

Fear of Negative Evaluation and Social Anxiety in Young Adults

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The purpose of this study was to determine the effect of the brief fear of negative evaluation and social anxiety in young adults. Sample of 230 young adults (110=males, 120=females) was taken from different departments of Bahaudin Zakariya University Multan. The study aimed to check the correlation between fear of negative evaluation and social anxiety and differences in fear of negative evaluation and social anxiety among males and females as well as among undergraduate and post graduate students. Brief fear of negative evaluation scale (Leary, M. R., 1983) and Liebowitz social anxiety scale (Michael R. Liebowitz, 1987) was used. Findings revealed positive correlation between social anxiety and Brief fear of negative evaluation. The study concluded that fear of negative evaluation produce social anxiety in young adults (university students). Independent t test confirmed the significant difference among male, females as well as among undergraduate and post graduate on these two variables. Female students showed more fear of negative evaluation and social anxiety than male students; similarly, undergraduate students showed more social anxiety.

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Fear of negative evaluation in University students is the fear of student's evaluation about one's personality and as a result there is development of social anxiety in young adults. This study looked in to various issues regarding negative evaluation and social phobia like fear of giving presentations in class room, fear of speaking in public, fear of giving viva exam. Student thinks that other people evaluate them negatively that's what produces social anxiety in them. Trepidation about other's assessments, trouble over their adverse assessments, and expect that other individuals would assess oneself contrarily is dread of negative assessment which leads towards the feelings of embarrassment, inadequacy, inferiority, depression and humiliation. The correlational study was conducted at Huntington University in 2008 by Wayne Stephan, Amber Stephan, & Rosealee Palmer consisted of 786 undergraduate students. They explored that there is a positive straight relationship between dread of negative assessment and perfectionism and fear of negative evaluation was more correlated with the unhealthy form of perfectionism. Choy and McInerney (2001) observed that perfectionist always evaluate their self-worth on the basis of their performance. Further Flett, Hewitt, and Greene (2004) observed that perfectionism related to social activities was highly correlated with the social anxiety. So the perfectionism and its elements produce fear of negative evaluation which predicts high levels of social anxiety (Saboonchi and Lundh, 1997).

On the off chance that a man generally turns out to be (unreasonably) on edge in social circumstances, however appears to be more agreeable when they are distant from everyone else, at that point there issue is might be social tension. Social anxiety is fear or feeling of discomfort when person is in the social situation or interaction.

Individuals with social nervousness have a tendency to have more negative sentiments of their own effect and body related manifestations than those without social tension (Edelmann & Baker, 2002). Research conducted by Carleton, McCreary, Norton, and Asmundson in 2006 investigated that fear of negative evaluation is a type of fear which give rise to other form of fear, pathologies and anxieties; social anxiety is one of them.

Individuals with high dread of pessimistic assessment are worried about how they are being judged and seen by other individuals. They generally have a tendency to trust that individuals are assessing them adversely thus they keep away from circumstances in which they

may be assessed. Consequently, dread of negative assessment can be identified with worldwide nervousness (Schlenker, 1980). Nancy L. Kocovski and Norman S. Endler (2000) in their studies investigate the connection between self control, social uneasiness and dread of negative appraisal. They watched that dread of negative assessment fill in as an intervene between self support and social tension and self control and social uneasiness. Dread of negative assessment and social tension are straightforwardly related and found in young adults (university students). Students evaluate themselves on the basis on other's opinions and do not move comfortably in social places which produce social anxiety in them.

The previous researches were aimed to study the impact of fear of negative evaluation on different variables like perfectionism, self regulation, self reinforcement, depression and behavioral response which all predicts the relationship of fear of negative assessment and social nervousness. As dread of negative assessment triggers social uneasiness in this examination the concentration is to explore the relationship of dread of negative assessment and social nervousness and their disparities based on gender and qualification. As university students have to face many situations in which they find themselves evaluated by others and become more anxious so there should be study of fear of negative assessment and social nervousness in them.

Method

Participants

For research purpose sampling was done and the sample of 230 undergraduate and postgraduate students (110=males, 120=females) was taken from different departments of Bahauddin Zakariya University Multan and Islamia University Bahawalpur.

Instruments

The idea of dread of negative assessment was created by Watson and Friend in 1969. In 1983, Leary introduced a concise variant of the dread of negative assessment comprises of twelve unique inquiries on a 5-point Likert Scale (BFNE). Scale scores range from 12 (low FNE) to 60 (high FNE) Leary, M. R. (1983). The Liebowitz Social Anxiety Scale (LSAS) is a questionnaire developed by Michael Liebowitz in 1987. The purpose of this questionnaire was to assess the situations of

social interactions and performance in which people feels fear and become anxious for the finding of social tension issue. Scale consist of 24 items which are divided in to two subscales, 13 questions relate to performance anxiety and 11 questions relates to different social situations.

Procedure

The correlational research method was used as there are two variables present. Demographic sheet was administered on sample of 230 students. General instructions were given to the respondents regarding the purpose and time of task. They were requested to fill the data sheet after reading the guidelines given and begin reacting. Data was analyzed through SPSS.

Results

Table 1

Pearson Correlation Coefficient of Dread of Negative Assessment and Social Tension

Variables	BFNE	LSA
BFNE		.29**
LSA		

Note: BFNE= Brief Fear of Negative Evaluation; LSA= Liebowitz social anxiety

Table 1 shows significant positive correlation between brief fear of negative evaluation and social anxiety.

Table 2

Social Anxiety a Predictor of Fear of Negative Evaluation

Predictors	B	SE(B)	B	t	P
Constant	32.23	6.62		4.88	0.001
BFNE	0.89	0.19	0.29	4.65	0.001

*Note: BFNE= Brief Fear of Negative Evaluation; $R^2 = .09$ Adjusted R^2 0.83, ($F(1,228) = 21.69, p < 0.001$) * $p < 0.001$*

Table 2 shows regression analysis shows that there is a significant relationship between fear of negative evaluation and social

anxiety, $t = 4.88$, p -value 0.001 , $p < 0.05$. Which is also consistent with the previous research, dread of negative assessment is accepted to advance the improvement and articulation of more broad feelings of trepidation, nervousness, and psychopathologies (Reiss & McNally, 1985).

Table 3

Mean, Standard Deviation, t and p-Value of Perceived Fear of Negative Evaluation in Undergraduate and Postgraduate Students.

Group	N	M	SD	SE _M	t	p	Cohen's d
Male	110	32	7.01	0.66	-2.23	0.02	0.29
Female	120	34	6.56	0.59			

Note: df=228 95% CI -3.76, -0.23

Table 4

Mean, Standard Deviation and p-Value of Perceive Social Anxiety between Male and Female Students.

Group	N	M	SD	SE _M	t	P	Cohen's d
Male	110	58.29	6.92	0.65	-5.17	.001	0.68
Female	120	63.27	7.62	0.69			

Note: df=227 95% CI= -6.86, -3.09

Table 4 shows that female students shows high level of social anxiety than male students.

Table 5

Mean, Standard Deviation and p-Value of Perceive Social Anxiety Undergraduate and Postgraduate Students.

Group	N	M	SD	SE _M	t	P	Cohen's d
UG	129	64.10	7.95	0.7	14.23	.001	1.91
PG	101	50.10	6.64	0.66			

Note: UG= Undergraduate students; PG=Postgraduate students, df=228, 95% CI 12.10, 15.89

Table 5 shows that undergraduate students have high level of social anxiety than postgraduate students.

Discussion

As hypothesized brief fear of negative assessment produce social nervousness in university students analysis shows that there is positive correlation between them, $r=0.001$, $p<0.05$. Which is consistent with the previous research “people with social anxiety have more tendency to produce negative feelings about their affect and bodily symptoms” (Edelmann & Baker, 2002) and “fear of negative evaluation is a hallmark feature of social anxiety disorders (Rapee, R. M., & Heimberg, R. G. (1997).”

Female students have more fear of negative evaluation than male students. Analysis of this hypothesis shows that there is a significant difference between value of fear of negative evaluation in male and female students .”Girls are more worried about what others are thinking or judging about their behavior and particularly about negative evaluations of their peer group (La Greca & Lopez, 1998), than are boys. Girls may also able to internalize their problems more effectively than boys, which may make them more sensitive towards negative evaluations (La Greca & Lopez, 1998).” As male students are more social and accept the social situation more comfortably than females they have less social anxiety than female students which is reliable with past research "Social tension issue is deliver in early existence of a person which may proceeds into adulthood, and is more typical in females. (Kessler, Berglund, Demler, Jin, & Walters, 2005; Wittchen et al., 1999).

Conclusions

On basis of discussion the finding suggest that dread of negative assessment deliver social tension in university students. Both male and female student indicates dread of negative assessment and social uneasiness.

Limitations and Suggestions

Limited data was available on brief fear of negative assessment and social uneasiness. Sample was only restricted on young adults (university students) so, sampling technique is not best to representative for whole population. The represented sample should be increased for

getting more reliable and valid results. The idea of dread of negative evaluation and social nervousness is exceptionally wide, more work ought to be done on it to investigate all the more profoundly. New analysts can investigate their ideas in more profundity with new varieties. Other variables can also give more accurate results and information. In future the study should be conducted with interviews as well as scale.

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