

SOCIAL ANXIETY DISORDERS

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Abstract:

One of the most common category of psychological disorders are Social anxiety disorders, under which we have various types of disorders namely Generalised anxiety disorder, Panic disorder, Phobias(Social phobia, Specific phobia, Agora phobia), Obsessive compulsive disorder and Post traumatic stress disorder. Social anxiety disorders are often distressing where children and youth are tend to be more affected while compared to adults. Generally the term Anxiety is defined as a prevalent, hazy, complicated, unpleasant feeling of fear and uneasiness. Suffering with fearful experiences and anxiety everyday causes severe discomfort; one cannot even lead a happy and a peaceful life. The following study explains about different types of Social anxiety disorders, their symptoms, causes and the following treatments that would help to overcome such disorders, the study also shows a graph that represents the percentage of people suffering with social anxiety disorders
Keywords: Social anxiety disorders, Generalised anxiety disorder, Phobias (Social phobia, specific phobia, Agora phobia), Panic disorder, Obsessive Compulsive disorder, Post traumatic stress disorder, symptoms, clinical features, treatment, systematic desensitization, flooding.

Introduction

Social anxiety disorders are one of the most common psychological disorders that includes continuous, intense and unexplained fear and apprehension. People suffering with social anxiety disorders may show up following symptoms like rapid heart rate, shortness of breath, sweating, loss of appetite, muscular tension, perspiration, dizziness, fainting, sleeplessness, frequent urination and tremors. According to DSM- 4 we have different types of social anxiety disorders namely:- Generalised anxiety disorder, Panic disorder, Phobias(where in again we have three different types of phobias namely:- social phobia, specific phobia and agora phobia), Obsessive Compulsive disorder, Post- traumatic stress disorders.

Generalised anxiety disorder:- This disorder consists of perpetuate, non –specific, unexplained and extreme fears that are not attached to any particular object. Clinical features include worry, tension, restlessness, hyper vigilance etc.

Panic disorder:- This disorder consists of recurrent anxiety attacks where in a person experiences fierce terror. Clinical features include choking, nausea, chest pain, fear of going crazy, losing control, dying etc.

Phobia:- People suffering with phobias have irrational fears those fears are attached with specific situations, objects, animals and situations. Specific phobia:- The most common type of phobia, where a person suffers with intense fear of a certain type of animal, or being enclosed in space

Social phobia:- Here a person suffers with incapacitating fear and embarrassment while dealing with others. Agora phobia:- Here people tend to develop a fear of entering unfamiliar situations, people avoid public places, they avoid entering crowded streets, stores, tunnels and bridges. In most of the cases people become virtual prisoners in their own houses. Treatment of phobias involve systematic desensitization, (a relaxation technique used to relax when confronted with the fearful situation or object), Flooding(a technique in which clients are repeatedly exposed to the objects they fear and realize that they are harmless).

Obsessive compulsive disorder:- Here a person is being preoccupied with certain thoughts and ideas and is unable to control them, which unfortunately leads to affect their ability to carry out normal life activities.

Post-Traumatic stress disorder:- Here a person suffers with recurrent dreams, flashbacks when he/she might have been caught in a natural calamity. People suffer emotional numbing followed by traumatic or stressful event.

Need and Significance of Study

This study make an attempt to find out the anxiety feeling among adolescence students and the problems they face in their daily life style and extent counselling to those adolescent students and enable them to overcome the problem in their lives with help of to required set of social skills and therapies.

Discussion:-

According to approved report given by World Health Organisation: Social anxiety disorders are the most common disorders found in U.S which begin at the age of 13, among men and women and it has been proved that social anxiety disorders co-occur with depression. The population of U.S is 32.57 crores(327.16 million) out of which every year 15 million of people suffer with social anxiety disorders. In U.S 6.8 million people are affected by Generalized anxiety disorder but out of U.S population only 43.2 % of people receive treatment. Around 2.7% of the U.S population is affected by Panic disorders and women get affected more than compared to men. It has also been found that around 6.8% of U.S population suffer with specific phobia every year and 1.0% of people suffer from Obsessive compulsive disorder which is common in

both the genders. Childhood sexual abuse and rape is a common reason for trauma (for both men and women) which leads to Post traumatic stress disorders, around 3.5% of the U.S population suffer with PTSD. The other considerable reasons behind Social anxiety disorders are genetics, brain chemistry, personality and life events.

In India 56 million Indians suffer from depression at this moment but it's shocking as another 38 million suffer from anxiety disorder. Based on the recent World Health Organisation report on depression report, 7.5 % of Indians suffer from major and minor psychological disorder that requires expert intervention. The proportion of anxiety disorders in accordance with the global population in 2015 is estimated to be 3.6%. When compared with depression anxiety disorders are more common among females than males (4.6% compared to 2.6% at the global level). In most of the regions of America 7.7% of the female population and 3.6% of the male population are estimated to suffer with anxiety disorder. There is no much change in the prevalence rate (of anxiety disorder) substantially between age groups. Hence it is estimated that 264 million people in the world are living with social anxiety disorder. Anxiety disorders led to a global total of 24.6 million YLD in 2015 though rates vary across WHO regions from 267 YLD per 100000 population in African region to over 500 in the region of the Americas.

Further Implication

Most of the psychologists also talk about the other situational reasons that lead to social anxiety disorders, for example when most of the young children are abandoned by their parents their children suffer with substance abuse, low self-esteem (that steams out of guilt), some even suffer from Separation anxiety disorder (feeling of anxiety when separated from parents), aggression, eating disorders etc. Second reason is Faulty parenting, according to Karen Horney, parenting plays a crucial role in a child's life, she regarded poor parenting as the root cause of neurotic behaviour in life when concerned with foundational nature of parent-child relationship in human life. Sometimes social and economic circumstances are also a cause for social anxiety disorders.

Conclusion

According to International classification of mental disorders, anxiety disorders fall under the range of F₄₀ – F₄₉. Anxiety is normal though it is subjective in human emotions and nature. The factors that affect anxiety are biological, psychological and social cause which contribute to the formation and maintenance of pathological disorder. We are confident that advance treatment method of anxiety disorders will bring hope and relief to the people and the future generation.

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