

THE SYMPTOMS OF SOCIAL ANXIETY DISORDER AMONG ADOLESCENCES IN THEIR DAILY LIFE: A REVIEW

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Abstract

This research is aim to evaluate the symptoms of social anxiety disorder among adolescence. On this paper proposes a framework to determine three categories concerning about the symptom of social anxiety disorder. As a result, the study reveals that the symptom of social anxiety disorder consists of cognitive symptom, somatic symptom and behavioral symptom. This paper also show the table analysis of review and the figure proposed research framework.

Keywords: symptom, social anxiety disorder, cognitive symptom, behavioral symptom, cognitive symptom, adolescence.

1. Introduction

Since yore, the symptoms of social anxiety disorder has be interpret. This symptom is also known as social phobia that afraid of being watch and judge by others. Components of social anxiety disorder are explain such as dizziness, nausea and lightheadedness. This anxiety during adolescence are related with feeling depress, lonely person, and low self-esteem (Majdandzic et al. 2013). These symptoms are also influence of parenting behavior. As highlighted by Yousaf (2015), parenting is the process of develop and encourage the physical, emotional, social, and intellectual from development of a child into adult. Moreover, parents that realize their children who have an aggressive behavior and against the word from outside may be consider as the symptom of an anxiety (Giuseppone & Brumariu, 2017). Anxiety is covering in the range of behaviors and experiences which now viewed as a nonspecific term. It reflects to a general influence toward adolescence in playing their importance role daily life.

Besides, the symptoms of social anxiety disorder appear to the development of a chronic disorder for adolescence at contextually inappropriate times leading. Meanwhile, Heeren & McNally (2016) has state that people with chronic social anxiety disorder has a problem in process information in ways that maintain their social anxiety disorder. In the opinion of Hebert et al. 2013, adolescents are particularly vulnerable to social discomfort and evaluative fears at time when peer interactions increase in frequently. According to Khandagale & Dumbray (2017), these intense and unstable feelings can account for their sensitivity to the response of others. Anxiety in social situations is the most prevalent type of anxiety experienced during adolescence and has important implications for an adolescent's psychological functioning, interpersonal relationships, and risk for psychopathology. They are easily hurt, disappointed and fearful of others (Khandagale & Dumbray, 2017). As conduct by Khandagale (2015), in the previous study state that the problem of social interaction family and friends are

influencing into social anxiety symptoms. The lack of research is reported and possible association between symptoms of social anxiety and important developmental tasks of early adolescence.

This study is aim to evaluate the symptoms of social anxiety disorder among adolescence. In order to achieve the goal of an objectives, this research proposed a framework to determine three categories concerning about the symptoms of social anxiety disorder. The remainder of this paper is organized as follows. Section 2 is literature review. Proposed framework is in Section 3. Final section contains some concluding remarks.

2. Literature Review

This research is to evaluate the social anxiety disorder symptom was normal phenomenon among adolescence in their daily life. For the symptoms of social anxiety disorder we were focus on three main symptoms which were cognitive, somatic and behavioral symptom.

2.1 Cognitive Symptom

Social anxiety disorder was common among adolescence. It was involved cognitive symptom, which explain as the not function thought whose experienced by adolescence with the disorder. As highlighted by Gallagher et al. (2014), cognitive symptoms were described about behavioral avoidance, negative self-evaluation and worry. According to Khandagale (2015), adolescence during this transition are sensitive of how others see them and react to them, and this awareness makes them feel apprehensive. Adolescence whose have social anxiety in bear display a high sensitivity to unfavorable evaluation and into negatively clarify to social situations (Gallagher et al. 2014). The unstable feelings of adolescence can account for their response sensitivity of others, they are easily hurt, disappointed and fearful of others (Khandagale & Dumbray 2017). Similar opinion was stated by Wieckowski et al. (2016), social anxiety symptoms with high and low levels of emotion recognition such as fear, anger and sadness between adolescence. Adolescence with this condition are distressed by unfavorable thinking and uncertainty when it came to socially that related by situations they faced. According to Khandagale (2015), various aspects like school and family environment also impact the incident of social anxiety due to which the adolescent often remains in background. Furthermore, the parental and peer group pressure are the two contributing factors towards increase in stress and anxiety (Khandagale & Dumbray, 2017). Meanwhile, adolescence that have a strong bond with family and feeling secure and loved definitely have high self-esteem (Yousaf, 2015). Research have shown by Epkins & Seegan (2014), reported regarding academic expertise which the sample was clinic refer in young age that highlight the opinion of unfavorable self-perceptions. If these unfavorable thinking are allowed without any treatment, it may give the higher impact of self-esteem from time to time. Therefore, adolescence should improve their self-esteem and confident in their daily life from time to time.

2.2 Somatic Symptom

Symptom of social anxiety is also mention about somatic disorder, which shows about the physical symptom. According to Wong, Fong & Chan (2015), somatic symptom is the general magnification of psychological distress in physical symptom. An elements of this somatic are headaches, stomach aches, muscle pain, difficulty breathing, shaking, pounding or racing heart, sweating, fatigue Crawley et al. (2013). In addition, these disorder was involved physical symptoms such as panic and nervous (Gallagher et al. 2014). For adolescence, these symptoms may become so badly until it happen to panic attack. For instance, adolescence whose have this panic disorder are people that knowing their panic provoked that may be have influencing by medical problem. However, Wong, Fong & Chan (2015) have stated that the anxiety of medical problem have been categorized by parasympathetic deactivation, sympathetic activation, higher of heart rate, lower of heart rate and get the high blood pressure. On the other hand, Crawley et al. (2013) was mention about somatic complaints are common among social anxiety disorder adolescence with more than 50 % were reported. As a result, the reported findings from the previous study were from relatively small samples with limited diversity.

2.3 Behavioral Symptom

Behavioral symptoms was normal phenomenon and very common around adolescence, they are act in certain ways. As stated by Khandagale (2015), behavioral symptoms was characterized by a state of apprehension or uneasiness arising out of anticipation of danger. Social anxiety disorder in adolescence was manifested by anxiety about and avoidance of social interactions (Khandagale & Dumbray, 2017). Regarding to Brook & Willoughby (2015), avoidance of social interactions was influenced adolescence socially anxious which let go the previous friends that obtained with making new social ties in college. Adolescence were mostly influencing in making choice based on avoidance and fear other than desires and preferences. In the other hand, Khandagale (2015) was explained about social nature of human beings and the function social nature of relationships that are not getting a comfort when interacting with others as this it cannot be avoided easily in socialization. In addition, adolescence with social anxiety disorder was usually effect quality of life. As mentioned by Khandagale & Dumbray, (2017) that described about it were related to unfavorable behavioral system include negative life, negative emotion, and least of quality life. Particularly, socially anxious adolescence is affecting to poor social skills, social interaction, and have a little friends, which receive a least social support (Gallagher et al. 2014). Relationship that problem with friends may be contribute to socially awkward and avoidance of social situations, in this symptom anxiety (Brook & Willoughby 2015). Sometimes, they have lonely, not a romantic when having in a relationships, quit from school, and may drank more alcohol to tolerate anxiety. Based on the previous research was examined by Majdandzic et al. (2013), the influence development parenting of adolescence anxiety, but most studies focused on behavioral of parenting. For that

reason, this study might be limit to determine the behavioral symptoms of social anxiety disorder among adolescence.

Table 1: Analysis of Review

Author	Cognitive	Somatic	Behavioral
Orchard et al. (2017)	✓		
Campbell et al. (2018)	✓		
Giuseppone & Brumariu (2017)	✓		
Paulus et al. (2015)	✓	✓	
Holttum (2014)	✓		✓
Khandagale (2015)	✓		✓
Heeren & McNally (2016)	✓		
Yousaf (2015)	✓		✓
Majdandzic et al. (2013)			✓
Khandagale1 & Dumbray (2017)	✓		✓
Brook & Willoughby (2014)			✓
Epkins & Seegan (2014)	✓		
Wieckowski et al. (2016)	✓		
Gallagher et al. (2014)	✓		✓
Ask et al. (2015)		✓	
Crawley et al. (2013)		✓	
Wong, Fong & Chan (2015)		✓	

3. Proposed Framework

This figure shows the framework of the symptoms social anxiety disorder among adolescences in their daily life. The symptoms of social anxiety disorder were cognitive, somatic and behavioral symptom. In this research, the dependent variable would be the symptoms of social anxiety disorder among adolescences in daily life. Meanwhile, there are three independent variables which has been allocate in this research and all of the independent variable have been discussed and explained more in 2.1 cognitive symptom, 2.2 somatic symptom and 2.3 behavioral symptom.

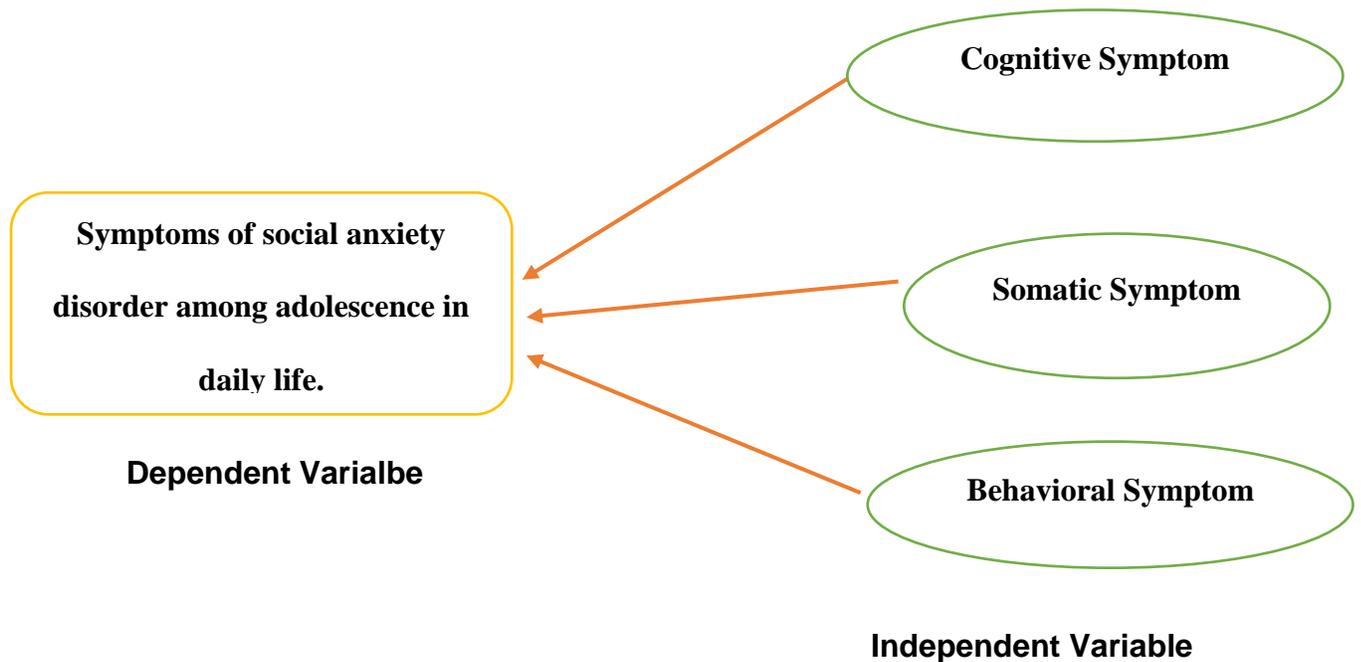


Figure 1. Proposed research framework

4. Conclusions

As a consequence, social anxiety disorder was normal phenomenon among adolescence in their daily life. This social anxiety disorder influencing by commence early in life and has a chronic syndrome. Even though it was not life threatening, it leads to serious disruptions in an individual's quality of life, work and relationships. As mentioned by Khandagale & Dumbrey (2017) that social anxiety was affected bio-behavioral system, including fewer positive life events, inhibited positive emotionality, and a poorer quality of life. Similar to opinion of Hebert et al. (2013), adolescents are particularly vulnerable to social discomfort and evaluative fears at time when peer interactions increase in frequently. When this symptoms are not untreated, adolescence were usually involved with social anxiety develop by serious disorders. Chronic problem disorder common such psychiatric illness and might be influencing more to in this illness. So, screening is exceedingly important appropriate therapy that can be initiated in the first steps. On the whole, adolescence that have the symptoms of social anxiety must get their faster treatment in order to live with positive and quality life from time to time.

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