Pakistan Social Sciences Review
www.pssr.org.pk

RESEARCH PAPER

Parental Authority, Introversion, Self-Esteem and Religious Coping Factors as Predictors of Social Anxiety among Adolescents

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PAPER INFO	ABSTRACT
 Corresponding Author m.luqman.khan.iiu@gmail.com	The main objective of this study was to find out either parental authority, self-esteem, religious coping factors are predictors of Social Anxiety among Adolescents or not. 800 participants were screened out in the initial process and from them 600 have been selected who were fulfilling the selection criteria. Out of 600, 50% (N = 300) were male students and 50% (N = 300) were female students from the colleges and high schools of Pakistan. Urdu version of The Social Interaction Anxiety Scale (SIAS), Self-esteem Scale, Big Five Inventory, Parenting Authority Scale and Religiosity and Spirituality Scale for Youth scale was used to collect data. There is non-significant difference exist between male and female on social anxiety and there is non-significant difference exist between male and female on self-esteem. There is significant difference exist between male and female on religiosity. The results of multiple regression are also showing mix trend for male and female respondents.

Introduction

Adolescence makes a rapid change in one's role within a family. Young children tend to ascertain themselves forcefully but are unable to demonstrate much influence over family decisions until early adolescence. The adolescent faces the task of increasing independence (Yousaf, 2007).According to the social-cognitive domain theory, moral domain (referring to issues about others' welfare and rights) is conceptually distinguished from the conventional domain. The latter pertains to social conventions about behavioral uniformities such as a way of speaking, manners, looks, and so on - relativistic norms underlie different kinds of social interactions. Moral and conventional domains are considered to be distinguished from the personal domain which refers to issues about the individual territory solely, therefore conceived as out of social regulation and beyond moral matters. This domain contains issues such as privacy, preferences regarding performance, and

dominance of the body (Nucci, 1981).In a later study, children and parents agreed about parents' legitimate authority regarding the prudential domain, which refers to immoral activities, for example, the use of drugs. On the other hand, it was found that with age children consider parental authority as less legitimate (Smetana, 2005).

Colleges are always filled with students from various backgrounds, generating a community that is a composite of many intricate patterns. These patterns lead to a general lifestyle of adolescent students according to which they have to modify themselves and their personalities.Several researches revealed that there is a major negative association between social anxiety and self-esteem. This thing indicated that an increase in the level of self-esteem causes a decrease in the level of social anxiety (Ilyas, 2013). It also formulated that style of parenting has a great influence on social anxiety following self-esteem. The parenting style is a major influence of self-esteem among the different age groups more in adolescence (Waheed et al., 2013).

There was not enough researches that contributed to assessing the authority on parenting with relation to introversion, level of self-esteem, and religious coping factors that were devoted as predictors of social; anxiety among adolescents. Moreover, the approaches to religious coping are narrow in some aspects.

In addition to this, in 2010, Butt and Mohsin have observed a relationship between the two age groups of adolescence concerning social anxiety. The massiveness of the researches to date, however, is limited with other important factors which include the parting style, introversion, self-esteem, and religious coping factors.

Literature Review

Rizwanet al., (2017) investigated the relationship between self-esteem and social anxiety in the adolescent. The result showed that there is a significant negative relationship between self-esteem and social anxiety. In the same way, the result also showed that self-esteem negatively predicted social anxiety in the adolescent. Moreover, the findings show that self-esteem is higher in women while the level of social anxiety was found higher in men. Ahmad and Zakia in 2013, studied the significance of self-esteem in producing social anxiety. The result indicated that there is a significant negative relationship between self-esteem and social anxiety in the adolescent. Self-esteem significantly producing the major factors involved in social anxiety in adolescents.

Moreover, the result also statistically significant difference exists between males and females on social anxiety while there is no statistically significant difference exists between males and females on self-esteem(Khan et al., 2017; Sharma& Agrawal, 2016).Sharma and Agrawal (2016) studied the relationship between religiosity, parental attachment, and self-esteem in students. The result showed that there is a significant relationship between religiosity, parental

attachment, and self-esteem in students. Moreover, religiosity and parental attachment are a significant positive predictor of self-esteem in adolescents.

The relationship between parental authority and self-esteem in young adults. Results showed that there is a statistically significant relationship between parental authority and self-esteem in young adults. Malik and Najma (2008) explored the character and emotionality of the youths. The results presented that expressive stability, warmth, reasoning, rule consciousness, social confidence, and self-reliance are the character issues on which adolescents counted high. The results also presented that adolescents counted high on three emotions, which are nervousness, fault, and blues.

Kanwal and Kausar (2010) found that children with low self-esteem experience more social anxiety and introversion as compared to those children who have high self-esteem. It also explored that there is a significant difference exist between rural and urban areas on self-esteem, social anxiety, and introversion trait.Imran and Masood (2014) studied the association of different coping strategies, its relation to social anxiety and the measures of academic performance The result concluded that student with these psychological issues such as social anxiety shows various emotional dimensions and it shows negative impact on the whole progress of academic history.

Javeed and Shaikh (2012)examined the relationship between Introversion, self-esteem, isolation, and religiosity. The result showed that there is a significant positive relation between extraversion Introversion and self-esteem. There is a significant positive relation between Introversion and religiosity. In the same way, the study showed that there is a significant negative relation between Introversion and isolation.

Hypotheses of the study

Following are the main hypotheses of the present study.

H1: A significant difference exists between males and females on social anxiety, self-esteem religiosity and parental authority.

H2: There is significant impact introversion, self-esteem, religiosity and parental authority on social anxiety by gender.

Material and Methods

Total 720 participants were screened and recruited in the initial process and the finally data was collected from600 participants, almost 120 participants either didn't return the forms or didn't complete them accordingly. Out of 600, 50% (N = 300) were male students and 50% (N = 300) were female students from the colleges and high schools of Pakistan from different fields of study. The Social Interaction

Anxiety Scale (SIAS)was administered to screen out these students based onthe above-average level of social anxiety. These screened-out participants served as core samples to study the self-esteem, parenting styles, introversion, and religious coping as predicting factors of social anxiety. So the selected sample was administrated with the four scales of the present study by the researcher.

Students either male or female both are included in this study. The student with the social background of the middle class and study level of matric or intermediate are the main participants of this study. Along with that age, consideration was 13 to 19 years. Those students who are other educational diploma holders and foreign students are excluded from this study. Those who are less or more than the mentioned age consideration are also excluded from this study.

In the first phase of the study, the Social Interaction Anxiety Scale (SIAS) administered on them to screen out these students based onthe above-average level of social anxiety. These screened-out participants served as core samples to study the self-esteem, parenting styles, and Introversion factor of introversion as predicting factors for social anxiety. In the second phase of the study, after screening and obtaining the informed consent, the study participants recruited into the study based on their social anxiety level. These participants contacted and interviewed on the following valid and reliable scales: Self-Esteem Scale to measure self-esteem; Big Five Inventory to indicate Introversion factors; Parental Authority questionnaire to indicate the perception of respondents about their parents, and the Religiosity and Spirituality Scale for Youth to indicate their level of a religious coping factor of Social anxiety.

Frequencies and descriptive statistics, Pearson's correlation applied to find out the relation between variables. Multiple regression analysis was conducted to identify the factor of introversion, self-esteem, parenting styles, and religious coping as the predictors of social anxiety. Independent sample t-tests were used to see the differences.

Result and Discussion

The results of the stay are mentioned in this section of the thesis. Statistical package for social sciences version 24 (SPSS-24) was used for this analyze the data. Initially, the demographic variables were calculated using descriptive statistics. Later reliability analysis was conducted for the study variables and scales. Finally the correlations, independent sample t-test. These results are given below.

Table 1
Descriptive Statistics of Participants (N= 600)

Gender	N	Percent
Male	300	50%
Female	300	50%
Total	**600**	**100%**

Table 2
Mean differences between males and females on Social Anxiety, Self Esteem, Religiosity, Parental Authority (N=600)

Variables	Male (*n*=300)		Female (*n*=300)		*t*	*p*	95Cl%		Cohen's d
	M	*SD*	*M*	*SD*			*UL*	*LL*	
Social Anxiety	58.00	13.47	56.54	13.59	1.32	0.18	-.71	3.63	0.11
Self Esteem	78.49	13.918	77.81	12.41	0.63	0.52	-1.43	2.79	0.05
Religiosity	157.96	14.82	160.36	14.38	-2.00**	0.04	-4.73	-.05	-0.16
Parental Authority	69.30	16.03	68.24	14.78	.836	.40	-1.41	3.52	0.07

The above table showed that there is a non-significant difference exists between males and females on social anxiety which means that both genders have the same score on this variable. There is a non-significant difference exist between males and females on self-esteem which means that both genders have the same score on this variable. There is a non-significant difference exist between males and females on Introversion which means that both genders have the same score on this variable. There is a non-significant difference exist between males and females on parental authority which means that both genders have the same score on this variable.

The next hypothesis of the present study was that self-esteem would be predicted by social anxiety, religiosity, and parental authority. To check this multiple regression was used. The result is given in the following table

Table 3
Multiple Regression Analysis of social anxiety, religiosity, Introversion, and parental authority

Variables	*B*	*SE*	*B*	*T*	*P*
Model 1: Male Participants					
(Constant)	91.37	11.10		8.23	.00
Introversion	-.02	.08	-.02	-.32	.74
Self-esteem	.37	.07	.29	4.8	.00
religiosity	.20	.06	.16	2.9	.00
Parental authority	.02	.06	.02	.41	.67
Model 2: Female participants					
(Constant)	76.52	11.71		6.53	.00
Introversion	.02	.06	.02	.36	.71
Self-esteem	.21	.07	.16	2.95	.00
religiosity	.25	.06	.22	4.18	.00
Parental authority	.26	.06	.24	4.41	.00

Dependent Variable: Social Anxiety, Model 1: R^2=.375, Model 2: R^2=.402

The above table showed the result of multiple regressions. The results showed that there are two models. In the first model, male respondents were included. Self-esteem and religiosity have significant impact on social anxiety but introversion and parental authority of male respondents have insignificant impact on social anxiety. Further, the second model is related to female respondents, the results showed that self-esteem, religiosity and parental authority have significant impact on social anxiety but introversion has insignificant impact on social anxiety.

Discussion

Furthermore, it was hypothesized that there would be a significant difference between males and females on social anxiety, self-esteem, religiosity and parental authority. The result showed that there is a non-significant difference between males and females on social anxiety which means that both genders have the same score on this variable. Henry, Greene and White in 2001concluded that there is a non-significant difference exist between males and females on the score of social anxiety. There is a non-significant gender difference that exists on social anxiety (Batey et al., 2009). Yousaf et al., also reported the same result that there is a non-significant difference exist on social anxiety and phobia between male and female. In the year 2017, finding concluded significant differences in the level of social anxiety between males and females. They reported that females experienced more social anxiety and phobia(Khan and Hassain, 2017).

There is a significant difference between males and females on religiosity (Sharma& Agrawal, 2016;Orth, Trzasniewski & Robins, 2010). In the same way,Lobbestael reported that there is a significant difference between males and females on religiosity(Lobbestael, 2010). Mckinneyon the other hand found that there is strong difference exist on religious activities between males and females (Mckinney, 2008). There is strong difference exists in religious activities and religious beliefs between males and females (Rizwan& Malik, 2017).

Donnellan et al., (2005) found that there is a non-significant difference in Introversion traits between males and females. The same findings are shared and sex difference is non-significant on Introversion characteristics which means that both genders have similar scores on the Introversion scale(Darling, & Steinberg, 2000).Many other studies produced the opposite result some of them are explained here. The opposite findings that parental profession has a significant impact on parental authority(Kempke et al., 2011). In the same way, the same result was shared by Roman et al in 2005 that those parents who are doing jobs are more prone to parental authority as compared to those who are doing their own business.

Conclusion

The result of the second hypothesis was that there is a non-significant difference exists between ma1e and fema1e on social anxiety which means that both genders have the same score on this variab1e. The result of the third hypothesis was

that showed that there is a non-significant difference exists between ma1e and female on self-esteem which means that both genders have the same score on this variab1e. The result of the fourth hypothesis was that there is a significant difference exists between males and females on religiosity. Further, the table showed that females experienced more religiosity as a camper to men. The result of the next hypothesis was that there is a non-significant difference exists between males and females on Introversion which means that both genders have the same score on this variable. The result of the fourth hypothesis was that there is a non-significant difference exists between males and females on parental authority which means that both genders have the same score on this variable.

This study provides a platform to conduct a study at the national level, by having a large sample size and collecting data from various parts of the country. In this way, it will be possible to generalize the study results. Parenting seminars and education programs should be organized regularly for general population awareness at a different level to understand the positive and negative aspects of parenting authority concerning other factors. In contrast to the outline for future research, it should investigate the functional models of relationships between the parenting religious coping strategies to parenting authority concerning social anxiety with the different age groups with moderating and mediating phenomena.

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