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Prevalence of social phobia among nursing college students

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ABSTRACT

The aim of this study is to determine the prevalence of the social phobia among nursing college students and determine the relationship between their demographic characteristics and social phobia. A descriptive analytic study was carried throughout the present study to determine the prevalence of social phobia among nursing college students in Al-Qadisiyah University during the period from April 1st to December 1st, 2017. A study sample disproportional stratified sample of 100 students, 25 students from each stage were included in the study. the result revealed that the indicate equal between male and female (50%), the study results are (55%) that are (19-24) years within age groups. Regarding residence of study sample that the majority are urban (63%), and most of the study sample are single (94%). The study results that the reveal stage or grade are equal (25%).study results that indicate for all evaluation for responses that majority of the study sample are high social phobia (62%). Also, the study results showed that the social phobia is high among nursing college students and there is a relationship between the social phobia and the student's age, marital status, and stage. The study concludes the study concludes that the nursing college students are highly affected by social phobia and the majority of that effect present during the first and second stage, while it decreased at the third and fourth stage. In addition, the students' age and marital status play an important role in determining the social phobia.



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INTRODUCTION

The institution of higher education, is the most significant phase, of learning, since it denotes, the crest of the, educational, pyramid and is considered, to organize persons in a controlled, and focused for lifespan, so that higher, education level be given a lot of care and concern in most established, countries alike, to the important thoughtful

role (AL-Akiachi, 2006). Individual, with a high approximation, of the self away, from social phobia, where some think through that, estimate. Where some considered that, the estimate is high with more implements that can be recycled by the individual for the case of agreement, he can count challenge disappointment, and to cross the threshold into new situations without feeling depressed and broken, while a low evaluation with it sensation overpowered even before they enter new state of affairs or problematic, because it is estimated to failure previously. The American psychologist, Abraham, Maslow (1943) off the record the range of humanoid needs, into a hierarchy of right of way in this system, (physiological, need, safety need, social, and finally, reach our perspective (self-actualize) in the time off, of these fundamentals, people become increasingly predisposed to being alone, social phobia and depression (Hahn *et al.*, 2005). Anxiety is a normal being response and a compulsory part of our evolutionary, arrangement. Its function is to paying attention us to terrorizations

to our physical safety and well-being, including our self-esteem; thus passage a full of activity road and being asked a difficult, question in a lecture may both generate the fear response; Individuals, show a discrepancy, in their know-how of anxiety,, which may present-day as physical symptoms such as increased heart rate and breathing, nerve-wracking thoughts or images, feeling nervous or frazzled, and ups and downs in behavior such as faster speech or escaping a situation (Moses, 1987). Students leaving home to enter university, gradual, personal support may be difficult to accomplish. Indeed, loneliness, has been identified a significant problem, for many first year, students (Sullivan, 2009). Furthermore, (1987), found, by means of a longitudinal, study of freshmen (1st year students,) that being alone at the surprise of a semester, was prognostic of higher, degrees of depression far along in the educational year (Rich & Scovel, 1987). Student psychological health has been the motivation of attention from a number of residences in recent years. Social phobia also known as social anxiety disorders, the person turn out to be severely anxious to the point of panic or incapacity when provoking people. Social phobia is a highly prevalence intellectual, health problem which is under, recognized in both psychiatric and primary maintenance setting (Veselska *et al.*, 2009). Even though unwell recognized, modern, epidemiological studies show that social phobia is highly dominant and positions as the third greatest common mental health problem after major depression and alcohol taking advantage (Russell & Shaw 2009). It is well-thought-out to be the third largest psychological problem in the United States, affects around 15 million American grown persons (Videbeck, 2008). The knowledge of social phobia is common amongst healthy people. Lying on the thrilling end of the social anxiety continuum, social anxiety disorder in a straight line have emotional impact about 12% of the population. Extreme attitudes of social phobia are characterized by determined terror and prevention of social conditions in which mortification, damaging evaluation, or disapproval may happen (American Psychiatric Association, 2000). In high level of social phobia badly behaved individuals capability insufficiencies distress in many social situations and they often exhibition presentation discrepancies and ineffectual communiqué arrangements collaborating interactions, the social phobia in early teen-age is well thought-out a key hazard period for the beginning social phobia, an anxiety disorder of which the basic symptoms is insistent and concentrated anxiety arising in one or more situation, where there are other countries from, one place to another adolescence ,happen together with increasing ,burdens for social collaboration ,with aristocracies and in proper social (Klaus, 2008).

MATERIALS AND METHODS

A descriptive analytic study was carried throughout the present, study to determine the prevalence of social phobia among nursing college in University of Al-Qadisiyah during the period from April 1st to December 1st, 2017. A study sample disproportional stratified sample of, 100 students, (25) student from each, stage were included in the study. An assessment, the tool was adopted and developed, by the investigator to assess the social phobia. The investigator translated the scales (Social, Phobia Inventory 20), from English to Arabic. Translation validity was achieved through the process of forwarding and backward translation, then forward, to the experts to review the translation. The final study instrument consisting, of two parts: Part I: The first section, was socio-demographic characteristics, Part II: Social Phobia instrument,

Data collection

The data were, collected through the utilization of the developed questionnaire, (Arabic version) and by means, of self-administrated questionnaire, with the subjects' who were, included in the present study before data collection, the investigator, met the nursing collegians at the classroom to clarify the study student, and get their agreement to participation, in the study, then a copy of the questionnaire was distributed for each student, to complete they receded by the investigator. The data, collection process, has been performed, from April, 11th until May, 4th, 2017.

Data Analyses

In order, to achieve the early stated objectives, the data of the study were analyzed through the use of the statistical package, of social sciences, (SPSS), version 16 through descriptive and inferential, statistical, analyses.

RESULTS

Table 1 shows that the study result that the indicate equal between male and female (50%), the study results are (55%) that are (19-24) years within age groups. Regarding residence of the study sample. that the majority are urban (63%), and most of the study sample are single (94%). Finally, the study results that the reveal stage or grade are equal (25%).

M.S: Mean of the score (high= more than 3, and low =equal or less than 3)

Table 2 obvious the study results that indicate for all evaluation for responses of depression domain that majority of the study sample are high social phobia (62%).

Table 1: Summary statistics of the study sample by their demographic data

Demographic data	Rating	Frequency	Percent	Cumulative Percent
Gender	Male	50	50	50
	Female	50	50	100
Age	19-24	55	55	55
	25-30	45	45	100
Residence	Rural	37	37	37
	Urban	63	63	100
Marital status	Single	94	94	94
	Married	6	6	100
Stage	First	25	25	25
	Second	25	25	50
	Third	25	25	75
	Fourth	25	25	100
	Total	100	100	--

Table 2: Summary statistics of the study sample by their responses for social phobia domain

Overall domain of social phobia	Rating	Frequency	Percent	M.S	Assessment
	Low	38	38	3.36	High Social phobia
	High	62	62		
	Total	100	100		

Table 3: Summary statistics of the study sample by their responses for social phobia domain

Prevalence of social phobia	stages	prevalence rate*	overall of prevalence rate
	First	34.25	24.39
	Second	28.74	
	Third	20.83	
	Fourth	19.23	

*Prevalence rate: Prevalence rate = number of persons with a characteristic by Total number in the population.

Table 4: Summary statistics of the study sample by their responses for social phobia domain

Demographic Data	Rating	Low	High	Chi. Sq	D. F	P. Value
Gender	Male	18	32	0.170a	1	0.68 NS
	Female	20	30			
Age	19-24	36	19	39.102a	1	0.001 HS
	25-30	2	43			
Residence	Rural	14	23	0.001a	1	0.98 NS
	Urban	24	39			
Marital Status	Single	32	62	10.414a	1	0.001 HS
	Married	6	0			
Stage	First	0	25	61.290a	3	0.001 HS
	Second	0	25			
	Third	19	6			
	Fourth	19	6			

Table 3 shows that the study result indicates the high percentage of the prevalence for the study sample is a first stage (34.25%).

Table 4 depicts of the study results that the indicate a non-significant between demographic data such as (gender, and residence) and overall evaluation of social phobia domain at p. value of more than 0.05. In addition, the study results reveal a high significant between age, marital status, and stage) and overall domain of social phobia at p. a value of less than 0.01.

Table 5 shows that there is high a significant difference between study subjects' social phobia and grade level at a p-value less than 0.01. in addition, there is deferent for social phobia among the level of grad.

Table 6 shows that there is no a significant difference between study subjects' social phobia and gender at p-value more than 0.05.

Table 5: Summary statistics of ANOVA testing according to quality variance and mean values parameters deferent responding among grad and social phobia

Demographic /Social Phobia	Grad	mean different	st. deviation	F	p. value
Grad	First	2	0	50.667	0.001 HS
	Second	2	0		
	Third	1.24	0.436		
	Fourth	1.24	0.436		

Table 6: Summary statistics of independent T- Test according to mean value parameters deferent responding for study sample between gender and social phobia

Demographic /Social Phobia	gender	Mean deferent	Std. Deviation	T. test	df	p. value
Gender	Male	1.64	0.485	0.408	98	0.684 NS
	Female	1.6	0.495			

DISCUSSION

The university is the most important stage of education, since it represents the crest of the educational pyramid and is designed to prepare individuals in a n organized and directed for life, so that higher education level receives a lot of care and concern in most developed countries alike, to the important serious role (AL-Kaichi, 2009). The American psychologist, Abraham Maslow classified the range of human needs into a hierarchy of priorities in this system, (physiological need, safety need, social, and finally reach our potential (self-actualize), in the absence of these elements, people become increasingly susceptible to loneliness, social phobia and depression (Hahn *et al.*, 2005).

The present study conducted to assess the prevalence of social phobia among the nursing collegians and to, find the relationship, between the prevalence of social phobia and, the students' demographic data. The present study findings indicate that there is an equal percentage for male and female, and this comes because of the researcher, choice an equal number of, male and female student to accurately estimate the prevalence of social phobia. While or age, group the study findings, indicate that the majority of the students are 24 years old and less, due to the dominant age group, in the college is, often within, that, age, group.

Regarding, the residence of the study sample, that the majority, are urban and most of the study sample are single. They studied the social phobia among the nursing collegians, and their findings indicate that the majority of, the study sample is from urban residential areas and single (Zan & Kudhair, 2012). From the investigator, point of view, this result may be due to the urban residential, area students are more likely to continue, in their education than those in rural residential area and that refers to educational and economic factors of their family, in addition to the higher density of popula-

tion, in urban than in rural residential area. In addition, the age group and the economic factors prevent the majority of students to marry early.

Concerning the Prevalence of the study sample among social phobia for nursing students for the first stage is high social, phobia. This result comes because the students exhibit, the higher percentage of the social phobia in the first and second stage. Due, to the newly admitted to the college, and the differences between the secondary, schools and colleges curriculums, and the increasing in there, responsibilities, so they may suffer from social phobia, compared with those students in the third, and fourth stage. In, addition, the students, in third and, the fourth class were adopted and, adjusted, with the surrounding environment, compared with those in first and, second stages. Tillfors reported that Social phobia was highly prevalent among Swedish university, students, most cases pertaining to a mild or discrete form of the disorder (Tillfors & Furmark, 2007). stated that, the social phobia, is common, among university students (Furmark , 2000).

CONCLUSION

The study, concludes that the nursing collegians are, highly affected by social phobia and the majority of that effect present during, the first and third stage, while it decreased, at the second and fourth stage., In addition, the students' age and marital status play an important role in determining the social phobia. Furthermore, the study concludes that the prevalence of social phobia is increased among nursing collegians especially in the first and second stages comparing with those in third and fourth stages.

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