 secondary level students of Ambedkar Nagar have been selected as a sample.

Research Tool

Standardized instruments have been used in the presented study-

- **Family Environment Scale** – Created by Bina Shah
- **Social Phobia Scale** – Created by Devendra Singh Sisodia and Dharmendra Sharma

Statistics used to analyze data

Correlation coefficient has been used in the present study.

Data interpretation and analysis

H₀₁ - There is no significant impact of family environment on social phobia in secondary level students.

Table: 1

Effect of family environment on social phobia of secondary level students

Group	Variables	N	Correlation Coefficient	Results
Secondary Level Students	Family Environment	200	0.53	Positive Correlation
	social phobia			

Interpretation and analysis

The above table present the effect of family environment on the social phobia of secondary level students. From which it becomes clear that the correlation coefficient between family environment and social fear of secondary level students was found to be 0.53. According to JP Gilford's correlation coefficient table, this is an average positive correlation. After examining the significance of the correlation between the two variables, it was found that there is a significant correlation between family environment and social fear at 0.05 level. Hence the hypothesis is rejected. On this basis, it can be said that if the family environment of the students is good, social fear also reduces. In conclusion, it can be said that the family environment of secondary level students has an impact on their social phobia.

H₀₂ - There is no significant impact of family environment on social phobia in secondary level boys.

Table: 2

Effect of family environment on social phobia of secondary level boys

Group	Variables	N	Correlation Coefficient	Results
Secondary Level Boys	Family Environment	100	0.57	Positive Correlation
	social phobia			

Interpretation and analysis

The above table present the effect of family environment on the social phobia of secondary level boys. From which it becomes clear that the correlation coefficient between family environment and social fear of secondary level boys was found to be 0.57. According to JP Gilford's correlation coefficient table, this is an average positive correlation. After

examining the significance of the correlation between the two variables, it was found that there is a significant correlation between family environment and social fear at 0.05 level. Hence the hypothesis is rejected. On this basis, it can be said that if the family environment is good, social fear also reduces. In conclusion, it can be said that the family environment of secondary level boys has an impact on their social phobia.

H₀₃ - There is no significant impact of family environment on social phobia in secondary level girls.

Table: 3
Effect of family environment on social phobia of secondary level girls

Group	Variables	N	Correlation Coefficient	Results
Secondary Level Girls	Family Environment	100	0.59	Positive Correlation
	social phobia			

Interpretation and analysis

The above table present the effect of family environment on the social phobia of secondary level girls. From which it becomes clear that the correlation coefficient between family environment and social fear of secondary level girls was found to be 0.59. According to JP Gilford's correlation coefficient table, this is an average positive correlation. After examining the significance of the correlation between the two variables, it was found that there is a significant correlation between family environment and social fear at 0.05 level. Hence the hypothesis is rejected. On this basis, it can be said that if the family environment is good, social fear also reduces. In conclusion, it can be said that the family environment of secondary level girls has an impact on their social phobia.

Conclusion & Suggestions –

After analysing the data it is concluded that there is found a significant impact of family environment on social phobia in secondary level students. Thus on the basis of the result some suggestions are given below to reduce the social phobia among students-

1. Efforts should be made to keep the school environment comfortable and stress free.
2. The curriculum should include subject matter that develops thinking, mental and logical abilities.
3. Teachers should change their behavior so that the academic achievement of students can improve.
4. Teachers should motivate students to participate in social work.
5. Teachers should use minimum punishment to discipline students so that there is no fear among them.
6. Teachers should try to explain things lovingly to the students while teaching them, so that negative feelings towards the teachers do not arise in the students.
7. Students should tell their parents about their problems, so that their problems can be solved on time and they do not suffer from mental stress.
8. Students should talk to their teachers about their teaching related problems, so that their teaching related problems can be solved in time.
9. Students should behave well with their classmates so that the feeling of mutual hatred can be removed.
10. Students should try to remove the causes causing stress.
11. Students should avoid overly pessimistic thoughts and situations that create frustration and stress.

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