

Example of social phobia and social anxiety research paper

[Life](#), [Love](#)



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Introduction

Social Phobia also known as social anxiety disorder is an issue that is increasingly common among the males of young age who are experiencing and taking various new steps of life and making great efforts to develop good image, their own recognition and worth in the world. As they grow, passing each year of their age they encounter various different issues that affect their personalities directly or indirectly. Social phobia or social anxiety disorder is one of such issues that can affect upon them very negatively and drastically as it relates to avoiding social gathering, lacking confidence, having fears, feeling shy and difficulties with developing relationships with new people, and hiding their feelings etc (Phan et. al, pp. 424-429). Social anxiety at a very young age can bring various difficulties and problems not only for the present but also for future of young man too. He feels that his life is at stake as anxiety affects his confidence, aspects of life, and surrounds him by various distinct fears. He feels that he is unwanted and the most insecure of all. Young males do not take in to account the reality that they suffer from some medical or physical problems for which they need to

adopt best remedies and solutions. Social phobia is a very common social issue, which collectively affects the whole society. If most of the young males feel the same way then it means few young men only help to build up the society. The issue affects the overall society as persistent situation of anxiety forces the sufferers to adopt negative means and overcome that with drugs, alcohol, taking very severe risks with health, getting sleeping pills, etc and even at extreme cases with suicides.

Discussion

Many theorists and researchers have researched on the topic. One of the most effective theories about social phobia and social anxiety is the cognitive model developed by Clark and Wells (Clark et. al, pp. 568).

According to them, the social phobia process starts when a person enters a feared social situation. Social phobia is a state when one has intense fears of social connections. It is most common type of illness among boys aged 16-24. Boys capture it easily as most of them lack the ability of expression and sharing what they have in their hearts with others. They are always anxious and frightening to the levels that they just keep thinking that others are evaluating and watching them critically. As a result they need to overcome such issues and be a part of this world confidently, having strong belief upon them. Social phobia or anxiety starts when an individual specifically male feel that there are various physical problems that they have. They start to feel that problem relates to their health and at little things, they lose their control with senses, getting panic. A feeling of having terrible disease or attack of any sort and desire to go for medical check-up is the most regular.

They are unknown that such feelings are just due to the anxiety that may even occur at different places they visit. Such attacks are frequent and as a result, boys avoid moving out or stop socializing. For many boys such panic attacks do not restrict them to mingle with others but the persistent feeling that they may get attack stops them to do social activity on long-term basis. Vulnerability and lack of safety attached with feeling of being a center of attention for others is the root cause due to which young boys feel anxiety. The socially anxious behavior brings them in to a situation where they feel problem interacting with people in social interaction (Hofmann, pp. 193-209). The anxiety gets strong when they feel that they may become a laughter stock for others or others can make them embarrassed or humiliate them. The fact about anxiety is that sufferer is just lost in his own world of feeling all the time. He cannot even talk very small, unable to get familiarity with new people. He behaves in a way that people perceive him as shy, hesitant, or silent person. He develops various types of fears that act as hurdle in his way to move in the world with confidence and faith. He just isolates himself and prefers staying at home rather than do socializing. He starts to doubt his capabilities and skills and this affects his academic life, relationships, and even life while he joins his occupation.

Social phobia acts as life threats for boys who do not even know the root causes of such situations. When they are unable to participate in the life aspects as others do, they feel their abilities and lose all the hopes of lives. As such, people underestimate themselves they cannot accept the challenges of lives. At young age if they are employed anywhere the sense of isolation affects their work. They are hardly acceptable to their colleagues,

as their impairment, sufferings, and related issues of anxiety, do not let them exploit opportunities, take advantages they have all around them, and build relationships at work.

Social phobia has many reasons behind it. Sometimes boys have some unforgettable past that act as hurdles. They cannot remain calm and self-assured, as the persistent thoughts are long term. Losing loved ones, financial distress, inability to make both hands meet problems related to jobs or career, discovering any severe or life threatening illness, separation, disputes, failure in exams, worst economic condition, and life insecurity are also some of the reasons that cause depression. Often social anxiety attacks the victim for no reason. Instead of overcoming the situation, people just grow them inside, undermining their self-confidence and fighting with them inside. Such people cannot express themselves and even cannot share their feelings with others to find out better solutions. They do not realize that they can also adopt relaxed and fulfilled approaches towards their lives and can beat the world with their high confidence. Social phobia is such a big problem that with age it grows and spoils one's life largely. Social phobia is a problem, which is faced by millions of people and can be caught by anyone of any age. As it is related to the fear of social interactions, it should be checked and resolved very carefully and very promptly as otherwise, it can prove to be loneliness of whole life.

It is a very social issue but it is not given as much importance as it should be given. According to the research and thorough study, it is the feeling of hopelessness, which affects the desire to fulfill social and human needs.

Negative thoughts such as feeling that living all alone will bring them near to

deaths. They understand the needs and importance of social interactions but do not have the courage to overcome the situation. The social rejection and physical pain of isolation moves to such unbearable levels that life is no more interesting to them.

Conclusion

Severe and prolonged feeling of depression, dishearten, sorrow affects young males to the extent that their behaviors, sense of well being, and feelings are completely tarnished. Anxiety comes with obvious warning signs and as a result, it is easy to cope up with it at initial stages. Social phobia is one such social issue which is unknown to wider public. However, people suffer and this affects their happiness too but they lack the understanding of what actually they are suffering from. As a result, it is important to encourage such understanding and increase the awareness through attempts. If this issue maintains at this level or even increases then frustrations, irritations, silence and the feeling of isolation will affect the whole world largely. The young people who are the future of communities should not keep indulged in activities such as drug addiction, extensive consumption of alcohol, smoking and catching various problems such as insomnia, digestive problems, and pains. If the boys lose energy and end up the society to become a good, established, and successful one society era of illiteracy.

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