

# A Study on Shyness and Psychological Well-Being among Young Adult

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## ABSTRACT

**Aim:** Shyness is the tendency to feel awkward, worried or tense during social encounters, especially with unfamiliar people (APA, 2012). Psychological well-being refers to inter- and intra-individual levels of positive functioning that can include ones relatedness with others and self referent attitudes that include ones sense of mastery and personal growth (Richard A Burns, 2017). Young adulthood is a critical period of maturation when stable behavioral style emerge that pave the way for personality traits and related psychopathology in adulthood. The present study aimed to investigate the shyness and psychological well-being among young adult, and if gender differences play any role. **Method:** This study was done on 110 young adult aged 18 to 26, out which 55 are men and 55 are females through purposive sampling method. Goldberg's psychological well-being questionnaire and 20-item Revised Cheek and Buss Shyness scale (RCBS) were used to collect data. The data were analyzed by using Mean, Standard Deviation, independent sample t-test and Pearson's product moment correlation. **Result:** Result proves it, there is no significant difference between shyness among young adult across gender. There is no significant difference between psychological well-being among young adult across gender. Statistically, there is no significant correlation in shyness and psychological well-being among young adults.

**Keywords:** Shyness, Psychological well being

## INTRODUCTION

We can see Shyness and Psychological well-being in young adults.

So this study is aim to investigate for finding out the significant difference in the level of Shyness and Psychological well-being among young adult. Shyness might be influenced by social experiences. It's believed that most shy children develop Shyness because of interactions with parents. Parents who are authoritarian or overprotective can cause their children to be shy. Shyness is the tendency to feel awkward, worried or tense during social encounters, especially with unfamiliar people (APA, 2012). Not only are these psychological symptoms present, shyness may also produce physical symptoms, such as sweating and stomach complications (APA, 2012). Shy people will be weary in new social situations, will perceive such instances as threatening, and may experience high level of anxiety (Coplan & arbeau, 2008). Psychological well-being refers to inter- and intra-individual levels of positive functioning that can include ones relatedness with others and self referent attitudes that include ones sense of mastery and personal growth (Richard A. Burns, 2017). Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Young adult is generally a person ranging in age from their late teens or early twenties to their thirties. Young adulthood is a critical period of maturation when stable behavioral style emerge that

pave the way for personality traits and related psychopathology in adulthood.

### **Definition of key terms**

Shyness refers to tendency to feel awkward, worried or tense during social encounters, especially with unfamiliar people, negative feelings about themselves; worries about how others view them; and a tendency to withdraw from social inventions (APA, 2012)

Psychological well-being refers to inter- and intra-individual levels of positive functioning that can include ones relatedness with others and self referent attitudes that include ones sense of mastery and personal growth (Richard A. Burns, 2017)

### **Relevance of the study**

Present study on Shyness and Psychological well-being is relevant study as it tries to explore the relationship between the level of shyness and psychological well-being of young adults. This study is conducted to understand whether there is significant relationship between shyness and psychological well-being among young adult across gender.

### **Review of literature**

1. H Claire Rowsell and Robert J Coplan conducted a study on exploring links between shyness, romantic relationship quality, and well-being in 2013. Two studies were carried out, in study 1 involving 1159 participants and in study 2 involving 400 participants of young adults completed self reports of shyness, the quality of their current romantic relationships, romantic attachment beliefs, and their well-being. Both studies indicate that shyness was lower in participants who were currently in romantic relationship. As well shyness was negatively associated with relationship quantity and well-being and positively associated with insecure romantic attachment beliefs. However, more positive attachment beliefs

attenuated the negative association between shyness and well-being.

2. Larry J Nelson, Laura M Padilla-Walker, Sarah Badger, Carolyn McNamara Barry, Jason S Carroll and Stephanie conducted a study on association between shyness and internalizing behaviors, externalizing behaviors, and relationships during emerging adulthood in 2008. The study included 813 undergraduate students, out of which 500 women and 313 men were participated. The result shoed that relatively shy emerging adults, both men and women, had more internalizing problems, engaged in fewer externalizing behaviors and experienced poorer relationship quality with parents, best friends, and romantic partners than did their non-shy peers.
3. Tariq Mehmood, Maryam Shaukat conducted a study on life satisfaction and Psychological well-being among young adult in 2014. The study includes 200 females. The result showed that depression and self-esteem are predicators of life satisfaction and no difference observed in life satisfaction. Students with low psychological well-being cannot properly concentrate on their works and hence result in gaining low outcomes.

### **Rationale**

After reviewing of literature researcher found that there is no research related with shyness and psychological well-being among young adults, so that researcher is trying to research on this topic. Researcher is hopeful of finding this valuable information so as to enable researcher and others to know some information about young adults.

## **METHODS**

### **Problem**

Is there any difference between Shyness and Psychological well-being among young adult across Gender?

**Aim:** To understand Shyness and Psychological well-being among young adults across gender.

**Objectives of the research**

1. To study shyness and Psychological well-being among young adult.
2. To study the relationship between Shyness and Psychological well-being among young adult.
3. To study the differences in the level of Shyness and Psychological well-being among young adult based on gender.

**Variables**

Independent Variable: Gender

Dependent Variables: Shyness, Psychological well-being

**Hypothesis**

Pursuant to the above objectives, three hypothesis are formulated and to be tested on the sample of 110 young adult.

1. There will be no significant difference in the shyness among young adult across Gender.
2. There will be no significant difference in psychological well-being among young adult across Gender.
3. There is no significant correlation between Shyness and Psychological well-being among young adult.

**Research Design**

The study was quantitative type and used a correlational design to determine if there is a relationship between shyness and psychological well-being among young adults. The study also adopted a between group research design to assess the difference in shyness and psychological well-being among young adult.

**Research Sample**

Purposive sampling method is used for this study. The study sample was comprised of 110 young adult at age range 18 to 26 from different part of Kerala, out of which 55 are males and 55 are females.

The sample belongs to different gender, religious family type, area of residence.

**Sampling Criteria**

**Inclusion criteria:**

1. Willing participants through online.
2. Young adults at Kerala.
3. Age limit 18-26

**Exclusion criteria:**

1. Young adults from other states.

**Tools**

Following tools were used for data collection:

1. Socio-demographic data
2. Psychological well-being questionnaire (Goldberg, 1972)
3. Revised Cheek and Buss Shyness scale (Cheek, 1983)

**Procedure**

Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. The Socio-demographic sheet, Goldberg's psychological well-being (1972) and 20-item Reversed Cheek and Buss Shyness scale (RCBS) (Cheek, 1983) were given to the sample through online with proper instruction one after the other. Responses were collected from the participants. The scoring for the two assessment was done and interpreted according to the manual.

**Analysis of data**

The collected data were analyzed using following statistical tests. The statistical analysis was carried out using Statistical Package for Social Science (SPSS) version 20 was used for analysis.

1. Mean, Standard Deviation
2. Independent sample t-test
3. Pearson product moment correlation

**Ethical issue**

1. Data collected has been used only for research purpose.
2. Confidentiality and of the obtained information have maintained throughout the study.
3. Informed consent of each and every participant was acquired.

## RESULT

### Data analysis and its interpretation

The main purpose of the present study was investigating the Shyness and Psychological well-being among young adults. For this purpose investigator formulated 3 hypotheses. Results are shown in below given tables.

**Table 1: Mean, SD and significant value on shyness and Psychological well-being among young adult across gender**

Gender		N	Mean	Std. Deviation	Sig.value (2-tailed)
Shyness	Male	55	16.1455	11.22566	.987
	Female	55	16.1818	11.69060	.987
<b>Total</b>		<b>110</b>	<b>32.3273</b>	<b>22.91626</b>	
Well-being	Male	55	23.4909	6.95987	.669
	Female	55	22.9091	7.28080	.669
<b>Total</b>		<b>110</b>	<b>46.4</b>	<b>14.24067</b>	

Table 1 shows that average mean of males and females have same level of shyness. Whereas, Psychological well-being consider male have high level of Psychological well-being as compared to female counterpart. By looking comparing the significant value (2-tailed) through independent sample t-test it shows that there is no significant difference in the level of Shyness and Psychological well-being among two groups.

Thus, from these results the first and second null hypothesis were accepted which states that there is no significant difference in Shyness and Psychological well-being among young adult across Gender.

**Table 2: Correlation co-efficient value between Shyness and Psychological well-being**

Variables		Shyness	Well-being
Shyness	Pearson correlation	1	.140
	Sig. (2-tailed)	110	110
	N		
Well-being	Pearson correlation	.140	1
	Sig. (2-tailed)	110	110
	N		

Table 2 shows that significant values of correlation doesn't exist any relation between Shyness and Psychological well-being.

Thus, Hypothesis 3 says that there is no significant correlation between shyness and psychological well-being among young adult was accepted. Result shows that

statistically there is no significant correlation between shyness and psychological well-being among young adult.

## SUMMARY AND CONCLUSION

Shyness is the tendency to feel awkward, worried or tense during social encounters, especially with unfamiliar people. Psychological well-being refers to inter- and intra-individual levels of positive functioning that can include ones relatedness with others and self referent attitudes that include ones sense of mastery and personal growth. Young adulthood is a critical period of maturation when stable behavioral style emerge that pave the way for personality traits and related psychopathology in adulthood. The purpose of the study was to determine the Shyness and Psychological well-being among young adult across gender. Purposive sampling method was used. The sample for the study was consisted of 55 males and 55 females out of total 110 young adult. The sample was equally taken from the population by the basis of gender. The participants were administered by 20-item Revised Cheek and Buss Shyness scale to assess Shyness and Goldberg's Psychological well-being scale to assess Psychological well-being. For data analysis Pearson's Product Moment Co-efficient of Correlation was employed.

### Major Findings

1. There is no significant difference in the level of shyness among young adult across gender.
2. There is no significant difference in psychological well-being among young adult across gender.
3. There is no significant correlation between Shyness and Psychological well-being among young adult.
4. Male and female have same level of shyness.
5. Male have high level of Psychological well-being as compared to female.

### Limitations

1. Sample size was small.

2. Sample of young adult was only from Kerala state.

### **Implications**

1. We can develop many interventional plans for the welfare for female counterpart. Because female has low level of psychological well being.

### **Scope for further study**

1. Further research can be done on larger population.
2. Qualitative research method can be done for improving the quality of the paper.

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