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Social anxiety disorder

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Abstract

Social anxiety disorder is caused to a person due to excessive stress & demand in one's life, personal, professional and mental condition is affected due to this. It create an intense fear in a person to present themselves in front of others which is sometimes mistaken as shyness but actual reason lie down in depth, such patients avoid interactions with other people and are caught at leaving offices or resigning jobs due to their insecurities.

These effects children the most due to carelessness of their parents many times, by not listening to what is the actual problem but just judging children by own views, increase anxiety more in them at a young age.

It can be treated by different ways, initially with common prevention of health and if the disorder is at extreme stage than psychotherapy and medications.

Keywords: Anxiety, social, shyness, insecurity, interaction

Introduction

Human Behavior: Human Behavior is a response of individual or groups of human stimuli. It refers to the array of every physical action and the observable emotion associated with individuals, as well as human race." [3]

It is the basic reaction of a person or bunch of human to internal as well as external motivation of the action. It also includes few facts for human behavior towards the action happening in front of them such as personality, temperature, psyche, attitudes, value, social interactions, and culture.

Social Anxiety Disorder (SAD): It is mental health disorder due to which social interactions will create different irritating anxiety in the patient. It is also known as Social Phobia. [2]

SAD is a profound fear in an individual of being judged, rejection, negative views about them, physical symptoms as well as along with the above mentioned. It effects someone's present as well as future.

This study is completely situated on Social Anxiety Disorder or SAD and effects on a person's daily life's routine and change in its behavior towards others. [2]

Social Anxiety Disorder Symptoms

Social Anxiety Disorder is found commonly in around 1 million cases per year (India), can have easy symptoms to identify it such as:

Emotional Symptoms

- Excessive fear of situations in which one may be judged.
- Depression, Fear, Sweating, Anxiety, Palpitations.
- Fear being judged by others.
- Avoid talking to others due to fear.
- Fear of interactions with others.

Physical Symptoms

- Blushing
- Fast heartbeat
- Trembling

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- Nausea
- Heavy breathing
- Dizziness
- Muscle tension

SAD has been accounted more on children as they are yet to interact with others socially, they have completely different from elders in this as per symptoms they show such as crying, having temper tantrums, clinging to parents usually [2].

This also sometimes judged of being shy but shyness and SAD have many differences, shyness, will not harm but SAD is harmful personally as well as publically, which lead people to avoid situations such as fear in talking, attending social events at school and at work places this is harmful. People affected by this will generally never start a conversation, avoid eye contact much more [1].

Causes of Social Anxiety Disorder

SAD can possibly have many reasons for overtaking someone's self completely such as it may be inherited by genes, brain structure (amygdale), and environment.

Normal Life Stress and Demand will never force anyone in such disorder but if a person is continuously being through a situation which is unbearable for the person such as teasing, bullying, rejection etc. can make a person to fall in the criteria of Social Anxiety Disorder.

Children at young age may developing this because, they are real small to bear any kind of stress or demand or maybe bullying by classmates, which is avoided by parents concern saying it to be common, but always avoiding their own child on such issue will take over them at a very delicate age and turn into a disorder. Even being very much protective and controlling can cause this too [2].

How it can affect daily life & its adverse effect on future of a person

Talking about SAD, it is a common disorder found in adults as well as kids nowadays due to increasing stress in life. Here juvenile are one to be focused because this initially starts from at this only, which slowly transforms into daily while growing older, juvenile are developed but not much so they can decide on their own, this start giving them stress.

Facing few experiences in past may be good and bad but some never leave one's mind which show there impression on daily life activities of an individual. The negative experience, temperament, new demands of work such as first time doing something may cause such feeling inside one, appearance or something that draws attention will trigger this in a person affected by SAD.

Future Adverse Effects Are as Follows

- They will stop socializing with others and will always remain reserved.
- Always having a fear inside that they may create a mess or worse situation.
- Schooling or work places will be most affected part as they will not able handle such situations which are demanding, a small work will excessive stress.
- They will run from responsibilities.
- Having low self-esteem.
- Negativity will be easily captured around them.
- May criticize and very sensitive.
- Suicide or suicide attempts,
- May consume themselves in complete alcohol and drug

activities.

- Low academics & employment.[2]

Diagnosis, Treatment & Prevention

- Doctors will be asking few question related to different things such as:
 - i. "Discussion of your symptoms" and their occurrence.
 - ii. Trying to know affects you most & questioner.
 - iii. "Criteria listed in the Diagnostic and Statistical Manual of Mental Disorder" (DSM-5) published by the American Psychiatric Association [2].

Treatment is completely based on how SAD affects you; mainly it is done in 2 ways Psychotherapy and second is medications.

The prior medications that are suggested are,

- a) Selective Serotonin Reuptake inhibitors (SSRIs).
- b) Paroxetine (Paxil).
- c) Sertraline (Zoloft).
- d) Serotonin and Norepinephrine Reuptake Inhibitors (SNRI).
- e) Venlafaxine (Effexor XR).[2]

Growing stress and demands on an individual can just not be blamed for the entire social anxiety disorder, there are different means by which such disorder can take place to the person, and it can be prevented by just few steps as:

- i. To not avoid any of the symptoms of it and "get help early".
- ii. Maintain your daily life track on your personal life and mental health which will help you avoiding stressful thing.
- iii. Using you time to reduce anxiety by managing your schedule will be great help in it.
- iv. Consummation of unhealthy things should be strictly avoided.[2]

Conclusion

In the above study of social anxiety disorder on different age people , we conclude that people are growing more involved in such activities which may harm their image socially and personally as well , more stress and demand these days are forcing people into this and for small children the negligence of their parents is making them more prone to this disorder, if someone doesn't want to go for medication and therapies, the only prevention for them is to avoid works which gives you more stress and doing work which will help you overcome it as well as you enjoy your work with it or going for others options will make the individual suffer from the psychotherapy and medications suggested by doctor [1, 2].

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