



“A Comparative Study to Assess the Social Anxiety and Self-Esteem Between Urban and Rural Adolescents Studying at Selected High Schools of Bagalkot District,” Karnataka, India.

Mr. Chetan Chittapur¹, Dr. Daneshwari Hiremath², Dr. Deelip S Natekar³

1. Student, M.Sc. Nursing, Department of Child Health Nursing, Shri B.V.V.S Sajjalashree Institute of Nursing Sciences, Bagalkot, Karnataka, India.
2. Associate Professor, Department of Child Health Nursing, Shri B.V.V.S Sajjalashree Institute of Nursing Sciences, Bagalkot, Karnataka, India.
3. Principal, Shri B.V.V.S Sajjalashree Institute of Nursing Sciences, Bagalkot, Karnataka, India.

(Received: 07 January 2024

Revised: 12 February 2024

Accepted: 06 March 2024)

KEYWORDS

Adolescents,
Assess, High
Schools, Self-
Esteem, Social
Anxiety.

ABSTRACT:

Introduction: Adolescence is a stage of development from puberty to legal adulthood. Adolescents with mental health conditions face challenges like social exclusion, discrimination, stigma, and educational difficulties. Social anxiety, a common disorder in children and adolescents, includes discomfort in social and performance situations. Self-esteem is the overall positive evaluation of oneself, linked to self-image and self-awareness.

Objectives: To assess the social anxiety and Self-esteem among Urban and Rural adolescents. To compare the social anxiety and self-esteem among Urban and Rural adolescents.

Methods: A sample of 120 adolescents, aged 13-16, were selected using Disproportional stratified sampling. The data was collected using Kutcher's generalized social anxiety disorder scale and Rosenberg's self-esteem scale for Adolescents. Statistical analysis was carried out using descriptive and inferential statistics.

Results: After assessing social anxiety among urban and rural adolescents study shows that mean score among urban adolescents is (\bar{x} =19.4, S. D=7.846) and in rural adolescents is (\bar{x} =26.8, S. D=7.904). Self-esteem among urban and rural adolescents study shows that mean score among urban adolescents is (\bar{x} =16.6, S. D=2.37) and in rural adolescents is (\bar{x} =16.2, S.D =2.53).

Conclusions: The research shows a weak positive correlation between social anxiety and self-esteem. Rural adolescents show higher levels of social anxiety compared to urban adolescents. Additionally, self-esteem is lower among rural adolescents than urban adolescents.

1. Introduction

Adolescence is a crucial stage of physical and psychological development, encompassing transitions in education, training, employment, and living circumstances, requiring understanding from psychological, historical, sociological, and cultural perspectives.¹ Adolescents with mental health conditions face challenges like social exclusion, discrimination, and stigma, which can hinder seeking help and lead to risk-taking behaviours. Developing healthy habits and

supportive environments is crucial.² Social anxiety disorder, a common mental disorder in children and adolescents, can start as early as age 5 and peak around age 12, leading to chronic symptoms into adolescence and adulthood.³ SAD, a common adolescent disorder, is linked to academic difficulties, weight concerns, and social isolation, with depression as a co-morbidity.⁴ Self-esteem is a psychological term referring to an individual's emotional evaluation of their worth, influenced by psychological wellbeing. It can be a trait or state, and can be a long-lasting personality



characteristic.⁵ Self-esteem is linked to social anxiety disorder (SAD) and general anxiety disorder (GAD), causing a negative cycle. Low self-esteem can lead to anxiety and loneliness, reinforcing a negative self-image. Healthy self-esteem allows individuals to accurately assess their strengths and weaknesses, believing they are worthwhile. Cognitive-behavioural therapy (CBT) is recommended for managing symptoms of SAD and improving self-esteem. However, self-acceptance can be improved by listening to oneself, acknowledging successes, and focusing on positive self-talk.⁶ However, there are only a few studies about adolescent psychosocial problems from India. Most of the epidemiological surveys on school going children and adolescents have reported a wide variation (20%–33%) in the prevalence of psychosocial problems. According to an epidemiological study conducted by the Indian Council of Medical Research, the prevalence rate of child and adolescent psychiatric illnesses is 12. A meta-analysis of psychiatric morbidity among child and adolescents 6 found the prevalence of 6. 4% psychiatric disorders in community samples and 23.⁷

2. Objectives

To assess the social anxiety and Self-esteem among Urban and Rural adolescents. To compare the social anxiety among Urban and Rural adolescents. To compare the self-esteem among Urban and Rural adolescents. To find out the correlation between social anxiety and self-esteem among Urban adolescents. To find out the correlation between social anxiety and self-esteem among Rural adolescents. To find out the association between social anxiety and self-esteem with their selected socio demographic variables of Urban adolescents. To find out the association between social anxiety and self-esteem with their selected socio demographic variables of Rural adolescents.

3. Methods

It was a Non-Experimental Descriptive Comparative study with an aim to compare the social anxiety and self-esteem between urban and rural adolescents and selected variables studying at selected high schools of Bagalkot district.

Study participants: The study participants were adolescents of 13-16 years of age residing in urban and rural areas of Bagalkot District. The data was collected

from 120 adolescents out of which 60 adolescents of urban and 60 adolescents of rural area.

Setting of the study: The study was conducted at high schools in Bagalkot district. The researcher selected one from an urban area and one from a rural area. The researcher enrolled 60 subjects from each high school, respectively.

Sampling technique: The schools were selected by simple random sampling technique and adolescents were selected by using Disproportional stratified sampling technique who were available and willing to participate, by giving consent.

Sample size estimation:

The sample size was calculated by using the G-Power 3.1.9.4 software. The sample size was calculated by considering the following criteria, power of test ($1-\beta = 0.80$), Level of significance is 5% and margin of error ($e = 5\%$ (0.05). The calculated sample size was 120.

Data collection Instrument:

The data collection instrument comprised of 3 parts. Part -I comprised of sociodemographic information which was used to collect baseline information, Part- II comprised of Kutcher generalized social anxiety disorder scale for adolescents to assess social anxiety and Part-III comprised of Rosenberg self-esteem scale for Adolescents to assess self-esteem.

Translation and reliability of data collection instruments

The instruments were translated in to Kannada language and retranslated in to English. Similarity between original and translated tool were ascertained by linguistic experts. The reliability of tools was established by split half method. The tools were administered to 12 adolescents. Karl Pearson correlation was used to get reliability of tool, for Kutchers generalized social anxiety disorder scale(K-GSADS-A) obtained r value was 0.80 and for Rosenberg self-esteem scale obtained r value was 0.92 suggesting both tools were reliable for conducting the study.

Data collection Procedure: The data was collected from 18-06-2023 to 21-06-2023. Prior permissions were taken from Head masters of both the schools. The adolescents were screened according to inclusion and exclusion



criteria. Consent was obtained from the participants. Instructions were given regarding content of data collection instruments. The researcher attained and clarified the doubts of participants during data collection. The filled tools were collected from the participants. On an average around 45 minutes were spent on data collection from each adolescent.

Ethical clearance: Ethical clearance certificate was obtained from institutional ethical clearance committee, B.V.V.S Sajjalashree Institute Of Nursing Sciences, Bagalkot (Ref. No.: BVVS/SIONS/IEC/2022-2023/903, Date: 12/08/2022) written consent of participation was obtained from participants before data collection.

Statistical analysis: The data was analysed using descriptive and inferential statistics. The data was edited for accuracy and completeness. The data was presented with frequency and percentage distribution tables and diagrams. Mean and standard deviation was computed to describe the social anxiety and self-esteem of adolescents. The Z test was used for parametric data and Mann-Whitney's U test used for non-parametric data to compare social anxiety and self-esteem scores of urban and rural adolescents. The Pearson's co-relational coefficient was used to determine the strength and direction of co-relation between social anxiety and self-esteem. The Chi square test was used to associate sociodemographic variables of adolescents with social anxiety and self-esteem.

4. Results

Table 1: Distribution of urban and rural adolescents according to their sociodemographic characteristics.

Sl.N	Socio	Urban	Rural		
o.	demogr	N = 60	N = 60		
	aphic				
	Variabl				
	es				
1	Age	Frequ	Perce	Frequ	Perce
		ency	ntage	ency	ntage
a	13	15	25	10	16.67
b	14	12	20	18	30
c	15	13	21.67	18	30
d	16	20	33.33	14	23.33
2	Sex	Frequ	Perce	Frequ	Perce
		ency	ntage	ency	ntage

a	Male	30	50	30	50
b	Female	30	50	30	50
c	Transge nder	0	0	0	0
3	Religio n	Frequ ency	Perce ntage	Frequ ency	Perce ntage
a	Hindu	57	95	60	100
b	Muslim	3	5	0	0
c	Christio n	0	0	0	0
d	Other	0	0	0	0
4	Father Educat ion	Frequ ency	Perce ntage	Frequ ency	Perce ntage
a	Illiterat e	7	11.67	12	20
b	Primary Educati on	6	10	24	40
c	Higher Primary	5	8.33	9	15
d	PUC	14	23.33	12	20
e	Degree & above	28	46.67	3	5
5	Mother Educat ion	Frequ ency	Perce ntage	Frequ ency	Perce ntage
a	Illiterat e	9	15	17	28.33
b	Primary Educati on	5	8.33	30	50
c	Higher Primary	16	26.67	9	15
d	PUC	16	26.67	3	5
e	Degree & above	14	23.33	1	1.67
6	Father Occupat ion	Frequ ency	Perce ntage	Frequ ency	Perce ntage
a	Coolie	0	0	25	41.67



	b	Agriculture	8	13.33	15	25
	c	Govt. or Private	23	38.33	8	13.33
	d	Business	29	48.33	12	20
7	Mother Occupation	Frequency	Percentage	Frequency	Percentage	
	a	Housewife	47	78.33	29	48.33
	b	Coolie	0	0	20	33.33
	c	Agriculture	1	1.67	2	3.33
	d	Govt. or Private	7	11.67	2	3.33
	e	Business	5	8.33	7	11.67
8	Year of Study	Frequency	Percentage	Frequency	Percentage	
	a	8 th	20	33.33	20	33.33
	b	9 th	20	33.33	20	33.33
	c	10 th	20	33.33	20	33.33
9	Area of Residence	Frequency	Percentage	Frequency	Percentage	
	a	Urban	60	100	0	0
	b	Rural	0	0	60	100
10	Type of Family	Frequency	Percentage	Frequency	Percentage	
	a	Nuclear Family	38	63.33	34	56.67
	b	Joint Family	22	36.67	26	43.33
	c	Extended Family	0	0	0	0

Table 2: Distribution of Urban and Rural adolescents according to Level of Social anxiety.

	Urban	Rural
--	-------	-------

Social Anxiety Score	Frequency	Percentage	Frequency	Percentage
0-18	24	40	10	16.67
19-36	35	58.33	43	71.67
37-54	01	1.67	07	11.67
Total	60	100	60	100
Mean	19.4		26.8	
Score				
S.D	7.8		7.9	
*	5		0	

***S.D – Standard Deviation**

Table 2 depicts the categorization of adolescents based on Social Anxiety. Among the sample, in urban area 24(40%) adolescents had mild social anxiety, 35(58.33%) adolescents had moderate social anxiety and only 1 (1.66%) adolescent had severe social anxiety. The mean and S.D of urban sample is (\bar{x} =19.4, S.D=7.85). Whereas in rural area, 10(16.66 %) adolescents had mild social anxiety, 43(71.66%) adolescents had moderate social anxiety and 07(11.66%) adolescents had severe social anxiety. The mean and S.D of rural sample is (\bar{x} =26.8, S.D=7.90).

Table 3: Distribution of Urban and Rural adolescents according to Level of self-esteem.

Sl. No.	Range of score	Self esteem	Urban Frequency	Urban Percentage	Rural Frequency	Rural Percentage
	0-14	Low	11	18.33	17	28.33



15-25	Normal	49	81.67	43	71.67
	Total	60	100	60	100
	Mean	16.6		16.2	
	Standard Deviation	2.37		2.53	

*S.D – Standard Deviation

Table 3 depicts the categorization of adolescents based on Self Esteem. Among the sample, in urban area 11(18.33%) adolescents had low self-esteem & 49(81.66%) adolescents had normal self-esteem. The mean and S.D of urban sample is (\bar{x} =16.6, S.D=2.37). Whereas in rural area, 17(28.33%) adolescents had low self-esteem & 43(71.66%) adolescents had normal self-esteem. The mean and S.D of urban sample is (\bar{x} =16.2, S.D=2.53).

Comparing the social anxiety among Urban and Rural adolescents.

Z test was used to find out difference of social anxiety between urban and rural adolescents. The values substituted in the formula. The Z test value obtained, $Z = -5.15$, hence there is significant difference between urban and rural adolescents. (Table value is ± 1.96)

Comparing the self-esteem among Urban and Rural adolescents.

Mann-Whitney's U test was used to find out difference of self-esteem between urban and rural adolescents. The value substituted in the formula. The Mann-Whitney's U test value obtained, $Z = 7.52$, hence there is significant difference between urban and rural adolescents. (Table value is ± 1.96)

Correlation between social anxiety and self-esteem among urban adolescents.

Findings regarding correlation between the social anxiety and self-esteem among urban adolescents shows that, there will be weak positive correlation between social anxiety and Self-esteem among urban adolescents. [$r = 0.33$, $p > 0.05$]

Correlation between social anxiety and self-esteem among rural adolescents.

Findings regarding correlation between the social anxiety and self-esteem among rural adolescents shows that, there will be weak positive correlation between social anxiety and Self-esteem among urban adolescents. [$r = 0.12$, $p > 0.05$]

Association between social anxiety and self-esteem with their selected socio demographic variables of urban adolescents.

Table 4: Association between social anxiety with their selected socio demographic variables of Urban adolescents.

Sl. No	sociodemographic variables	Df	χ^2 calculated value	χ^2 table value
1	Age	1	7.59*	3.846
2	Sex	1	4.44*	3.846
3	Religion	1	0.13	3.846
4	Father Education	1	0.01	3.846
5	Mother Education	1	0.28	3.846
6	Father Occupation	1	0.04	3.846
7	Mother Occupation	1	0.26	3.846
8	Year of study	1	7.81*	3.846
9	Area of residence	1	01	3.846
10	Type of family	1	0.19	3.846

*Significance at $\alpha = 0.05$

Findings regarding the association between social anxiety and their socio-demographic variables show that there was a significant association between social anxiety and their selected sociodemographic variables, like age, sex, and year of study, among urban adolescents.

Table 5: Association between self-esteem with their selected socio demographic variables of Urban adolescents.

Sl. No	sociodemographic variables	Df	χ^2 calculated value	χ^2 table value
1	Age	1	0.89	3.846
2	Sex	1	4.01*	3.846
3	Religion	1	0.01	3.846
4	Father Education	1	0.18	3.846
5	Mother Education	1	3.68	3.846
6	Father Occupation	1	0.26	3.846



7	Mother Occupation	1	0.51	3.846
8	Year of study	1	0.64	3.846
9	Area of residence	1	01	3.846
10	Type of family	1	0.16	3.846

*Significance at $\alpha = 0.05$

Findings regarding the association between self-esteem and their socio-demographic variables show that there was a significant association between self-esteem and their selected sociodemographic variables like sex among urban adolescents.

Association between social anxiety and self-esteem with their selected socio demographic variables of rural adolescents.

Table 6: Association between social anxiety with their selected socio demographic variables of Rural adolescents.

Sl. No	sociodemographic variables	Df	χ^2 calculated value	χ^2 table value
1	Age	1	0.68	3.846
2	Sex	1	00	3.846
3	Religion	1	01	3.846
4	Father Education	1	1.13	3.846
5	Mother Education	1	1.26	3.846
6	Father Occupation	1	2.69	3.846
7	Mother Occupation	1	0.85	3.846
8	Year of study	1	0.02	3.846
9	Area of residence	1	01	3.846
10	Type of family	1	4.90*	3.846

*Significance at $\alpha = 0.05$

Findings regarding the association between social anxiety and their socio-demographic variables show that there was a significant association between social anxiety and their selected sociodemographic variables, like Type of Family among rural adolescents.

Table 7: Association between self-esteem with their selected socio demographic variables of Rural adolescents.

Sl. No	sociodemographic variables	Df	χ^2 calculated value	χ^2 table value
--------	----------------------------	----	---------------------------	----------------------

1	Age	1	1.23	3.846
2	Sex	1	2.05	3.846
3	Religion	1	01	3.846
4	Father Education	1	1.66	3.846
5	Mother Education	1	5.32*	3.846
6	Father Occupation	1	4.10*	3.846
7	Mother Occupation	1	2.55	3.846
8	Year of study	1	0.66	3.846
9	Area of residence	1	01	3.846
10	Type of family	1	0.04	3.846

*Significance at $\alpha = 0.05$

Findings regarding the association between self-esteem and their socio-demographic variables show that there was a significant association between self-esteem and their selected sociodemographic variables like Mother Education and Father Occupation among rural adolescents.

5. Discussion

It is a Non-Experimental Descriptive Comparative study with an aim to compare the social anxiety and self-esteem between urban and rural adolescents and selected variables studying at selected high schools. A similar study was conducted by Thatkar, Pandurang & Tonde, JeevanP & Dase, RajeshK & Pawar, DattatrayD & Rajavannian, Chidambaram to find out relationship between smartphone addiction, self-esteem and social anxiety in young college going adults aged 18-28 years.⁸ A similar study was conducted by Nasreen Bano, Zaeema R. Ahmad and Amena Z. Ali to find the relationship differences of social anxiety and self-esteem among 210 adolescents.⁹ A similar study was conducted by Khatam S, Ansari S, Patoo M, Mahmoudi M to investigate relationship between self-esteem and social anxiety in adolescents in Shiraz.¹⁰ Chen C, Qin J conducted a cross sectional study in which results showed that emotional abuse was positively associated with social anxiety and loneliness ($r = .36, .29$, respectively, $p < .01$), while it was negatively associated with self-esteem ($r = -.22, p < .01$).¹¹ A descriptive study conducted by Gyamo PD, Nivetha P, Pavithra P, Nandhini S to assess self-esteem and peer pressure among adolescents and to find out the association between levels of self-esteem and peer pressure among adolescents. the results showed that self-esteem mean value is 21.9 and peer pressure mean value is 8.1.¹² A



cross sectional study was conducted to identify the relation between self-esteem, adjustment and academic performance of students in rural area of Palwal district of Haryana. The results showed that a significant positive inter-correlation was existed between self-esteem, adjustment and academic performance.¹³ A study was conducted by Monterio S, Kurian A, Noushad EA, Sara AB, Dilna CP, Dilna M, Nair RR, Tomy T, Vaishnavi T to assess the level of social anxiety among adolescents in Mangalore, the results showed that 48.33% had mild social anxiety, 10% had moderate social anxiety, 5% had marked social anxiety, 6.67% had severe social anxiety and 3.33% had very severe social anxiety.¹⁴ A study conducted by Joy FE, Jose TT, Nayak AK to assess the effectiveness of Jacobson's progressive muscle relaxation (JPMR) technique on social anxiety among high school adolescents in a selected school of Udupi district, Karnataka state. The results showed that 52(27%) adolescents were having moderate social anxiety and there was significant association 2 ($\chi^2=15.30$, $p<0.05$) between age of the adolescents and social anxiety.¹⁵

Conclusion and Recommendation:

The study involved 120 adolescents residing in urban and rural areas of Bagalkot district, selected by Disproportionate stratified sampling technique and collection of data by Standardized tools namely Kutcher generalized social anxiety disorder scale for adolescents to assess social anxiety and Rosenberg self-esteem scale for Adolescents to assess self-esteem. A significant difference was found between social anxiety and self-esteem among urban and rural adolescents. A similar study can be repeated in different regions of the states or nations so as to compare the results. The same study can be conducted on a large sample to generalize the findings.

References

1. Zaky EA. Adolescence; A crucial transitional stage in human life. *J Child Adolesc Behav.* 2017;(3):2375-4494.
2. Galperin DS. 8 Tips for Teens with Social Anxiety [Internet]. CBT Psychology. 2018 Available from: <https://cbtpsychology.com/7-tips-teens-with-social-anxiety> Tips for Teens with Social Anxiety
3. Ryan, J. L., & Warner, C. M. Treating adolescents with social anxiety disorder in schools. *Child and adolescent psychiatric clinics of North America*, 2012;21(1); 105–ix. <https://doi.org/10.1016/j.chc.2011.08.011>.
4. Rose GM, Tadi P. Social Anxiety Disorder. [Updated 2022 Oct 25]. In: Stat Pearls [Internet]. Treasure Island (FL): Stat Pearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555890/>
5. SELF-ESTEEM AND PERSONAL DEVELOPMENT III [Internet]. Available from: [https://courses.aiu.edu/INTRO%20TO%20CULTURE%20OF%20HUMAN%20DEVELOPMENT/Sec%205/SEC%205%20INTRO%20CULTURE.p](https://courses.aiu.edu/INTRO%20TO%20CULTURE%20OF%20HUMAN%20DEVELOPMENT/Sec%205/SEC%205%20INTRO%20CULTURE.pdf)df
6. Meek W. Generalized anxiety disorder and self-esteem [Internet]. Verywell Mind. 2008 [cited 2024 Feb 21]. Available from: <https://www.verywellmind.com/anxiety-and-self-esteem-1393168>.
7. Mishra, S. K., Srivastava, M., Tiwary, N. K., & Kumar, A. Prevalence of depression and anxiety among children in rural and suburban areas of Eastern Uttar Pradesh: A cross-sectional study. *Journal of family medicine and primary care*, 2018;7(1): 21–26. https://doi.org/10.4103/jfmpc.jfmpc_248_17.
8. Thatkar, Pandurang & Tonde, JeevanP & Dase, RajeshK & Pawar, DattatrayD & Rajavannian, Chidambaram. (2021). Assessment of Correlation between Smartphone Addiction, Social Anxiety, and Self-Esteem: A Cross-Sectional Study. *MGM Journal of Medical Sciences*. 8. 22. 10.4103/mgmj.mgmj_81_20.
9. Nasreen Bano*, Zaeema R. Ahmad* and Amena Z. Ali**. Relationship of self esteem and social anxiety: a comparative study between male and female adolescents. *Pjcp* [Internet]. 2012 Dec. 31 [cited 2022 Aug. 21];10(2).
10. Khatam S, Ansari S, Patoo M , Mahmoudi M . The Study of the Relationship between Social Anxiety and Self-Esteem in Adolescents between the Ages of 12- 18. Department of Mental Health, Shiraz University of Medical Sciences, Shiraz, Iran.2014;2(1):71-71.



11. Chen C, Qin J. Emotional abuse and adolescents' social anxiety: The roles of self-esteem and loneliness. *Journal of family violence*. 2020 Jul;35(5):497-507.
12. Gyamo PD, Nivetha P, Pavithra P, Nandhini S. Assessment of Self Esteem and Peer Pressure among Adolescents in Selected College of Kanchipuram District, Tamil Nadu. *Indian Journal of Public Health Research & Development*. 2020 Mar 1;11(3).
13. Kumar R, Behmani R, Singh K. Impact of self-esteem and adjustment on academic performance of adolescents. *Indian Journal of Health & Wellbeing*. 2016 Jan 1;7(1).
14. Monterio S, Kurian A, Noushad EA, Sara AB, Dilna CP, Dilna M, Nair RR, Tomy T, Vaishnavi T. A Study to assess the level of social anxiety among adolescents in a selected college in Mangaluru. *International Journal of Nursing Education and Research*. 2020;8(3):337-40.
15. Joy FE, Jose TT, Nayak AK. Effectiveness of Jacobson's Progressive Muscle Relaxation (JPMR) Technique on social anxiety among high school adolescents in a selected school of Udupi District, Karnataka State. *Journal of Health and Allied Sciences NU*. 2014 Mar;4(01):086-90.