



ORIGINAL RESEARCH PAPER

Clinical Psychology

SOCIAL ANXIETY, SLEEP HYGIENE AND SATISFACTION WITH LIFE AMONG YOUNG ADULTS

KEY WORDS: Social anxiety, Sleep hygiene, Satisfaction with life, Young adults

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ABSTRACT

The present study experimentally investigated the relationship between Social anxiety, Sleep hygiene and Satisfaction with life among unmarried young adults. The study investigated the gender differences in Social anxiety among young adults. The study was conducted in 150 young adults. The scales such as Social Interaction Scale, Sleep hygiene Index and Satisfaction with life scale were used. Statistical analysis used in this study were Carl Pearson product moment correlation and Independent sample t-test. The results showed that there is significant relation between Social anxiety and Sleep hygiene and there is no significant relation between Sleep hygiene and Satisfaction with life and Social anxiety and Satisfaction with life.

INTRODUCTION

Anxiety involves a general feeling of apprehension about possible future danger. Social anxiety: people affected with social anxiety have difficulties in interacting with other people as a result of their anxiety. Such people prefer staying away from social gatherings. This is because of the fear of being humiliated and criticized by the people around them. Among these 4 major subtypes of anxiety disorders, the one that is focused in this study is social anxiety. Most of us have experienced the feeling of being nervous or feeling uneasy when we are in a crowd. There are chances that we have experienced rapid heart rates, excessive sweating, etc. All these are quiet normal and are required to some extent to survive in the society. However if this stress that is experienced by an individual goes beyond a certain limit such that it becomes too hard for him or her to handle, the chances are that he or she could be suffering from social anxiety. In such cases they might completely avoid situations that demand interaction with other people. People with social anxiety might fail to make eye contact or could refrain from having a conversation with the people around him or her due to this fear. As a result this could tamper with their daily routine.

Sleep hygiene refers to good sleeping practices or activities that can help you fall asleep more easily and stay asleep all night long. The amount and quality of sleep you get each night are impacted by developing and maintaining excellent sleep hygiene during the day. It's important for both your physical and emotional wellness.

Life satisfaction refers to evaluation of one's life as a whole, rather than just their current state of enjoyment.

A significant component of subjective well-being is life satisfaction. Subjective well-being and life satisfaction are influenced by a variety of factors. Gender, age, marital status, income, and education are sociodemographic characteristics. Health and disease, functional capacity, activity level, and social relationships are all examples of psychosocial elements.

METHODOLOGY:

This chapter gives an overview regarding the methods of research that were followed to execute this study. The method that has been selected in this study has been so carefully planned to move on well through or with the inquiry.

Social Interaction Anxiety Scale is a 20-item scale that measures the distress when a person meets or talks to other people. This is a self-report measure and is used extensively in the clinical setting. It is a 5-point scale and the reliability of this scale found identified using Cronbach's alpha and is said

to have high levels of internal consistency. The scale similarly has high validity as well.

Sleep hygiene was measured using the SHI created by David F Mastin in 2006. It was used to practice the sleep hygiene behaviors of adolescents. It is a 13-item self-reported model with the higher score showing maladaptive status. It consists of a 5-point scale, namely always, frequently, sometimes, rarely, and never. The scale has validity of 0.66 and reliability of 0.71.

The Satisfaction With Life Scale (SWLS) is a measure of life satisfaction developed by Ed Diener and colleagues in 1985 (Diener et al, 1985; Pavot & Diener, 1993). The SWLS is a short 5-item instrument designed to measure global cognitive judgments of satisfaction with one's life. The scale usually requires only about one minute of a respondent's time, where respondents answer on a Likert scale. Its validity score is 0.87 and reliability 0.82.

The study's independent variable are Social anxiety and Sleep hygiene. The level of Social anxiety and Sleep hygiene are defined by the individual's Satisfaction with life.

Young adults who fit the inclusion criteria—age range from 18 years old to 32 years old, with knowledge of English language—are given surveys as part of the data collection process. Serious mental illnesses that can have an impact on a participant's survey responses are not allowed.

Utilizing statistical methods like t-tests and Pearson's correlation, the gathered data will be examined. These analyses will examine any potential variations in levels of social anxiety, sleep hygiene and satisfaction with life among young adults. The goal of this study is to determine whether Social anxiety, Sleep hygiene and Satisfaction with life.

RESULTS AND DISCUSSIONS:

Table 1: Correlation between Social anxiety and Sleep hygiene among young adults.

	N	M Sig (2tail)
Social anxiety	150	37.50 0.000
Sleep hygiene	150	25.45 0.000

**Correlation is significant at the 0.01 level (2-tailed).

H01: There is no significant relationship between social anxiety and sleep hygiene in young adults.

Table 1 shows the result of Pearson's correlation between Social anxiety and Sleep hygiene. The results indicate that

there is significant correlation between Social anxiety and Sleep hygiene at 0.01 level. Therefore, H01 is rejected.

Table 2: Correlation between Sleep hygiene and Satisfaction with life among Young adults

	N	M Sig (2tail)
Sleep hygiene	150	25.45 0.877
Satisfaction with life	150	23.62 0.877

H02: There is no significant relationship between sleep hygiene and life satisfaction in young adults.

Table 2 shows the result of Pearson's correlation between Sleep hygiene and Satisfaction with life. The results indicate that there is no significant correlation between Sleep hygiene and Satisfaction with life. Therefore, H02 is accepted.

Table 3: Correlation between Social anxiety and Satisfaction with life among Young adults

	N	M Sig (2tail)
Social anxiety	150	37.50 0.595
Satisfaction with life	150	23.62 0.595

H03: There is no significant relationship between Social anxiety and Satisfaction with life among young adults.

Table 3 shows the result of Pearson's correlation between Social anxiety and Satisfaction with life. The results indicate that there is no significant correlation between Social anxiety and Satisfaction with life. Therefore, H03 is accepted.

Table 4: Independent sample t-test on Social anxiety based on gender.

Variables	Male		Female		t
	M	SD	M	SD	
Socialanx	34.97	13.50	39.71	12.87	2.20

*p<0.05

H04: There is no significant variation in social anxiety between two genders.

Table 4 shows the mean and standard deviation of Social anxiety for males are 34.97 and 39.71 and for females are 39.71 and 12.87. A two-tailed t-test for independent samples (equal variance assumed) showed the t value obtained between the two groups on Social anxiety is -2.200 at a corresponding value -0.029 (p<0.05). This shows that there is significant difference between males and females regarding Social anxiety among young adults. Hence, the hypothesis which states that there is no significant difference between males and females is rejected.

Summary:

In the present study "Social anxiety, Sleep hygiene and Satisfaction with life among Young Adults" which explores and encapsulates the major findings, analysis, discussion, implications, limitations and the conclusion of the study. The research problem of the current study is to identify the relationship between Social anxiety, Sleep hygiene and Satisfaction with life. The descriptive statistics were done. The normality was tested, and the Data were normally distributed. Pearson correlation was used to identify the relationship between Social anxiety, Sleep hygiene and Satisfaction with life.

The results showed that there is significant relation between Social anxiety and Sleep hygiene and there is no significant relation between Sleep hygiene and Satisfaction with life and Social anxiety and Satisfaction with life. The differences Social anxiety among young adults with regards to gender was also

considered in the study. The Independent sample t test was used and revealed that there is significant gender difference in Social anxiety.

Limitation:

The results of the study may not be representative of the entire population, as the sample size is relatively small and may not be a true reflection of the larger population. Collecting data within a short period of time may limit the range of data collection methods used. This could limit the depth and richness of the data collected.

Implications:

The major implication of the study would be to understand that social anxiety and sleep hygiene are related to each other in young adults, so that they can find ways to improve their sleep hygiene which can make change in their social anxiety. Satisfaction with life is not related to Social anxiety and Sleep hygiene in young adults, therefore the study proves that any change in social anxiety or sleep hygiene would not affect their satisfaction with life.

The study also helped us to understand there is gender differences in Social anxiety in young adults. And it is high in women compared with men.

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