

Integration assignment

Psychology



Shyness and its Relation to psychological Aspects Shyness is an awkward feeling of tense when one is in vicinity with new people. One lacks comfort and instead the person absorbs a feeling of apprehension. This results from the lack of self-esteem in the person. Illustrations of shyness include actions such as blushing, exaggerated heartbeats, stomach upsets and sweating. Shyness is very common among the teens because of the adolescent stage. As a psychological aspect, shyness closely relates to a person's personality. Human beings are completely different and their thinking and behavioral patterns vary. Some people possess the aspect of coyness, while others are brazen and confident. This variation exhibits the difference in psychologies of different people. Diffidence depends on a person's character. A person who has a weak personality and possesses minimal or no self-confidence is likely to exhibit shyness. A person who is very strong and believes in himself or herself possesses self-esteem and he or she has a low or no level of shyness. Personalities differ among different people, almost equivalently to fingerprints. Each individual has a different way of doing things completely different to the other person's way.

Parenting is another aspect that has a high effect on the degree of shyness in an individual. Children brought up in secluded environments where they do not get to interact with fellows tend to encounter difficulties when making new approaches (Crozier 1995). To the contrary, a child who interacts and mingles with other peers displays boldness in all scenarios. According to Buss (1986), infants experience stranger anxiety, a form of shyness, when strangers confront them. Parents of modern times tend to live independent lives and this affects the social upbringing of the child. This makes the child very shy and he or she faces trouble during socializing and other new

encounters. Behaviors such as blushing are notable in such children. The social life of an individual affects his or her self-esteem, in that their mental health depends on it. Drug addiction and social anxiety are some of the resultants of a bad social life. Where individuals have no fun moments and recreation hours, they stand chances to possess shyness. Having no friends and living isolated lives leads to mental disorders, since the person does not have people to share with their experiences and challenges (Rubin, Burgess, & Coplan 2002).. This lowers their self-confidence. The person displays shyness and finds it difficult to meet new people. Without a magnificent social life, one can easily suffer mental problems and experience challenges in his life due to the great deal of shyness. It is necessary for individuals to develop better social lives to better their mental health. In the modern world, shyness is an aspect that greatly affects most individuals and they end up losing offers or even job posts. When individuals show up before a committee to prove their eligibility for positions that they qualify for, shyness becomes a major hindrance to getting the position (Buss 1986). This affects the general life of the shy person whereas a bold person receives favor from the situation and ultimately gets the job. In other areas such as courtship, individuals, especially males, possessing wariness encounter challenges and may end up lacking mates. This is a direct effect on the life of that particular person. He or she may end up living sole due to their shyness towards the opposite sex.

References

- Buss, A. H. (1986). A theory of shyness. In *Shyness* (pp. 39-46). Springer US.
- Crozier, W. (1995). Shyness and self-esteem in middle childhood. *British*
- <https://assignbuster.com/integration-assignment/>

Journal of Educational Psychology, 65(1), 85-95.

Rubin, K. H., Burgess, K. B., & Coplan, R. J. (2002). Social withdrawal and shyness. Blackwell handbook of childhood social development, 330-352.