

# A Comparative Study to Assess the Social Anxiety and Self-Esteem between Urban and Rural Adolescents in Dau Raru Prasad Higher Secondary School Durg and Govt. Higher Secondary School Jamgaon(R) Dist-Durg at Durg Chhattisgarh

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**Abstract:** An extensive literature was reviewed on prevalence of social anxiety and low self-esteem among adolescents, contributing factors of social anxiety their management among adolescents and contributing factors of low self-esteem and strategies to improve low self-esteem among adolescents. The study was limited to 30 urban and 30 rural adolescents who were studying from class 10th to 12th standard. The conceptual framework adopted for the study was Becker MH'S Health Belief Model. A structured questionnaire for socio-demographic variables, Modified Kutcher Generalized Social Anxiety Disorder Scale for Adolescents (K-GSADS-A) for assessment of social anxiety towards school, family and public and Modified Rosenberg Self Esteem Scale (RSES) to assess self-esteem among urban and rural adolescents towards school, family and public was used. The validation of tool was done by 6 experts. The reliability of tool was established by Karl Pearson Coefficient of Correlation. The pilot study was conducted at Govt. Higher Secondary school Khopli Utai for Rural and Govt Higher Secondary School Junwani Bhilai for Urban at Durg Chhattisgarh. The reliability of instrument was tested among 5 urban and 5 rural adolescents by using split half method. Data collection done by using Non probability convenient sampling. Data collected was analyzed by using descriptive and inferential statistics. The data for the main study was collected from Dau Raru Prasad Central Higher Secondary School, Durg (Urban) and Government Higher Secondary School Jamgaon (R), Dist Durg (Rural). The data was analyzed in terms of frequency, percentage, mean, standard deviation, co-efficient of variance, mean score percentage, paired 't' test for comparison, and Karl Pearson Correlation coefficient which were presented in the form of table and graph. The major findings of the study are: As per the socio demographic variables, in relation to age, in rural areas majority of students 9 (30%) belong to age 16 and 17 years of age respectively, whereas in urban areas majority of students 11 (36.7%) belong to 16 years of age. With respect to gender, in rural area majority of students 18 (60%) were female whereas in urban area 17 (56.7%) were female. With regard to religion, in rural area most of the students 27 (90%) were Hindus, whereas in urban area 21(70%) were Hindus. Related to type of family, in rural areas

maximum students 17 (56.7%) belong to nuclear family whereas in urban area majority of students 24 (80%) belong to nuclear family. With respect to standard of studying, in rural area maximum students 11 (36.7%) were in class 10th, whereas in urban area maximum students 12 (40%) were in class 11th. With regard to medium of study, in both rural and urban all students 60 (100%) study in Hindi Medium. With respect to education of father, in rural area majority of fathers 7 (23.3%) were having primary school education, whereas in urban area majority of father 7(23.3%) were having primary education. With regard to education of mother, in rural area most of mothers 12 (40%) were having high school education, whereas in urban area most of mothers 8(26.7%) were illiterate. With respect to occupation of father in rural area maximum fathers 15 (50%) were having self-business, whereas in urban area 14(46.7%) were having self-business. With regard to occupation of mother in rural area majority of mothers 14 (46.7%) were having self-business, while in urban area majority of mother 12(40%) were having private job. With respect to family monthly income in rural area majority of students 9 (30%) were having family monthly income between Rs 10,001 to 20,000, whereas in urban area majority of students 17(56.7%) were having income less than Rs 10,000. With respect to type of house in rural area most of students 13 (43.3%) were living in semi kuccha type house, whereas in urban area most of students 17(56.7%) were living in semi kuccha type house. With respect to social anxiety in urban adolescents, maximum 12 (40%) have mild social anxiety, 10(33.33%) have no social anxiety and 4(13.3%) each have moderate and severe social anxiety respectively whereas in rural adolescents most of the adolescents 18(60%) have no social anxiety, 6(20%) have moderate social anxiety, 5(16.7%) have mild social anxiety and only 1(3.3%) have severe social anxiety Related to self-esteem , in urban adolescents maximum 20 (66.7%) have low self-esteem, 5 (16.7%) have normal self-esteem and 5(16.7%) have high self-esteem, whereas in rural adolescents maximum 17(56.7%) have low self-esteem, 9(30%) have normal self-esteem and 4(13.3%) have high self-esteem. The research findings shows that there is a difference in social anxiety between urban and rural adolescents. social anxiety in rural

adolescents mean (3.3) was greater than urban adolescents mean (1.3). As the calculated ‘t’ value is 18.5 which is greater than table value 2.02 and is highly significant at  $p=0.0001$  Thus the research hypothesis H1 is accepted, that there is a significant difference in social anxiety between urban and rural adolescents at selected schools. The research findings reveals that there is a significant difference in self-esteem between urban and rural adolescents, self-esteem in urban adolescents mean (5.9) was greater than rural adolescents mean (3.4). as the calculated ‘t’ value is 13.4 which is greater than table value 2.02 and is highly significant at  $p=0.0001$ . The research hypothesis H2 is accepted that there is a significant difference in self-esteem between urban and rural adolescents. The analysis depicts that there is a moderately negative correlation between social anxiety and self-esteem among urban adolescents as Karl Pearson correlation coefficient  $r = -0.25$  which is  $(-1 > r < 0)$  which means as anxiety increases self-esteem decreases. Thus, the research hypothesis H3 is accepted that there is a significant correlation between social anxiety and self-esteem among urban adolescents in selected schools The research findings depicts that there is a moderately negative correlation between social anxiety and self-esteem among rural adolescents as Karl Pearson correlation coefficient  $r = -0.32$  which is  $(-1 > r < 0)$  which means as social anxiety increases self-esteem decreases. Thus, the research hypothesis H4 is accepted that there is a significant correlation between social anxiety and self-esteem among rural adolescents in selected schools. The findings of the study have several implications on nursing practice, nursing education, nursing research, nursing administration. Based on findings the recommendation for future research was also made.

**Objectives:**

- To assess the social anxiety among urban and rural adolescents in selected schools.
- To assess the self-esteem among urban and rural adolescents in selected schools.
- To compare the social anxiety among urban and rural adolescents in selected schools.
- To compare the self-esteem among urban and rural adolescents in selected schools.

**Hypothesis:**

**H1:** There is a significant difference in social anxiety among urban and rural adolescent in selected schools.

**H2:** There is a significant difference in self-esteem among urban and rural adolescents at selected schools.

**Keywords:** comparative, social anxiety, self-esteem, adolescents.

**1. Introduction**

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood (age of majority). Adolescence is usually associated with the teenage years but its

physical, psychological or cultural expressions may begin earlier and end later. Puberty now typically begins during preadolescence, particularly in females. Physical growth (particularly in males) and cognitive development can extend into the early twenties. Thus, age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence.

Table 1 shows that in urban adolescents’ maximum 20 (66.6%) have low self-esteem, 5 (16.7%) have normal self-esteem and 5(16.7%) have high self-esteem,

Table 2 shows the comparison of social anxiety between urban and rural adolescents, the findings depict that there is a difference in social anxiety between urban and rural adolescents, social anxiety in rural adolescents mean (3.3) was greater than urban adolescents mean (1.3). As the calculated ‘t’ value is 18.5 which is greater than table value 2.02 and is highly significant at  $p=0.0001$  Thus the research hypothesis H1 is accepted, that there is a significant difference in social anxiety between urban and rural adolescents at selected schools.

**2. Conclusion**

This paper presented comparative study to assess the social anxiety and self-esteem between urban and rural adolescents in Dau Raru Prasad Higher Secondary School Durg and Govt. Higher Secondary School Jamgaon(R) Dist-Durg at Durg Chhattisgarh.

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Table 1  
Overall analysis of self-esteem among urban and rural adolescents in selected schools (N=60)

SELF ESTEEM	URBAN				RURAL			
	Frequency (n)	Percentage (%)	Mean	SD	Frequency (n)	Percentage (%)	Mean	SD
Low	20	66.6	4.9	1.8	17	56.7	3.9	1.0
Normal	5	16.7	2.6	0.1	9	30	1.8	0.4
High	5	16.7	2.5	0.2	4	13.3	1.9	0.9
TOTAL	30	100%			30	100%		

Table 2  
Comparison of social anxiety between rural and urban adolescents

Social anxiety	Mean	SD	Df	Paired “t” test	Table value	Inferences
Urban	1.3	0.7	59	t=18.5, p<0.0001	2.02	Highly significant
Rural	3.3	0.5	59			

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