Abstract

Studies of etiology, view the shyness as multifactorial and as interaction of physical, social, and psychological result. Indicate the role of emotions, including emotional intelligence in shyness, is one of the goals of the researchers. This research method was descriptive- correlation, that has been implemented in male and female students in Zanjan city. From this population, 293 students (148 girls, 1145 boys) was chosen with a multi-stage cluster sampling method and to collect information, Bradbury & Gidyoz's emotional intelligence questionnaires and Cheek and Buss's shyness questionnaire were used. Data analyzed using Pearson correlation and multiple regression techniques. Results showed that all components of emotional intelligence have a significant negative correlation with shyness. Regression analysis also showed that the shyness's prediction model from emotional intelligence is significant and the share of self-awareness, self management and relationship management is significant in predicting shyness. The results implicitly stressed on importance of self-awareness, self management and relationship management reinforcement in shy people.

1. Introduction

Where as the students are the main column of country’s educational system, attention to this population causes society progresses. Buss (1980) believes that shyness can be one of the social stress models. Because social stress appears as a shyness, audience stress, shame and hurry, so most of the researchers such as: Buss (1980), Zimbardo (1977), Lear (1983), believe that shyness is like a mind experience that is along with fear and anger and interpersonal relations.

Crozier (2001), Cheek Buss (2006) believe that one of the most important sign of shyness diagnosis, is mind stress and refrain from social behavior. Actually shyness is a social phenomenon which happens in social situations.

Source or factors of shyness producer are inside the person and when it happens that the people’s View about them are important. According to Salovey & Mayer (2002), emotional ability is part of psychological and social...
compromise besides, emotional disorder mutually has determinant role in psychological disorder and interpersonal difficulties. From the View of Schutt & Malouff (2001), high emotional intelligence has more relation with social skills, and shyness is a kind of fear or stress that make stress inside the person. So that the person avoids to face with unfamiliar person and social relations.

Shy persons don’t have enough ability to control their emotions, so in understanding of emotions and it’s control, they neither understand it logically nor making proper decision and acting wisely. Hence it’s predicted that emotional intelligence has inverse relation with shyness. Knowing of emotional intelligence different dimensions and trying for it’s ascension, have important figurative to prevent people to be shy. This research tries to answer to this main question, that role has emotional intelligence to get shyness.

2. Method

2.1. Statistical society, Sample and sampling method

This research method was descriptive correlation. Statistical society of this research include all of the male/female students at middle school of Zanjan, those are studding in 2011-2012. This research include 300 students (150 male, 150 female) that by multi-level cluster sampling were selected. After the sample were selected, they have been asked to answer the questions carefully. After collecting information, research data by using of Person correlation coefficient & multiple Regression were under statistical analysis.

2.2. Measures

*Bradbury & Gidyoz Emotional Intelligence scale:* This test was studied by Ganji (2006) in Iran and it’s psychometrics features were reported perfectly, so that it’s durability by doing retest for four ingredient skills of emotional intelligence and emotional intelligence to tally was %75, %87, %70, %73, %89 respectively. This test contain 28 questions (in six-choice form) in Likert scale that subjects select one of this six-choice such as: A) never, B) seldom, C) sometime, D) usually, E) almost always, F) always.

*Shyness scale:* This scale contains 20 code. Cheel & Buss for assess shyness made them in 1983. Every subject by answering to every code of questionnaire on the basis of Likert scale (from 1 for disagree to 5 for agree) show his/her shyness rate. Cheek & Buss studies (1983) show high internal conformity of this scale (%94) also, it’s proper validity. (Hossein Chari & Delavar Pour, 2005). Hossein Chari & Delvar four in 2005 by using of Cronbakh alpha coefficient attained durability coefficient %89 of this scale. For evaluating construct validity used factor analysis, that this analysis starts the good construct validity of scale.

3. Results

Table 1 includes descriptive statistic indexes of emotional intelligence and shyness Variables. Indices of skewness show the normal state of grade distribution for both emotional intelligence & shyness Variable.

<table>
<thead>
<tr>
<th>Variable</th>
<th>M</th>
<th>S</th>
<th>skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>self-awareness</td>
<td>22/22</td>
<td>6/64</td>
<td>-0/42</td>
<td>-0/31</td>
</tr>
<tr>
<td>self-management</td>
<td>30/60</td>
<td>10/32</td>
<td>-0/19</td>
<td>-0/52</td>
</tr>
<tr>
<td>social awareness</td>
<td>19/01</td>
<td>5/66</td>
<td>-0/37</td>
<td>-0/50</td>
</tr>
<tr>
<td>relation management</td>
<td>28/81</td>
<td>9/90</td>
<td>-0/38</td>
<td>-0/73</td>
</tr>
<tr>
<td>shyness</td>
<td>31/12</td>
<td>8/18</td>
<td>-0/12</td>
<td>-0/26</td>
</tr>
</tbody>
</table>
Table 2. Correlation coefficient between components of emotional intelligence & shyness (N=293)

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>self-awareness</td>
<td>-</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>self-management</td>
<td>0.61*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>social-awareness</td>
<td>0.57*</td>
<td>0.59*</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>relation management</td>
<td>0.62*</td>
<td>0.67*</td>
<td>0.06*</td>
<td>-</td>
</tr>
<tr>
<td>shyness</td>
<td>-0.38*</td>
<td>-0.42*</td>
<td>-0.31*</td>
<td>-0.41*</td>
</tr>
</tbody>
</table>

P<0.01*

For evaluating emotional intelligence relations and their components with students shyness, Pearson correlation coefficient was used (Table 2). Results show that shyness with every 4 components of emotional intelligence has negative meaningful correlation (P<0.01). In other words as emotional self-awareness and self-management increases, shyness decreases.

To determine the Power of shyness prediction from emotional intelligence and determine every share of emotional intelligence components in shyness prediction, standard multiple regressions in was used (Table 3).

Results in table 3 state this reality that emotional intelligence components has relation with students shyness, and by emotional intelligence grades can predict shyness of students.

Table 3. Analysis of multiple regression for shyness prediction from emotional intelligence

<table>
<thead>
<tr>
<th></th>
<th>B</th>
<th>SE</th>
<th>Beta</th>
<th>t</th>
<th>sig</th>
<th>F</th>
<th>R</th>
<th>R²</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model</td>
<td>0.22</td>
<td>0.46</td>
<td>0.35</td>
<td>0.04</td>
<td></td>
<td></td>
<td>0.06</td>
<td>0.22</td>
</tr>
<tr>
<td>Self-awareness</td>
<td>-0.16</td>
<td>0.09</td>
<td>-0.14</td>
<td>-1.99</td>
<td>0.05</td>
<td>20.35*</td>
<td>0.46</td>
<td>0.22</td>
</tr>
<tr>
<td>Self-management</td>
<td>-0.17</td>
<td>0.06</td>
<td>0.21</td>
<td>-2.82</td>
<td>0.01</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social awareness</td>
<td>0.01</td>
<td>0.10</td>
<td>0.01</td>
<td>0.04</td>
<td>0.96</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relation management</td>
<td>-0.16</td>
<td>0.07</td>
<td>0.19</td>
<td>-2.43</td>
<td>0.02</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

P<0.01*

Results show that regression model for shyness prediction from emotional intelligence components is meaningful (R²=0.22, F=20.35, P<0.01). In other words 22 Percent of shyness variance can be explained with emotional intelligence components.

Evaluating of beta, shows that self-awareness (Beta=-0.143, P<0.05), self-management (Beta=-0.273, P<0.05) and relation management (Beta=-0.190, P<0.05) are significant in student’s shyness prediction.

4. Conclusion

This research was done in order to evaluate relationship between emotional intelligence and shyness in middle schools of Zanjan city. Results show that emotional intelligence has negative significant relation with shyness. Results of present research is in conformity with last studies. Montazer gheyb & Ahghar (2009) show that relationship between emotional intelligence features of university students with their shyness rate was negative and their shyness rate is predictable by their emotional intelligence grade as well as emotional intelligence acts as a shyness adjuster, so students with high emotional intelligence experience less shyness.
Present research findings are consistent with findings of Mayer, Salovey- Caruso (2000), Hashemi (2009). Schutl & Malouff (2001) believe that high emotional intelligence has more relation with social skills. And shyness is kind of social fear or stress that cause stress in person as well as person avoidance to face with unfamiliar persons and social relation between emotional intelligence correlates with higher life and less stress (Basteen, Bern, Bek, 2005). In an other research Salovey and his colleagues (2002) paid to research of emotional intelligence and confrontation with stress, finally they realized that there is positive significant relation between understanding emotional intelligence and interpersonal operation and psychological operation.

Where as shyness is kind of stress, hence tendency to relation between emotional intelligence and stress disorders in last years was under the consideration. New opinions about stress disorders show that difficulty in emotional intelligence and it’s regulation can be important factor in this disorders. This work has had important results to develop opinion & view of stress disorders, which is in conformity with present research.

In view of emotional intelligence importance in decrease of hurts and stresses and where as that shyness is form of stress, hence paying attention to emotional intelligence and it’s components to decrease shyness will be effective. This research was a kind of correlation and causative relation can not be realized. It’s advised that an experimental enterprise to be done to determine causative relation between emotional intelligence and shyness. In this research important variables roles like self-esteem and social skills in emotional intelligence and shyness relation adjustment were not evaluated, which is predicted that to be under consideration by future researchers.

References


Forsite- Danlson-R (2000- Firozbakht- Ghanaan- Poyaii Rasa publication group.


