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The Effects of Social Phobia on the Teamwork Behaviors on Adolescence

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Abstract. The growing number of social anxiety in young adolescents has contributed to the rising problems by decreasing their abilities to work with others in groups. The dominant explanation for this impact on young adolescents is the increase in negative events in one's childhood. We primarily relied on using cross-sectional data that we collected by handing out questionnaires made by us and proceeded with interviews with several young individuals. Social phobias encompass the feelings of self-uncertainty, apprehension of social interactions, and immense fear, leading many of the affected children to avoid any form of social interactions with the fear of being judged – often resulting in feelings of isolation and abandonment. This study explores the many factors that can contribute to the development of this phobia in children as it emphasizes the importance of early detection to prevent such negative consequences on the kids' development and overall mental health.

Keywords: Social Anxiety, Adolescents, Teamwork

1. Introduction

Social phobias can permeate various aspects of our lives, ranging from teamwork and talking in job interviews to even daily activities such as talking to a cashier or being on a date [1]. Among the many forms that social phobias can take, social anxiety has been the number one problem among the group, impacting kids from early on and forever changing the way these kids can interact with others. As social anxiety continues to influence these kids increasingly, it is absolutely essential to understand the root problems of these implications and help find solutions that harness positive benefits that will effectively help address these rising concerns. Through in-depth and extensive investigation, we seek to gain a deeper and better understanding of the impact of social anxiety on partnerships, social interactions, and overall teamwork of young adolescents. The findings of this research will be able to help provide valuable insights to parents, kids, teens, and schools to help guide them in optimizing opportunities to help young kids with social anxiety, fostering a positive and thriving environment, and developing a better understanding and empathy with kids who have this disorder. One of the central questions we aimed to answer was how social anxiety can influence social workplaces. To accomplish our research objectives, mixed survey research was employed using many quantitative and qualitative data collection methods. The combined approach was able to provide a very comprehensive understanding of the impact of social anxiety. We hypothesized that through our research, we would see a decrease in social interactions in person because of social

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anxiety. This study was able to provide more valuable insights into helping young kids who have this disorder. In addition, more people will understand these kids' brainwork–effectively helping them find their voice and identify, ensuring a more mentally happy childhood. This research seeks to contribute to the growing research and knowledge surrounding this mental phenomenon. Through rigorous analysis and examinations of interviews and body language, this study will be able to provide research reviews, methods, results, and discussions on the importance of social awareness of this disorder – ultimately shaping a future where people are able to empower young individuals and enhance their talents, rather than putting their shy attitudes as childish behavior.

2. Literature review

The rapid rise of social anxiety has revolutionized the way many people have been able to communicate and interact with one another and our daily interactions. Many people think that social anxiety is just a form of shyness and nerves. However, that is not true. This literature review aims to explore existing research on the relationship between social anxiety and teamwork, shedding light on the negative effects it has on young kids and teens. On some level, it is completely normal for people to get nervous around strangers, but for those with extreme anxiety, it's not just a touch of nerves but a whole attack that severely interferes with their social interactions. It is common for people with social anxiety disorder to withdraw from people and social activities commonly. To avoid these experiences, many frequently isolate themselves. These worries and anxieties can become so intense for some people to the point that they no longer have the ability to participate in social situations [2]. Like many other phobias, social phobia is a fear reaction to something that may not be dangerous, while the body and mind react to it as if the danger is real. The body's physical fight-flight response as they are able to be caused by chemicals and rushes of adrenaline that trigger that mode in the body. With social phobia, the fight-flight response gets triggered too often (often in awkward situations) and can sometimes become too out of place. Social anxiety is one of the most common mental health disorders, with approximately 13% of the population having this disorder during their life [3]. The age of onset is typically in early adolescence, when these pre-anxious children are commonly diagnosed with this disorder, with the children often referred for treatment for an anxiety disorder [4]. Unfortunately, many children who have social anxiety disorder do not benefit from treatments for many reasons [5]. We can see from a lot of this existing literature that so many kids are currently suffering from this horrible disorder as they have developed this sense of insecurity. It is important that we emphasize the complex and multifaceted nature of this disorder and its interactions and be able to highlight the need for more balanced and evidence-based approaches to help promote a more healthy living childhood.

3. Methods

This research employed a survey where we researched the underlying problem behind the correlation between social phobias and teamwork. We used both quantitive and qualitative data, in which qualitative data was used by conducting interviews and observing certain body patterns, while we used quantitative data from our own surveys and analysis collected from other literature. During our interviews, we selected several participants who signed up through an online letter and took in-depth interviews with each participant. Around 50 adolescents (ages ranging from 6-13 years) participated in this interview. As for the survey, we boosted it on social media platforms, with a huge number of subjects recruited at the beginning. There were over 50 recipients ranging from ages 13-16 (all participants were anonymous).

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Each participant was informed of the process of the interview and was informed of being voice recorded for further observation. Each took around 30 mins, with some signing into Zoom; some interviews also took place in person. For the surveys, we made a questionnaire together and posted it around social media platforms; questions included: "How has social anxiety interrupted or impacted your life in any way?" and "When you found out you had social anxiety, have you ever considered any treatments – if so what treatments?" These questionnaires helped us evaluate the risk of social anxiety among participants and have been proven by others that social media offers some veil of protection for those with this disorder. These steps helped us ensure a more systematic database and have more collective data on this disorder.

Throughout the interview, many of the participants were sweating a lot, and a lot of their eyes were glued to the floor – signs of social anxiety. However, some were a little calm, with some stuttering here and there as these interviews were performed in a Zoom meeting session. We asked some questions such as "How did you think you developed your social anxiety?" We received at least 40% of participants saying they got it from childhood trauma, 25% saying that they learned it from their parents, 30% said they got it from being teased quite a lot when they were younger and had started being afraid of being judged from just simply talking, and lastly, 5% said they simply got it early onset, and it had become chronic for them at a young age. When posting our surveys, we asked questions in a way where they would rate their answers using the 10-item Likert scale, where they would rate their answers from one to ten, using questions like, "I am afraid of people in authority." With this, we got at least 80% in the low numbers (one to five), and 20% of the recipients were in the high numbers (six to ten).

4. Discussion

Our present study investigated the effects and impact of social anxiety and teamwork. The results revealed how much social anxiety can impact our daily lives, such as doing simple things in groups or interacting with another person face to face. These current findings align with a lot of previous research in existing literature, supporting the negative impact social anxiety has on young adolescents. Many studies, such as the archives of General Psychiatry, have shown that social anxiety can lead to major influences on the world around us. However, there is a lack of significant solutions on how to solve it, as many modern-day medicines to help control this disorder have been ineffective. Several limitations should be acknowledged. First, this study's relative way of approaching some interviews and surveys may have been limited to have the ability to detect any changes in certain domains. Also, the survey may have many people who had personal biases. The findings of this study have practical implications where it promotes mental health for younger adolescents. Parents, schools, and healthcare professionals should consider implementing interventions to help promote initiatives for adolescents. Encouraging them early will be able to lead to a better and more understanding of who might have social anxiety. Overall, this study provides evidence supporting the facts on the correlation between social anxiety and its impact on life. While the lack of being able to find methods to find more solutions warrants further investigation, the overall findings underscore the increasing problem of social phobia. Further research is needed to elucidate the underlying mechanisms and optimize any opportunities to help maintain maximal mental health.

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5. Conclusion

In conclusion, the present research provides valuable insights into the effects of social anxiety on young adolescents. The study reveals a significant need for interventions to create a positive atmosphere for these generations. The overall findings underscore the potential that this research can do when help make more solutions in solving this pressing issue in the world to support the future generations to come. These findings have important implications for the future generations and the generation now. The study's results hold practical significance for healthcare professionals, parents, and schools promoting positive mental health in young adolescents. Encouraging these impacts is a crucial point and component in health promotion initiatives.

Additionally, these findings emphasize the potential for interventions as a part of an approach to healthy mindsets. In summary, this study contributed to the growing body of knowledge on social phobias' effects on younger kids and teens. It shines a light on these problems. As society faces the challenge of this increasing issue, integrating solutions into healthcare and wellness initiatives can hold a better promise for improving these young adolescents' overall quality of life.

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