Reducing Symptoms of Social Anxiety Due to the Change of the Educational System in India: A Psychological Study

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Abstract

Introduction: SAD, sometimes referred to as social anxiety disorder, represents among the main typical types of stress. It has become crucial for academics and families to actively assist kids who experience social apprehension enabling these pupils to grow greater productively and reducing the negative effects of mismanaged SAD.

Aim: The main objective of this study is to pinpoint the indications of social anxiety that are declining as a result of the schooling reform in India, assess the overall effects of this transformation, and look for suitable mitigating strategies.

Literature review: Keep scrolling to understand more about the different kinds, triggers, and effects of SAD. Moreover, various aspects of the topic have been discussed with the help of appropriate data.

Methodology: This study has completely followed the secondary qualitative data collection process where the scholar has used various secondary sources like previous books, research papers, peer-reviewed journal articles and sources. The scholar has also followed the positivism philosophy, deductive approach and descriptive design.

Result analysis: This study has also discovered how to spot the signs of a kid's social anxiousness along with possibly, how to assist students alongside SAD in succeeding in the educational setting, whether it gets digital or not.

Conclusion: People possess the chance to engage with fragile alongside disadvantaged groups as educators, therapists, or psychological counsellors, having a constructive influence on future generations.

Keywords – Social anxiety, social media, mental illness, education system, key issues, mitigation measurements.

1. Introduction

A severe, ongoing worry of getting noticed as well as evaluated by individuals can be referred to as social anxiety disorder, or SAD [8]. Employment, education, and numerous other everyday tasks may be hampered by this worry. Even making and maintaining relationships may become challenging. It develops a wonderful thing that SAD can be treated. Commonplace actions like consuming alcohol or food outdoors or utilising bathrooms additionally render people feel anxious or afraid because they worry about getting overlooked, criticised, or embarrassed. Individuals with SAD experience such profound dread in interpersonal settings that they believe they are powerless to regulate it. Typically developing shortly after infancy, this disorder could include severe reluctance or a need to prevent social settings or encounters [24]. It affects girls increasingly than boys, and this inequality

is especially obvious in adolescence and early adulthood. SAD may continue for a long period, or perhaps an entire lifetime, without therapy [17].

Although there seems a possibility that social anxiety disorder runs in households, nobody understands certain why certain relatives develop the illness whereas other individuals do not. Scientists have discovered that a number of brain sections have roles in dread and apprehension, as well as that heredity has an impact on how certain regions work [12]. Scholars could possibly be enabled to develop customised therapies by looking at the manner in which the bodies and brains work in patients with social anxiety disorder. Experts are additionally studying the effect that anxiety and external factors may have on the condition [33]. A psychological specialist, including a psychiatrist, a counsellor or a therapeutic therapist, may be recommended by a medical physician. Obtaining an evaluation, often from a counsellor or psychiatrist, is the initial phase in receiving successful therapy [11].

Psychotherapy, medicine, or a combination of the two are often used for treating SAD [27]. SAD remains frequently treated with cognitive behavioural therapy (CBT), a kind of treatment with empirical backing. CBT educates people on fresh methods of evaluating, executing, and responding to circumstances to reduce anxiety and dread [10]. The development of relationships, which are crucial for addressing social anxiousness, can be further aided by CBT. It represents the industry norm for treatment while has undergone extensive research. A CBT technique called immersion treatment involves gradually tackling the anxieties that underlie a panic or anxiety to encourage people to participate in tasks they are currently shunning. Usually, exposure treatment is combined with relaxing techniques. CBT that is given in a collaborative treatment setting may provide special advantages for SAD [27].

Acceptance and commitment therapy (ACT) provides a different method for treating SAD [35]. ACT approaches adverse emotions differently than CBT while employing techniques like establishing targets as well as awareness to lessen overall suffering and nervousness. Because ACT represents a more recent type of counselling than CBT [26], there are fewer investigations evaluating its efficacy. Yet, various methods operate for various categories of individuals, therefore, it might be useful to talk with a psychiatrist about what kind of treatment might suit best for particular. Antidepressants such as SSRIs and SNRIs are frequently utilised for treating mood swings [31], however, they are additionally effective to address symptoms and indicators of SAD. Symptoms associated with antidepressants might include discomfort, vomiting, headaches, or trouble falling asleep. It can require a while for both counselling and medicine to achieve an effect. Before discovering the prescription that works longest for them, numerous individuals explore several.

Interpersonal stresses are frequently found in classrooms in India [28], which can lead to a variety of acquiring knowledge, behaviour, and psychological difficulties, especially social nervousness. Students are under temptation to both develop along with adhering. For certain children, everyday relationships with colleagues, staff members, including instructors can be particularly challenging [37]. Whether a pupil blends in with other students can be influenced by variations in origins, looks, words, interpersonal growth, and maturity in emotions. Becoming an outcast may result in exclusion from group activities, rejection, and sometimes bullying, as well as daily anxiety and terror at school in India.

2. Previous Works in This Area

The article "**Academic stress, parental pressure, anxiety, and mental health among Indian high school Students**" looks at the educational strain along with the psychological wellness of Indian high school learners as well as the relationships between different psychosocial variables along with educational strain. The investigation involved an inquiry of around 200 pupils in eleventh and 12th grade from several government-aided alongside several independent educational institutions in Kolkata, India. An organised survey that was specifically created along with the Overall Wellness Assessment was utilised for gathering the information. Considering various social norms and a number of additional individual criteria, there were no appreciable variations in the proportion of students reporting anxiety related to educational stress, which was over two-thirds (around 63.5 percent) [9]. The majority of students, sixty-six percent, reported feeling compelled by their guardians for doing better academically.

With the development of ICT instruments and methods, social media transformed as a significant interaction medium as well as was discovered to serve as an encouraging medium for classroom instruction, especially, in educational institutions for higher degrees, according to the paper "**Technostress in ICT enabled collaborative learning environment: An empirical study among Indian academician**". Therefore, educational establishments along with instructors endure the obligation to engage learners and offer educational material through social media platforms like Facebook and LinkedIn. Scholars are now under more pressure to employ online communities along with additional ICT-based technologies for interactive education in a manner that is approachable and competent. Utilising a questionnaire-based survey, 216 academics in India are the subjects of this study [19]. The study discovered a significant connection between the factors that cause technological anxiousness, those that prevent it from occurring, and its effects.

According to the article, "**Impact of COVID-19 on Higher Education in India**," approximately thirty-two crore students in India ceased attending their current institutions or universities while every educational event was suspended. Notwithstanding each of those obstacles, colleges and universities responded favourably and were able to continue their services to the community through investigation, teaching-learning, and additional strategies throughout the epidemic [18]. The main effects of covid19 on higher education institutions in India are highlighted in this paper. There is a discussion of certain steps done by Indian HEIs including educational organisations to maintain smooth school operations amid the recession. Because of the covid19 outbreak, several new educational approaches, viewpoints, and patterns have evolved and could keep doing likewise in the future.

This essay, "**NOMOPHOBIA: NO MObile PHone PhoBIA**," makes the case that a number of psychological characteristics, such as poor self-esteem and an outgoing character, have a role in excessive smartphone usage. The weight of this issue has begun to spread across the globe. Additional mental illnesses like anxiousness, social fear, or anxiety could possibly exacerbate NOMOPHOBIC characteristics. It can be extremely hard to tell if an individual's NOMOPHOBIC feelings are caused by a psychological illness already present or by a dependency on mobile phones. Depression, respiratory changes, shaking, sweating, nervousness, and confusion, alongside tachycardia constitute a few of the manifestations and characteristics seen in NOMOPHOBIA patients [4]. Because individuals cannot resist the power of technological innovation, this study contends that human usage of handheld devices should be restricted instead of outright prohibited.

The article "**The Impact of COVID-19 Pandemic on Education System in Developing Countries: A Review**" contends that emerging economies like India struggle with online education due to an absence of wireless facilities, gadgets, and a web connection. This essay examines how the covid19 outbreak affected the educational establishment in emerging nations. The implementation of instructional technological advances, cost-free internet access for instruction, accessible e-learning materials, and livestream demonstrating are strategies developed by nations [41]. Institutions of higher study develop curricula and post-coronavirus instructional techniques while they are closed. When classrooms restart, educational facilities create plans to make up for missed instruction and welcome back pupils. The in-person learning process in underdeveloped nations has been impacted by covid19. As a result, emerging nations like India ought to strengthen the facilities for online learning, broadcast education, and e-learning.

3. Methods

There are a number of research philosophies that are being used by scholars globally [29]. Among the several research philosophies, the scholar has followed the positivism philosophy which has helped the scholar to gather information in a structural way and that in turn helped the scholar to make fewer errors.
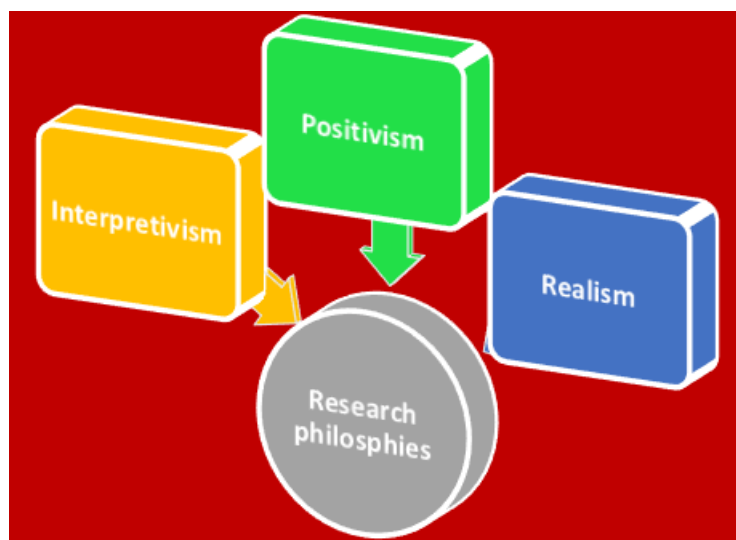
Figure 1: Types of research philosophies

(Source: Self-developed)

There are two different kinds of research methodologies: deductive and inductive. Deductive reasoning utilises the top-down strategy since it generates particular facts that follow a large conceptual structure. The inductive strategy appears which produces a bottom-up method by analysing a variety of evidence to create a unified solution [23]. Deductive reasoning has been employed in this case since the current study deals with the examination of earlier research and the comparison of fresh information.
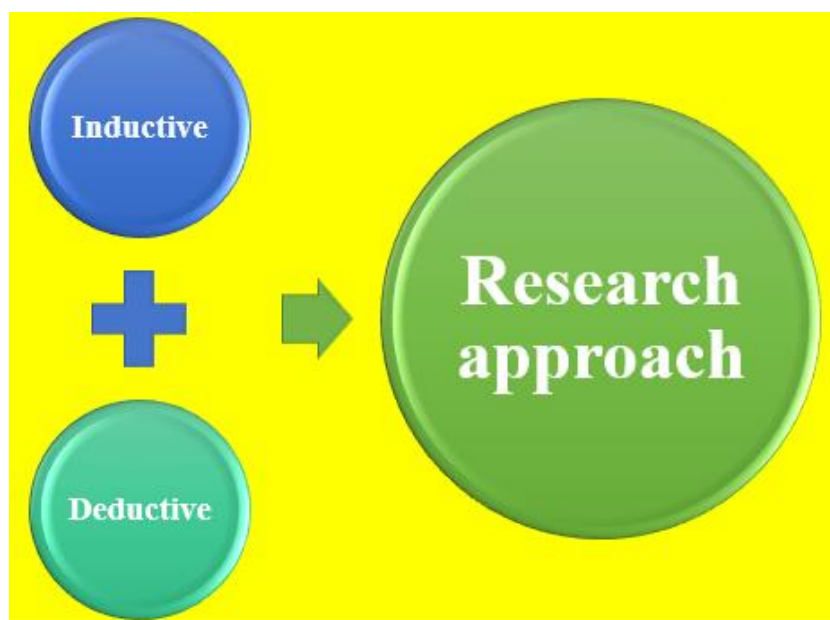

Figure 2: Types of research approach

(Source: Self-developed)

The study design incorporates consideration of every approach used from the outset till the information's discoveries are collected, giving the investigation's approach an unambiguous path [6]. In order to carefully address the research question, the descriptive design was adopted for this investigation. This assisted with a detailed evaluation of the data. Additionally, it has facilitated an extensive review of this study with the use of qualitative information.
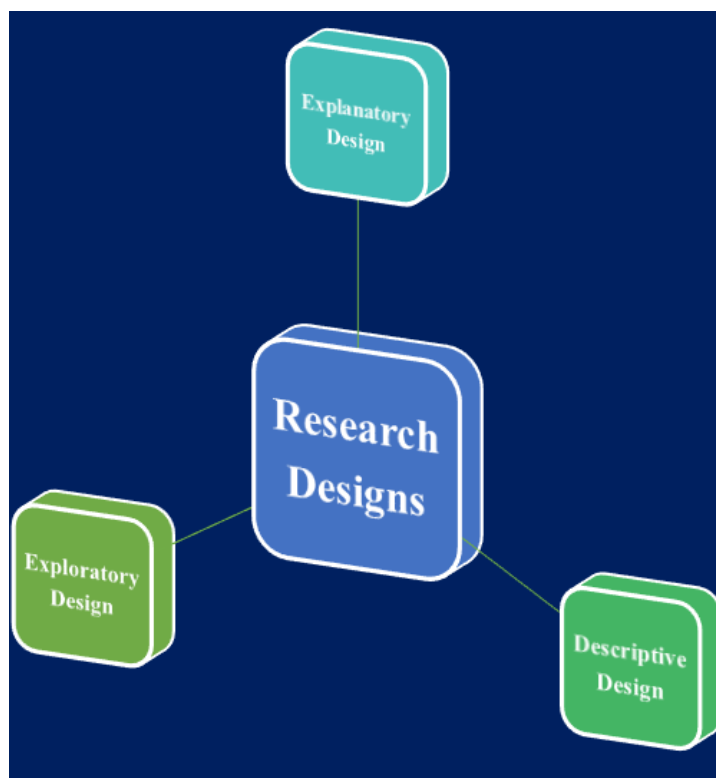
Figure 3: Type of Research Designs

(Source: Self-developed)

Data sources are mainly two types. Primary and secondary. Primary data sources are linked with the gatherings of data where human participation is a must [14], whereas, secondary data does not need human participation since it can be gathered from the previous and related literary work on a study topic. Therefore, this study has followed the secondary process since it has helped the scholar to gather data on the study topic. Moreover, the scholar has rejected the quantitative process and collect information via the qualitative process and for that matter, the scholar has checked various websites, journals, publications, government reports and also scholarly studies.

Table 1: Inclusion and Exclusion criteria

Inclusion criteria	Exclusion criteria
Anything an investigation needs to meet the inclusion criteria gets provided.	Exclusion criteria comprise the elements that might exclude an investigation from inclusion [42].
In the literature review, the past 10 years of articles have been taken.	Scholarly articles before 2013 have been rejected.
The data that has been collected only focuses on India and its educational system.	Apart from India, not a single country has been considered for this study.
Data and information that are available in the English version, have been used in this study only.	Data that are available apart from the English language, have been eliminated.

(Source: Self-developed)

A secondary investigation consists of anything that draws on data from authorities along with academics who previously examined topics related to the one being studied [15]. The researcher efficiently followed the reliability and validity requirements to preserve the study's integrity.

Table 2: Reliability and validity

Reliability	Validity
Regularity is commonly referred to as reliability [43].	An experiment is said to be valid if it precisely gauges the intended outcome.
The information is thought to have become irrelevant to the phenomena or notion becoming evaluated if they are untrustworthy.	The degree to whereby the ratings accurately reflects the parameter that they should be reflecting is known as validity.
The scholar has made sure that all the data are collected from reputed sources.	Any kind of data that can create an issue, has been rejected.
The standard of study has been maintained by making sure of the gathering of authentic data.	Any data misunderstanding or inconsistency was no longer an issue.

(Source: Self-developed)

4. Results

According to studies, considerable social anxiety develops by misinterpreting additional people's behaviour [2]. Consider instances where individuals thought someone was glaring at individuals or sneering at them but afterwards saw their bodies weren't. Additional investigations indicate poor interpersonal abilities. Students who lack social competencies, for example, could become disheartened after engaging with individuals as well as concerned concerning potential encounters in their future careers. Kids and teenagers might acquire a mistaken perception of themselves [13]. People with social nervousness tend to overdo this, which results in sensations of anxiousness. Furthermore, those suffering from social anxiety often exaggerate how obvious their anxiety-related manifestations can seem as well as believe that their target group has greater demands of them than they realise. Additionally, official events as well as encounters with the contrary gender are where socially apprehensive kids and teens tend to experience higher anxiety sensations [7].

SAD is greater inclined to abandon class along with dealing with a variety of issues that make them unsuited for having a fulfilling life [3]. A representative group of teenage pupils who had drinking-related issues also had substantially heightened anxiety regarding social situations. They came to the conclusion that the need to deal with adverse consequences alongside an urge to evade interpersonal inspection were both contributing factors in the high contextual consumption. In other words, socially apprehensive learners appeared to consume excessively to deal with unpleasant emotions [16], escape criticism and mockery from alcohol-using friends, as well as to deal with as well as lessen their fear of socialising. School vulnerability treatment programmes may be helpful [36]. For instance, an individual of the educational assistance personnel may collaborate with a pupil to create a concern pyramid that lists the anxiety-inducing scenarios based on a minimum to greatest dread. School-based supervised introductions offer authentic surroundings, a range of applications as well as the ability to be personalised.

Following a kid to the canteen to start discussions with friends or to buy and bring back nourishment, asking inquiries of the library technician, visiting the headquarters as well as speaking to employees, or asking for guidance from an instructor are some frequent introductions for anxious about socialising adolescents. The learner might establish an interest-related organisation with help. Along with access strategies, educational personnel may assist an individual in assessing information supporting certain worries as well as may place them in touch with an identical companion who might be willing to encourage individuals [34]. Peer pals can accompany their socially fearful colleagues to social activities, help with presentations as well as competence practice. It can be witnessed that in India, the education system has been changed recently just like other nations due to the covid19 outbreak [32] and it is important to note that the online mode of education in this nation has become a key part of the study. Moreover, it is also important to note that in these times the use of social media and various social networking sites has been triggered effectively. Social anxiety has received a different dimension during this change [20] and symptoms can be effectively minimised by the application of various therapeutic interventions.

5. Discussion

It is common to have uneasiness every now and then. Whenever the nervousness persists and affects everyday life as well as connections, it can lead to a serious psychological condition. Education should be ready to assist in managing anxieties, as they do with other psychological wellness issues [5]. This makes it crucial for enhancing childhoods and is also in line with the newly approved patterns in the education system in India [21]. However, education institutions are prohibited from launching a unique programme or effort to address every issue that is mentioned. Throughout time, it is witnessed that several people push for specialised school programmes aimed at tackling issues like substance misuse, nearly each SAD, along with mental well-being instruction. Whereas targeting particular challenges within educational institutions in India may have the best of intentions [30], the propensity to introduce new projects piecemeal exacerbates an existing extremely dispersed strategy for dealing with issues at educational institutions, at residence, and throughout the outside world. Additionally, this kind of structural meddling supports the continuous marginalisation of initiatives to create a coordinated, thorough, systematic, and egalitarian strategy for treating a complete spectrum of intersecting education, behaviour, and mental disorders.
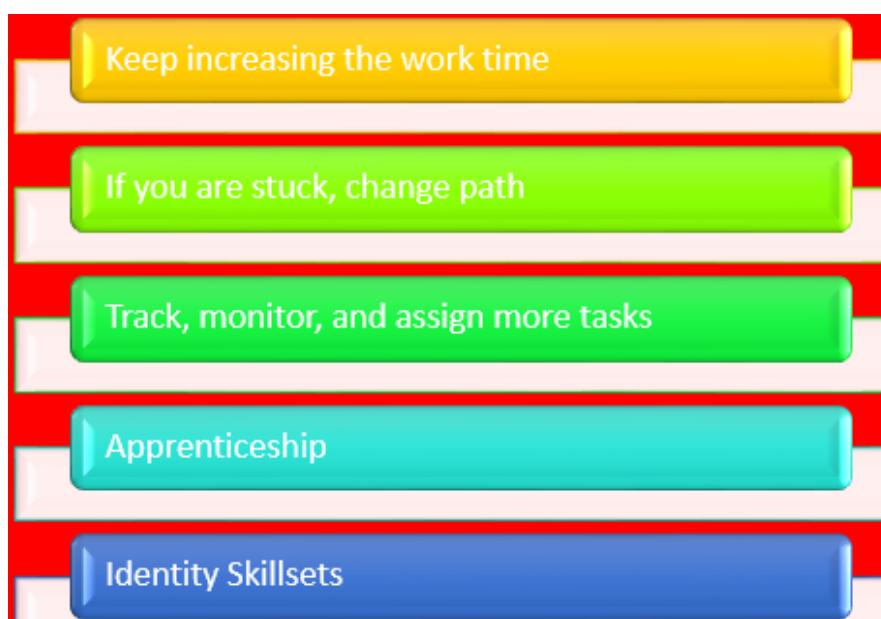

Figure 4: Changes made in the educational system in India

(Source: Self-developed)

SAD due to schoolwork is emotional suffering brought on by upcoming educational difficulties [25], disappointment, or perhaps just the knowledge that intellectual disaster could be possible. Academic pressures can manifest themselves throughout the learning periods in every element of the kid's surroundings, including their residence, school, communities, or acquaintances. The literature analysis demonstrated that the primary causes of anxiety for high educational institution graduates include school-related circumstances, including exams, assessments, investigating, and a self-imposed urge to achieve, along with those brought on by individuals. The effects of stressful classes are widespread; they have been linked to subpar results in the disciplines of fitness, diet, addiction to substances, as well as self-care. Additionally, psychopathology danger indicators include stress related to schoolwork [38]. The Indian educational system is textbook-based, emphasises memorisation of teachings by mechanical means [22], as well as necessitates extended periods of daily disciplined research. High school learners are required to follow complex study schedules that go from dawn until late at night, allowing little chance for socialising as well as leisure activities.

Social media may help students collaborate with other learners and link them with information from professionals across the globe [1]. The literature study section shows that social media has a reputation for being effective in grabbing people's interest. It is quite true that there are many instructors who send their notes via various social

media platforms and it is quite common in India. Additionally, the digital trade market is developing, which implies social media's influence continues to increase. Moreover, incorporating social media might assist students to connect with the topic [40]. Furthermore, students frequently discover materials that support the teaching of their subjects. In this aspect, it must be added that covid19 has covered a big area since due to the outbreak various new patterns and strategies have evolved [39]. It is quite significant to note that it has changed the dimension of the study and in India, it has a huge impact. It is noted down that there are many symptoms have popped up and also there are many interventions have been discovered where medications play a key role. SAD can be dealt with through Psychotherapy and medicine.

6. Conclusion

After having a critical discussion on the present study topic, this study now can conclude that psychiatrists are concerned that schooling is becoming an important driver of anxiety for kids in school, which is contributing to a significant number of self-harm fatalities. Many teenagers in India who are experiencing academic stress and displaying signs of melancholy, excessive nervousness, recurrent refusal to attend school, apprehension illnesses, impatience, sobbing fits, and diminished enthusiasm for academics have been admitted to clinical mental health services. Both educators along with parents both encourage the dread of failing in educational institutions, which makes kids develop an enthusiasm for their schoolwork. Due to changes in the educational system in India, many things have been brought up that has also placed an impact on the symptoms of social anxiety disorder or SAD. The covid19 outbreak has played the most significant part in this area and it has placed the maximum impact since SAD has been a vital part of the discussion. Additionally, the discussions have been related to the findings of the literature review articles and it reflects that there are many interventions that can be sued currently in order to deal with the SAD.

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