RELATIONSHIP BETWEEN SELF-ESTEEM, SOCIAL ANXIETY AND LONELINESS AMONG YOUNG ADULTS

by

Laiba Rasheed

BSP193066

Department of psychology

Faculty of Management and Social Sciences

Capital university of science &Technology

Islamabad

July,2023

RELATIONSHIP BETWEEN SELF-ESTEEM, SOCIAL ANXIETY AND LONELINESS AMONG YOUNG ADULTS

by

Laiba Rasheed

BSP193066

A Research Thesis submitted to the

DEPARTMENT OF PSYCHOLOGY

In partial fulfillment of the requirements for the degree of

BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of Management and Social Sciences

Capital University of Science and Technology,

Islamabad

July, 2023

Self -Esteem, Social Anxiety, Loneliness

CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled **"Relationship Between Self-esteem, Social anxiety and Loneliness among Young Adults** carried out by **Laiba Rasheed, Reg. No. BSP193066,** under the supervision of **Ma'am Rabia Batool,** Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of **BS Psychology.**

Supervisor: ------------------------------------

Ms. Rabia Batool

Lecturer

Department of Psychology

Faculty of Management and Social Sciences

Capital University of Science & Technology, Islamabad

HoD: ------------------------------------

Dr. Sabahat Haqqani

Assistant Professor

Department of Psychology

Faculty of Management and Social Sciences

Capital University of Science & Technology, Islamabad

Self-esteem, Social anxiety and Loneliness

Relationship Between Self -esteem, Social anxiety, Loneliness among young adults

By

Laiba Rasheed

Registration # Bsp193066

Approved By

_____

Supervisor

Ms. Rabia Batool

_____
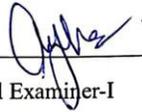
Internal Examiner-I

Ms. Ayesha Aneeq

_____
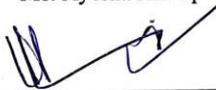
Internal Examiner-II

Dr. Uzma Rani

_____
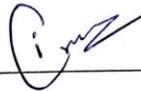
Thesis Coordinator

Ms. Irum Noureen

_____

Head of Department

Dr. Sabahat Haqqani

Self -Esteem, Social Anxiety, Loneliness

Declaration

I Laiba Rasheed, certify to the best of my knowledge the research work embedded in this thesis, title "Relationship between self-esteem, social anxiety, loneliness among young adults" was entirely carried out by Laiba Rasheed BSP193066 under direct supervision and guidance of Miss Rabia Batool from September 2022 to July 2023 and has not been used in the process of submission in a partial/ complete fulfillment of the award of any other degree from any other institution.

Laiba Rasheed

BSP193066

July,2023

Self -Esteem, Social Anxiety, Loneliness

Acknowledgment

Self -Esteem, Social Anxiety, Loneliness

Abstract

The aimed to identify relationship between self-esteem, social anxiety and loneliness. A total sample of 400 comprising of 200 males and 200 females ranging between 18-25 years in age, was selected from vicinity of Rawalpindi and Islamabad. Data was collected through convenient sampling. Liebowitz Social Anxiety Scale, the Rosenberg Self-esteem Scale, UCLA Loneliness Scale was used to assess social anxiety and Self-esteem and Loneliness of young adults. The results revealed a significant negative relationship between self-esteem and social anxiety (r = -.088*, p < .05), indicating that individuals with higher levels of social anxiety tend to have lower self-esteem. Furthermore, a significant positive relationship was found between social anxiety and loneliness (r = .354**, p < .01), suggesting that higher levels of social anxiety are associated with increased feelings of loneliness. However, the relationship between self-esteem and loneliness was not statistically significant (r = -.055, p > .05), indicating that self-esteem may not directly influence loneliness in the studied sample.

Keywords: self-esteem, social anxiety, loneliness, young adults, correlation

Self -Esteem, Social Anxiety, Loneliness

Table of Contents

Self -Esteem, Social Anxiety, Loneliness

Self -Esteem, Social Anxiety, Loneliness

LIST OF FIGURES

Self -Esteem, Social Anxiety, Loneliness

LIST OF TABLES

Chapter 1

Introduction

Self-esteem, social anxiety and loneliness are psychological problems that impact the well-being and mental health of young adults (Meier, 2021). As young individuals navigate the transitional phase between adolescence and adulthood, they often face various challenges and pressures that can affect their self-perception, social interactions, and overall sense of belonging (Berms,2022). Understanding the dynamics of self-esteem, social anxiety, and loneliness among young adults is crucial for developing effective interventions and support systems to promote their psychological well-being (Vorstenbosch,2022).

Self-esteem

Self-esteem is person's positive or negative evaluation about his own self, how much capable individual considers himself in different areas of life, how he or she feels and thinks about his or herself. Self-esteem played a vital role in the development of different mental disorders and physiological symptoms also (Rosenberg, 1965).

The physical characteristics of the person and its general self-evaluation of the person's mental, moral, emotional and social evaluation is defined as self-esteem. Thus, level of self-esteem is helpful to establish the positive or negative self-realization as the basic factor. In the various phases of life self-esteem affect the self-competency, self-assurance and self-worthiness (Jadoo, 2015).

As the Hierarchy of Maslow's human need explained that self-esteem the most important psychological need. For self-actualization and the success in various field of life

Self -Esteem, Social Anxiety, Loneliness

signifies the key inspiration. The different fields are personal relation, creative field and social interaction (Alhagery, 2011).

Indeed, in the success of a person to reach at the level of personal and professional life, the most important role is played by self-esteem. The individual's impulsiveness increases due to self-esteem to deal and interact with the community. If the person fails to achieve then he loses the sentiments that appreciate them and also unable to communicate socially. As a result, they face various psychological problems like social anxiety and low self-esteem. The attitude toward oneself, including the individual's personal self-related feelings is called self-esteem (Sedikides & Gress, 2003).

The level of self-esteem is associated the positive feelings to oneself and they are trusting that one should value to others (Leary & MacDonald, 2003). when the self-esteem is low than the person loses the confidence, trying to isolate himself from the crowd, depression is at the peak, feeling anxiety, take everything negative and dissatisfied with their life (Orth & Robins, 2013). Though the person with self-esteem is reluctant to embrace the change and in the contrary the person with high self-esteem embraces the change and is producing the productive work in the field rather than to lower the Self-esteem (Baumeister, 2003).

Contrary to this, the different students who were having the low self-esteem were unhappy and do not like to be social rather to the people they moved towards depression or anxiety and started to take alcohol and lead towards depression and resultantly students got the low grades by lowering their achievements in academics (Rajeswari, 2014). The students with higher self-esteem showed good result in academics they are also motivated

Self -Esteem, Social Anxiety, Loneliness

and insisted more students to come to the competition and created a competitive environment.

Most of the students' Self-esteem depend on the success of their academics where they took the good grades and it affected their mood and also helpful for the achievements. There achievements on academics effected their competence, locus of control, self-efficiency and motivation (Farhan & Khan, 2015). Negative self-esteem leads to maladjustment issues, unable to achieve goals, unable to handle problems and social avoidance. The clinical literature suggested that low self-esteem is closely related to depressed mood, suicidal ideation, and social interaction anxiety (Grant, 2005).

Social anxiety

Social anxiety is defined as disorder in which a person is constantly in fear exposing in front of unknown people or being evaluated socially (American association psychiatric Association, 2013). Social anxiety is affecting young people and nowadays it is a fast-growing phenomenon and it is most common psychological disorder. As social anxiety is the burning issue nowadays and majority of people are conducting the studies and investigating according to their research needs because it is the most critical emotional disorder affecting majority of psychological and behavior problem. Those persons who are having the social anxiety facing fear and uneasiness when they are performing socially and interactional situations, it had the negative impact on the various field of life (Muhammadiyah, 2009). Social anxiety is considered the serious problem, and twenty first century is considered as the age of anxiety (Sherbini, 2010).

Self -Esteem, Social Anxiety, Loneliness

When the person in society has the fear to deal social issues and thought of negative results will face and feel that their presence will affect the other people that they feel uncomfortable is due to the social anxiety in the persons. According to one perceptive, social anxiety could be adaptive, to stimulate the greater attention to the performance and show the same image of individuals (Acarturk, 2009).

Furthermore, the study result showed that social anxiety in the universities is also increased and it impacted on the academics as well as the social connection and other social skills (Dereboy, 2011). It could be defined as the extreme stress in which the individual avoids criticism, fear or embarrassment (Strahan, 2003). In the college population the graduates and undergraduate students do not know about the social anxiety therefore it is significantly high. Students were facing more social anxiety due to the difference in perceptions and physiology then the other one who have the social anxiety (Strahan, 2003). Social anxiety's effect is very common, it affected the working in various field of life like depressed mood and happiness. For example, the person who is having social anxiety is mostly targeted for bullying and there is great risk of leaving school in the initial stage with minor qualification. They do not have more friends, are hesitant to marry, they are divorced more, and are not willing to have children. If they are at working place, there absentees at workplace are high and their performance is below average over there (Sherbini, 2010).

Among other mental health problem social anxiety is also common and it is present in peoples due to their sufferings and disabilities. As its insignificant form may be present due to its short-listed nervousness, rises due to the collective social-evaluating situations. Whereas the most critical form could be considered as the reaction to social-evaluative situations. Due to its insignificant form, Social Anxiety might be present as short-lived

nervousness, rise in response to the collective social-evaluative conditions, whereas its more critical form is categorized in immobilizing, persistent fright and avoidance (Leibowitz, 2003).

As the study showed that the people who are having the higher education have higher rate of social anxiety and it is authenticating clinically the level of significance to show social anxiety in the UK and Sweden is approx. 10-16%. when a person perceives or making expectation from other persons, it is not happening according to their perception then the person is having social anxiety because he is not getting the satisfactory result from others as the result is uncertain for them. Such sort of suspicions is perceived by the person in real or imagined in the social-evaluation situation creating favorable impressions in reality or imagined by the person in the situations of social evaluation resultantly produces different anxieties where the person is reluctant to work and in distress (Shaw, 2009). One reason of social anxiety is the person's expectation that other is also thinking with the same pattern whereas in reality it is different every person has different opinions about others, when expectation breaks social anxiety took place (Loudin & Robinson, 2003).

Social anxiety is the fear of being humiliated, of being embarrassed, of being rejected in some kind of social situation. Although Social interaction anxiousness individuals are at increased risk of loneliness (Gross, 2014).

Self -Esteem, Social Anxiety, Loneliness

Loneliness

Loneliness is feeling that people find it difficult to connect and understand others and as a result they prefer to stay alone. In today's society loneliness is increasing day by day and it affected the general public it effected the mental and physical health (Cacioppo, 2010). In the present moment loneliness is spreading in the society and is endemic. A national survey is conducted in America in which it is reported that approximately half of Americans feeling loneliness occasionally to permanent, and 53% Americans is being testified to have daily basis the significant in-person collaborations (Chatterjee, 2018). Majority of health problem is related to the series of other issues like the cognitive decline, depression, anxiety, obesity, alcoholism, weak immunity system, suicidal thoughts and early deaths (Cacioppo et al., 2015).

Individuals with excessive social anxiety and loneliness normally generally tend to way social information intimidatingly and still have interplay in avoidant, self-protecting behavior (Cacioppo & Hawkley, 2009). One part of the concentration on relationships has involved the common problem of loneliness. loneliness is a sensation that occurs when an individual significant factors cannot be communicated to other people when they have beliefs that are inappropriate for other peoples (Jung, 2012).

Literature review

Every year in the field of psychology and related discipline conducted thousands of studies in self-esteem. In the behavioral and social sciences self-esteem is considered as most debatable variable. (Orth & Robins, 2022). It is being discussed by researchers a lot that if the person has high self-esteem either a layman or the young adult or the university studeit could be helpful for them to make strong relationship with friends, their relationship with

Self -Esteem, Social Anxiety, Loneliness

spouse is good, and is more successful and competent in university and at workplace is satisfying more and to practice the high self-esteem make them strong in psychological health (Swann, 2007).

In some cases, self-esteem is having the relationship with social anxiety. If the individual with low self-esteem is facing the problem, then he started blaming others for that purpose they never took responsibility of completing their tasks and hence result in failure (Tracy & Robins, 2003). eventually he started to avoid people trying to quit that place and making new connections and then moved towards the social disconnectedness and as a result the person moved towards social anxiety (Reichenberg & Poortinga, 2008). Biemans et al. (2008) suggested that if the young adults are having high self-esteem, they are confident to handle the situation and brought a positive result.

Self-esteem is considered as a sociometry by the help of which the person developed the sense to be loved and got appreciation from the person in surroundings. Hence, if their self-esteem is low then they are not connected socially with people, then they moved towards isolation, loneliness and social anxiety. Different studies suggested that self-esteem and social anxiety have close relationship and is helpful to minimize several mental health problems like social anxiety disorder, depression (Foster et al., 2017).

Social anxiety is considered as the most crucial responsive condition that effected various behavioral and psychological problem. Those people who are having social anxiety they felt the fear and not comfortable in social gatherings and give the bad response while interacting the other people or situation. It clearly showed the negative impact in their live (Muhammadiyah, 2009). Social anxiety is considered as phobia of special kind and is applicable to the different social situations (Debra & Richard, 2002).

Self -Esteem, Social Anxiety, Loneliness

Jung (2008) anticipated that socially connected with people played a significant role in the relationship of social anxiety and self-esteem. Researcher suggested that if the person is friendly and actively participated in public then the person definitely moved towards the volunteer works and also help the other needy people around him. When disconnected socially with other people then it would create social anxiety and the person is not capable of fixing their problems all alone and had the fear of taking decision and appraisal.

Shammas (2015) examined in the study about the relationship between self-esteem and social anxiety. There result proved that there is negative relationship between self-esteem and social anxiety among the students who participated in the study.

Alati (2015) also examined the relationship between self-esteem and social anxiety to the first-year students of English language. The result concluded the negative relationship between self-esteem and social anxiety among the students. It also showed that due to the gender variable effect social anxiety and self-esteem effected more to the females.

Abu lkushik (2014) wanted to clarify the relationship between self-esteem and social anxiety. The results showed that there was the high level of self-esteem leads to low level of social anxiety between the students. There was negative correlation between self-esteem and social anxiety. At the end the study suggested that while taking the fresh enrolment at the university level it's better to conduct the seminar initially to aware the students about the pressure faced during their tenure in university and guide them that how to cope up the social anxiety and to build high self-esteem method. Low self-esteem indirectly effected social anxiety (APA, 2013).

Self -Esteem, Social Anxiety, Loneliness

A lot of studies proved the relationship between social anxiety and self-esteem with proofs (Lowe & Harris, 2019). It is conferred that 21st century is considered as the age of anxiety, as social anxiety is being perceived as a critical problem (Sherbini, 2010).

It's been estimated universally that approximately one billion people suffer from any sort of mental disorder in their life (Rehm & Shield, 2019). Loneliness and lack of access to social support has been the suggested social factors could be the continuation and inception contributed the psychological health problem. (Cacioppo & Cacioppo, 2014). Social anxiety, depression, anxiety, and suicidal ideation came in the person's mind due to the lack of social support or resultantly disconnected from the people around him (Hunt, 2017).

Murad et al. (2020) testified that females have more social anxiety than males. The study revealed the people with low background had poor education, not being married, unemployed to spend their life with parents have social phobia. Person had high level of self-esteem without social anxiety had to experience failure and when moved towards the new situation did not fear or embarrassed. Result showed that there is negative correlation between social anxiety and self-esteem between the participants

Studies revealed that good interaction and public speaking could boost up and increase the confidence of the young adults. The anxious peoples might simply vote with their fear, avoidance and loneliness by displaying activities altogether (Russell, 2011). Many studies identified the relationship between social skills and social anxiety, self-esteem among teenagers. Results showed negative relationship between social anxiety and s self-esteem among participants (Baqeri, 2011).

Self -Esteem, Social Anxiety, Loneliness

Sellers (2013) examined the role of social anxiety to achieve the psychological strength, self-compatibility and achievement in academics. Singh (2011) examined the relationship between social anxiety and self-esteem between teenagers. For this purpose, they collected the data of 338 students of Kuwaiti secondary school and measured through the scale of variables used in the study. Results indicated the inverse relationship between social anxiety and self-esteem.

Numerous studies indicated that social anxiety is caused by many psychological problems such as frustration, fear, stress, depression and low self-esteem. Studies revealed out that negative feedback and poor expectations could lead towards social anxiety. There were some ways to adjust personal confidence self-awareness and social skill through social and clinical intervention (Clerk, 2000).

Cheung (2006) targeted to identify the factors that affect social anxiety in higher education of China. It also examined the impact of social anxiety on self-esteem. This study was conducted in China and was conducted two days before the exams. The sample size was 589. The results explained that the students of evening shift have high level of social anxiety because they worked the whole day. The results explained that social anxiety is having the negative impact on self-esteem and statistically significant in the participant. To calculate the relationship between the variables their respective scale is being used. It's the first study which discussed the relationship between social anxiety and self-esteem in China. Numerous studies found that in addition to specific sensation of loneliness connected to parental and friendship bonds, they found the general sense of loneliness (Hortacsu, 2003).

Self -Esteem, Social Anxiety, Loneliness

Several studies showed that relationship between social anxiety and loneliness among adults. Results showed positive relationship between social anxiety and loneliness (Tiikkainen, 2000).

Moreover, in a fresh longitudinal study, social anxiety was the only variable of future loneliness rather earlier loneliness, highlighted that theoretically it is important and played a vital role with social anxiety to determine loneliness. (Gleeson, 2016). Those people who are socially anxiety have the high risk of loneliness as such person disappointed briskly (Lerrigo & Rogers, 2013). In modern society loneliness is becoming pandemic. The national survey in America concluded that 53% of Americans felt loneliness in most of the times and also had the meaningful interaction in daily routine (Chatterjee, 2018). People also felt loneliness in the presence of their families and friends to show that it is not linked with the impartial reality of one's surrounding rather it is related to their perception and meaningful connection with their loved ones which satisfied them mentally (Cacioppo,2015).

Several studies showed that negative relationship between self-esteem and loneliness among adults. Results showed positive relationship between social anxiety and loneliness (Heinric,2015). Loneliness is linked with different physical and emotional health problems like obesity, anxiety, alcoholism, depression, cognitive decline, premature mortality, suicidal thoughts and weaken immune response (Cacioppo,2015).

Studied examined the relationship between social anxiety and loneliness among adolescent. they collected the data of 303 from adolescent at aged10 to 14 years. Finding suggested positive relationship with loneliness and social anxiety (Chen, 2022).

Self -Esteem, Social Anxiety, Loneliness

Several studies showed that relationship between self-esteem and loneliness among adults. Results showed negative relationship between self-esteem and loneliness (Zhao et al., 2021).

Theoretical framework

The sociometer theory was introduced by Mark Leary, a social psychologist, in 1999.The sociometer theory is a psychological theory that proposes a link between self-esteem and social anxiety. It suggests that self-esteem serves as a gauge or "sociometer" of social acceptance and inclusion. According to this theory, individuals use their self-esteem as an internal monitor to assess their social standing and the extent to which they are accepted or rejected by others. The sociometer theory posits that self-esteem fluctuates based on an individual's perception of their social interactions and social acceptance. When individuals perceive themselves as being socially accepted and valued by others, their self-esteem tends to be higher. Conversely, when individuals perceive themselves as being socially rejected or experiencing negative social interactions, their self-esteem tends to be lower (Leary ,1995).

Social anxiety, on the other hand, is closely related to the fear of negative evaluation and the anticipation of social rejection. Individuals with high levels of social anxiety tend to be excessively self-conscious and overly concerned about being judged negatively by others. They may avoid social interactions or experience significant distress when engaging in them. According to the sociometer theory, individuals with low self-esteem are more likely to experience higher levels of social anxiety. This is because their lower self-esteem leads them to believe that they are more likely to be socially rejected or judged negatively

Self -Esteem, Social Anxiety, Loneliness

by others. Consequently, they may perceive social situations as threatening and experience heightened levels of anxiety in those contexts (Leary, 1997).

The sociometer theory can also be linked to loneliness. Loneliness is the subjective experience of distress or discomfort resulting from a perceived discrepancy between an individual's desired and actual social connections or relationships. According to the sociometer theory, individuals with low self-esteem may be more prone to experiencing loneliness. When individuals have low self-esteem, they may perceive themselves as being less socially desirable or worthy of connection. As a result, they may have difficulties forming and maintaining meaningful social relationships. They may also engage in self-protective behaviors that prevent them from seeking social interactions or reaching out for support. This can lead to feelings of social isolation and loneliness. The sociometer theory offers a theoretical framework to understand how low self-esteem can contribute to feelings of loneliness and social disconnection. It suggests that individuals with low self-esteem may perceive themselves as less socially desirable, leading to difficulties in forming and maintaining meaningful social relationships, ultimately resulting in increased loneliness (Qualte,2013).

Rationale

Social anxiety, lower self-esteem and loneliness are major issues young adults are facing which are the leading cause of further psychological disorders. The literature suggests that many studies conducted in foreign countries focused on different kind of research design i.e., longitudinal, experimental and, correlational design. To investigate further, the present study focused on the relationship between self-esteem, social anxiety and loneliness among young adults.

Self -Esteem, Social Anxiety, Loneliness

There is dearth of research in this area among Pakistani young adults that are facing psychological problems like depression, social anxiety, loneliness and, low self-esteem due to lack of peer group support, lack of social interaction, lack of relationships (Ahmed, 2022). There are numerous correlation studies conducted in Pakistan that address the relationship between self-esteem and social anxiety such as the University of Sargodha and the University of Karachi have conducted studies that focusing on these variables individually (Saleem,2020). However, none of these studies have addressed loneliness, nor have they combined the study of these variables together. These findings highlight the importance of addressing self-esteem issues and providing support for young adults in Pakistan to reduce social anxiety and loneliness. Promoting positive self-perceptions, building social skills, and fostering a supportive social environment can be beneficial in enhancing self-esteem and reducing social anxiety and loneliness (Khan,2019). Therefore, your study aims to focus on examining these three variables Thus, to fill the research gap, the present was focused to study the relationship of self-esteem, social anxiety, and loneliness, as they were not been studied together previously.

Current study was conducted on university students. Significance of this study is to identify the problems of young adult when they experience gatherings and are notable to understand any relationship among family and peer groups or unable to identify the feelings between them thus results in loneliness. In Pakistan, the psychological problems are increasing day by day because these problems are not addressed properly like low self-esteem, social anxiety and loneliness (Smith,2022).

This study is helpful to address these problems among young adults and it would provide the benefits to teachers and helpful for future researchers to devise strategies and

Self -Esteem, Social Anxiety, Loneliness

therapies related to it, so that they cope up with these psychological problems like low self-esteem, social anxiety and loneliness.

The study's outcomes can benefit teachers, educators, and counselors who work with young adults. By understanding the psychological struggles faced by this population, professionals can develop targeted interventions, educational programs, and support systems that address the specific needs of young adults dealing with low self-esteem, social anxiety, and loneliness (Ozdemir,2020). This study benefit for future research to explore more effective interventions, strategies, and therapies aimed at improving self-esteem, reducing social anxiety, and alleviating loneliness among this population. The findings can guide the development of evidence-based approaches that are tailored to the cultural context of young adults in Pakistan.

Objective

- To investigate the relationship between Self-esteem, Social anxiety and Loneliness among young adults.

Hypotheses

H1: There would be negative relationship between social anxiety and self-esteem

H2: There would be positive relationship between social anxiety and loneliness

H3: There would be negative relationship between self-esteem and loneliness

Self -Esteem, Social Anxiety, Loneliness

Methodology

In this chapter methodology used in this study is explained. It includes research design, ethical consideration, sample, instruments.

Research design

The correlation research design was used to find the association self-esteem, social anxiety and loneliness among young adults. The research method of this study was quantitative.

Ethical Consideration

Inform consent was taken from individuals before study and they were assured about their privacy and confidentiality. Study was conducted according to proper ethical considerations. The researcher briefed about the purpose of study. The participant could withdraw from the research any time. There was no physical harm and psychological harm during data collection. There was no misconduct of research.

Sample

Sample was calculated through G power and both male and female was selection in this study. Sample include individuals between 18-25 years. Sample of 400 was taken from different universities.

Inclusion criteria

- Young adults included who are currently enrolled in different universities.
- Both male and female young adults was taken part in the study.

Self -Esteem, Social Anxiety, Loneliness

Exclusion criteria

- Young adult with less age range below 18 years was not selected.

Sampling Technique

A convenient sampling technique was used

Instruments

Demographic information sheet

Demographic questionnaire was designed and used to collect background information about the participant include their name, Date of birth, age, parent's occupation. Data was collection by using following instrument.

Rosenberg self-esteem scale

Self-esteem scale was developed by Dr. Morris Rosenberg in 1965. The scale Rosenberg self-esteem is self-reported measure of self-confidence. Total 10 item included in this scale. Four-point scale items are responded positioning from strongly agree, agree, disagree and strongly disagree. Internal consistency of Rosenberg self-esteem scale is 0.77 and0.99 was minimum coefficient of reproducibility of this scale.

Leibowitz social anxiety scale

The social anxiety scale was developed by Michael Liebowitz in 1987. This scale measures the performance conditions and the range of public connection. Total 24 item included in the scale which divide into two subscales which will evaluate the performance situation and social connection. This scale is liker type which ranged from 0 to 3. Internal consistency of Leibowitz scale id 0.95.

Self -Esteem, Social Anxiety, Loneliness

Loneliness scale

The loneliness scale was developed by Daniel Russell in 1978. This scale measure feeling of loneliness and social isolation. Four-point scale items are responded positioning I often feel this way, I sometimes feel this way, I rarely feel this way, I never feel this way. It contains 20 item scale. Internal consistency of loneliness scale is 0.89 to 0.94 and test-rests reliability is 0.73.

Procedure

Permission was taken from administration department of different universities. Permission was taken from authors to use the scales. Data was collected from different universities. Researcher were briefed and informed to participant about the purpose of the study. They were ensured about confidentiality of the provided data. The three questionnaires along with the consent form and demographic sheet was provided to the participant. The collected data was analyzed by using SPSS-26 were generated.

Data analysis

Data was analyzed using statical package for social sciences (SPSS-26) software. Descriptive statistics, reliability analysis, Bivariate correlation and anova was used to test the study hypotheses.

Self -Esteem, Social Anxiety, Loneliness

Results

The study explored the Relationship between self-esteem, social anxiety and loneliness among young adults. Data has been collected from 400 undergraduates through convenient sampling. In this chapter results findings of the study are presented in form of descriptive statistics, correlation, and apply non paramedic tests, reliabilities of scales.

Self -Esteem, Social Anxiety, Loneliness

Table 1

Demographic characteristics of demographic variable

Variables	Categories	f	%
Gender	Male	200	50.0
	Female	200	50.0
Age	19	8	2.0
	20	12	3.0
	21	83	
	22		20.8
	23	176	
	24		44.0
	25	62	
			15.5
		58	
			14.5
		1	
			3
Education	Bachelors	400	100

Note: Frequencies (F) and percentages (%) of demographic characteristic in terms of gender, age, education.

The data shows an equal distribution between males and females, with 200 individuals in each category. This means that 50% of the population is male, while the other 50% is female. The age variable displays a range of ages from 19 to 25. The data indicates that all

Self -Esteem, Social Anxiety, Loneliness

individuals (100%) have a Bachelor's degree. It suggests that the entire population or

sample under consideration has completed a Bachelor's degree.

Figure 1

Distribution of self-esteem among young adults (N=400)
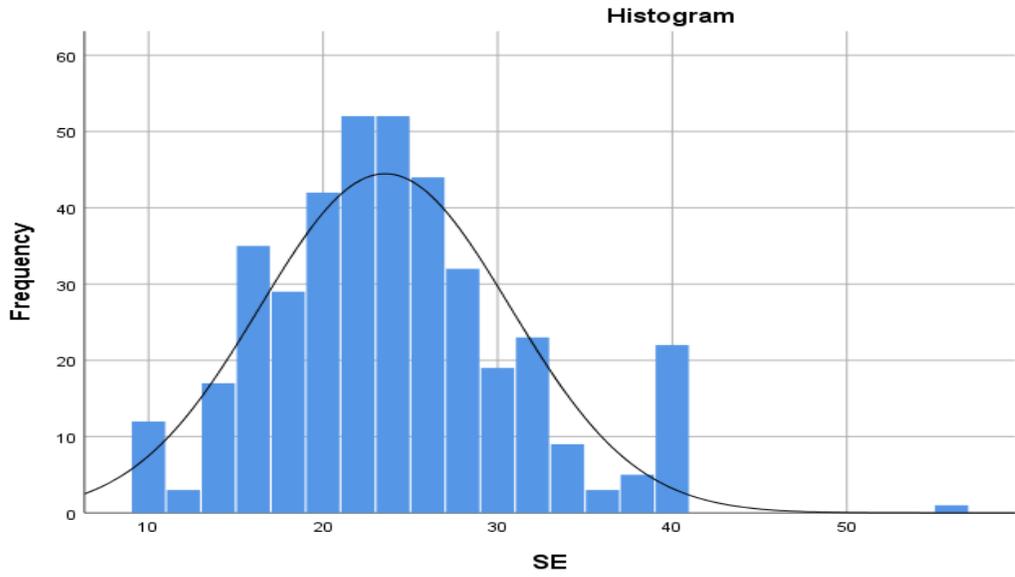
This Figure demonstrates the distribution of self-esteem among young adults.

Self -Esteem, Social Anxiety, Loneliness

Figure 2

Distribution of social anxiety among young adults (N=400)
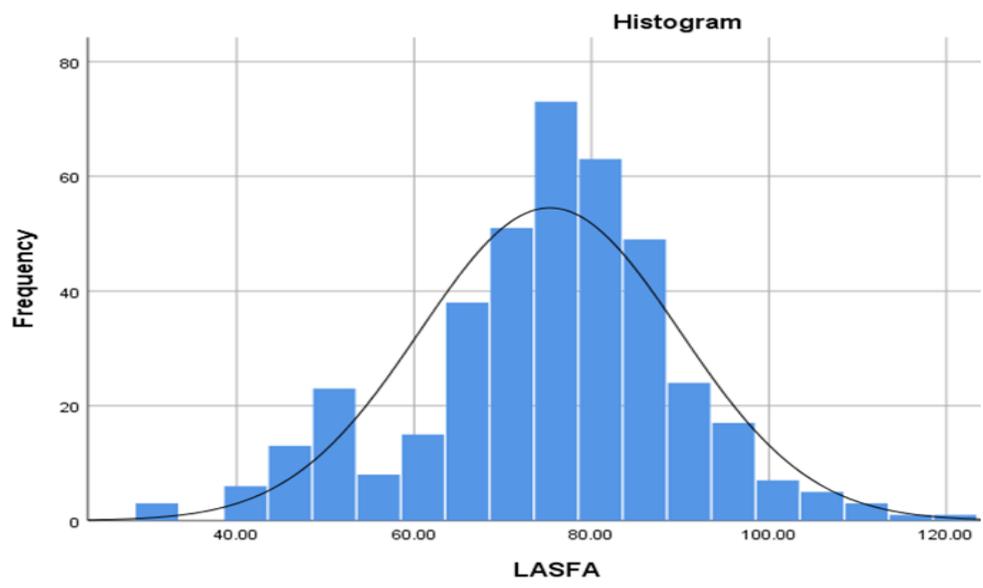
This Figure demonstrates the distribution of social anxiety among young adults.

Figure 3

Distribution of loneliness among young adults (N=400)
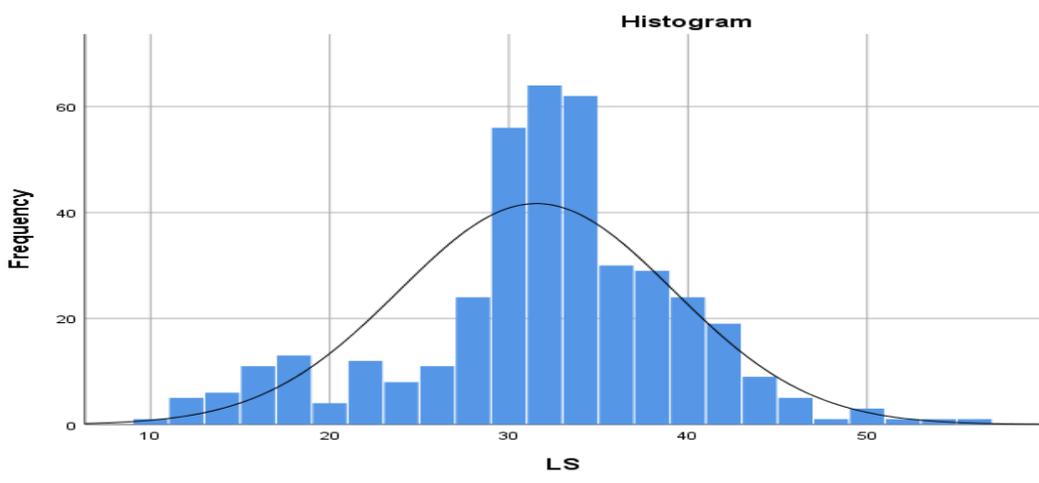
Self -Esteem, Social Anxiety, Loneliness

This figure demonstrates the distribution of loneliness among young adults.

The scores of self-esteems, social anxiety and loneliness were not normally distributed according to K-S statistics (P<.05). hence to find out relationship between self-esteem, social anxiety and loneliness spearman correlation were performed.

Self -Esteem, Social Anxiety, Loneliness

Table 2

Cronbach Alpha coefficients of sub-scales (N =400)

Scales	Items	M	SD	a	Range		kurtosis	skewness
					Potential	**Actual**		
SE	10	23.55	7.17	.78	0-30	10-56	.80	.65
LASFA	48	75.30	14.64	.87	0-14	31-123	.71	-.29
LS	20	31.54	7.654	.82	0-65	10-56	.56	-.38

Note: a= Cronbach alpha

Table 2 shows alpha reliabilities, item numbers, standard deviation, mean, skewness, kurtosis of all scales. Self-esteem (a=.78), social anxiety (a=.87) and loneliness (a=.82). These three scales are reliable and Cronbach's alpha values mentioned on above table 2 and also show SE (M=23.55, SD=7.17) LASFA (M=75.30, SD=14.64), LS (M=31.54, SD=7.654).

Self -Esteem, Social Anxiety, Loneliness

Table 3

Descriptive statistics for Self-esteem, Social anxiety and loneliness (N=400)

Variable	M	Me	Md	SD	Skewness	Kurtosis	K-S	p
SE	23.55	23	23	7.17	.65	.80	0.8	.000
LASFA	75.30	77.00	76.00	14.64	-.29	.56	.07	.000
LS	31.54	32.00	31	7.65	-.38	.71	.13	.000

Note: M = mean, Me = median, Md=mode, SD=standard deviation-K-S=Kolmogorov-Smirnov normality test, p=significant level, SE=self -esteem, LASFA=Liebowitz social anxiety scale, LS=loneliness scale.

This table shows descriptive properties of administer scales. The K-S values of all scales showing non normal distribution as it is significant (p<.05).

Self -Esteem, Social Anxiety, Loneliness

Table 4

Correlational analysis between self-esteem, social anxiety and loneliness

Variables	N	1	2	3
LASFA	400	-	-.08*	.35**
SE	400	-	-	-.05
LS	400	-	-	-

The correlation coefficient between social anxiety and Self -esteem is -.08 with a p-value of .039 (significant at the 0.05 level, one-tailed). The findings support H1, indicating a strong negative relationship between social anxiety and self-esteem. This suggests that as social anxiety increases, self-esteem tends to slightly decrease.

The correlation coefficient between social anxiety and Loneliness scale is .35 with a p-value of .000 (significant at the 0.01 level, one-tailed). The results align with H2, indicating a moderate positive relationship between social anxiety and loneliness. As social anxiety increases, loneliness tends to increase as well.

The correlation coefficient between Self-esteem and Loneliness is -.05 with a p-value of .134 (not statistically significant). The findings do not support H3, suggesting that there is no significant relationship between self-esteem and loneliness. The weak negative correlation coefficient indicates that any relationship between self-esteem and loneliness is negligible.

Self -Esteem, Social Anxiety, Loneliness

Chapter 4

Discussion

The aimed of study was defined the relationship between self-esteem, social anxiety and loneliness among young adults. The primary goal of discussion is to provide a comprehensive understanding of how self-esteem, social anxiety, and loneliness interact and influence each other. Self-esteem refers to an individual's subjective evaluation of their own worth, value, and abilities. It encompasses one's beliefs and emotions about oneself, including self-respect, self-acceptance, and self-assurance. Self-esteem significantly influences a person's thoughts, emotions, and behaviors, impacting their choices, relationships, and overall psychological well-being (American Psychological Association,2020). Social anxiety, also known as social phobia, is a psychological condition characterized by an intense fear of social situations and excessive self-consciousness about one's actions and behaviors in those situations. It involves a persistent fear of being negatively judged, embarrassed, or humiliated by others, leading to avoidance of social interactions or enduring them with significant distress (American Psychiatric Associstion,2013). Loneliness refers to the subjective experience of distress or discomfort resulting from a perceived discrepancy between an individual's desired and actual social connections or relationships. It is a complex emotional state characterized by feelings of isolation, disconnectedness, and a lack of meaningful social interaction (Cacioppo,2014).

In the study, three scales were used: the Rosenberg Self-Esteem Scale, the Leibowitz Social Anxiety Scale, and Loneliness Scale. correlation research design was used, and data was collected through convenient sampling. A total of 400 participants were

Self -Esteem, Social Anxiety, Loneliness

included in the study, and the data was collected from different university students from various institutions

In the present study, correlation coefficient was calculated to explore the relationship between self-esteem, social anxiety and loneliness among young adults.

Hypothesis 1 proposed a negative relationship between self-esteem and social anxiety. The results support this hypothesis, as indicated by a significant negative correlation coefficient of $-.088^*$ ($p < 0.01$). This finding aligns with previous research, suggesting that individuals with higher social anxiety tend to have lower self-esteem (Shamma, 2015). The inverse correlation between self-esteem and social anxiety highlights the impact of self-perception on one's ability to navigate social situations. It emphasizes the importance of fostering positive self-esteem as a means to alleviate social anxiety and approach social interactions with a more positive mindset.

Hypothesis 2 suggested a positive relationship between social anxiety and loneliness. The results confirm this hypothesis, with a significant positive correlation coefficient of $.354^{**}$ ($p < 0.05$). This finding is consistent with previous studies that have demonstrated that individuals with higher levels of social anxiety are more likely to experience greater feelings of loneliness (Qualter et al., 2010). The link between social anxiety and loneliness underscores the impact of social fears and avoidance on the formation and maintenance of social connections. It highlights the need for interventions targeting social anxiety to address the detrimental effects it can have on an individual's social relationships and feelings of connectedness.

Self -Esteem, Social Anxiety, Loneliness

Hypothesis 3 predicted a negative relationship between self-esteem and loneliness. Although the correlation coefficient between self-esteem and loneliness was -.055, the relationship was not statistically significant. While this finding does not support the hypothesis, it is essential to consider the effect size and contextual factors. Previous research has demonstrated a negative relationship between self-esteem and loneliness over time (Qualter et al., 2013). Therefore, it is possible that the weak correlation observed in the present study could be influenced by specific sample characteristics or other unmeasured variables. Further exploration is warranted to gain a more comprehensive understanding of the complex relationship between self-esteem and loneliness among young adults.

Limitation and Suggestion

- In the current study the sample was relatively small so it is suggested for future research, the sample size should be increased.

- Current study was quantitative analysis and simple correlation method. Future researchers can used qualitative method for in-depth data analysis.

- Present study was conducted correlation research design. Future researcher should study this in longitudinal research design to gain the better insight of the constructs it is demonstrated.

Implication

- The current study will be helpful for psychologist and counselor, dealing with low self-esteem and social anxious peoples in various field of life.

- They can develop new strategies and interventions to enhance self-esteem and cope with social anxiety and loneliness.

Self -Esteem, Social Anxiety, Loneliness

- This study can help to design seminars to boost young adults' self-esteem in academic life. Therefore, enhancing knowledge and strategies in social problem among young adults.

Conclusion

In conclusion, this study sheds light on the complex interplay between self-esteem, social anxiety, and loneliness among young adults. The findings reveal a significant inverse relationship between self-esteem and social anxiety, indicating that individuals with lower self-esteem are more prone to experiencing higher levels of social anxiety.

Moreover, the study confirms the positive association between social anxiety and loneliness, highlighting that individual with greater social anxiety tend to report increased feelings of loneliness. Although the relationship between self-esteem and loneliness was not statistically significant in this study, further research is warranted to explore this relationship in more depth.

These findings emphasize the importance of fostering positive self-esteem and addressing social anxiety among young adults. By promoting positive self-perception and providing interventions to alleviate social anxiety, individuals can enhance their social well-being and reduce feelings of loneliness. This study contributes to our understanding of the factors that influence social interactions and loneliness among young adults, providing valuable insights for developing targeted interventions and support systems. Further research in this area can continue to explore the nuanced dynamics between self-esteem, social anxiety, and loneliness, ultimately improving the overall mental health and social integration of young adults

Self -Esteem, Social Anxiety, Loneliness

References

Al-Ali, M., Singh, A., & Baqer, F. (2011). Social anxiety in relation to social skills, self-esteem and self-confidence among adolescents. Cairo University, Journal of the Faculty of Arts, 71(Special Issue),109-236.

Alyson, M. C., and Cheryl, B. (2015). Adolescent loneliness and social anxiety: the role of multiple sources of support. J. Soc. Pers. Relat. 33, 149–170. doi: 10.1177/0265407514567837.

Ameringen, M. A., Lane, R. M., Walker, J. R., Bowen, R. C., Chokka, P. R., Goldner, E. M., ... & Hadrava, V. (2001). Sertraline treatment of generalized social phobia: a 20-week, doubleblind, placebo-controlled study. American Journal of Psychiatry, 158(2), 275-281. https://doi.org/10.1176/appi.ajp.158.2.275.

Banerjee D, Rai M. Social isolation in Covid-19: the impact of loneliness. Int J Soc Psychiatry. (2020) 66:525–7. doi: 10.1177/0020764020922269.

Berkman, L., Glass, T. (2000). Social integration, social networks, social support and health. In L. F. Berkman, & I. Kawachi (Eds.). Social epidemiology (173-175). New York: Oxford University Press.

Cheung, H. (2006). Factors affecting the state anxiety level of higher education students in Macau: The impact of trait anxiety and self-esteem. Assessment & Esteem in Higher Education, 31(6), 709-725.

Cacioppo, J. T., & Hawkley, L. C. (2003). Social isolation and health, with an emphasis on underlying mechanism. Perspectives in Biology and Medicine, 46(3), 39-52.

Self -Esteem, Social Anxiety, Loneliness

Chen C and Hu L (2022) Self-esteem mediated relations between loneliness and social anxiety in Chinese adolescents with left-behind experience. Front. Psychol. 13:1014794. doi: 10.3389/fpsyg.2022.1014794.

Deb, S., Chatterjee, P., & Walsh, K. M. (2010). Anxiety among high school students in India: Comparisons across gender, school type, social strata and perceptions of quality time with parents. Australian Journal of Educational & Developmental Psychology, 10, 198-31.

Hope, E., Chavous, Strahan, 2003. T., Jagers, R., & Sellers, R. (2013). Connecting self-esteem and achievement: Diversity in academic identification and dis-identification patterns among black college students. American Educational Research Journal, 50(5), 1122-1151.

Hulme N, Hirsch C, Stopa L. Images of the self and self-esteem: do positive self-images improve self-esteem in social anxiety? Cogn Behav Ther. 2012;41(2):163-73. doi: 10.1080/16506073.2012.664557. Epub 2012 Mar 22. PMID: 22439697; PMCID: PMC3898634.

Khan, S., & Ahmed, R. (2019). The relationship between self-esteem, social anxiety, and in Pakistani college students. Pakistan Journal of Psychological Research, 34(2), 87-102.

Liebowitz, M. R. (1987). Social phobia. Modern Problems in Pharma psychiatry, 22, 141-173. doi:10.1159/000414022.

Self -Esteem, Social Anxiety, Loneliness

Muhammadiyah, B. (2009). Social anxiety: Emotional situations, prevalence ratios, gender

and age differences. Journal of the Arab Psychological Network, 21-22, 135-149.

Mitchell, C. U., & LaGory, M. (2002). Social capital and mental distress in an

impoverished community. City and Community, 1(2), 199-222.doi:10.1111/1540-

6040.00017.

Martin, J. D., Johnson, M. D., & Brems, C. (2022). Early life experiences and attachment

as predictors of social anxiety in young adulthood. Journal of Youth and

Adolescence, 51(3), 539-555.

Orth, U., Robins, R. W., & Meier, L. L. (2021). Low self-esteem prospectively predicts

depression and anxiety: A meta-analysis of longitudinal studies. Psychological

Bulletin, 147(6), 767-796.

Roberts, A., Seidman, E., Pedersen, S., Chesir-Teran, D. L., Allen, L., Aber, J., Hsueh, J.

(2000). Perceived family and peer transactions and self-esteem among urban early

adolescents. Journal of Early Adolescence, 20(1), 25-68.

https://doi.org/10.1177/0272431600020001004.

Rizwan, M. (2010). Self-esteem deficits and suicidal tendencies among psychiatric

patients. Journal of Alternative Perspectives in the Social Sciences, 2(2), 577-592.

Shamma, Y. (2015). Social anxiety and its Relation to Self-Esteem among the first ring

Students   of Basic Education in the Syrian City of Homs. Al-Baath University

Journal, 37(36), 139-165.

Self -Esteem, Social Anxiety, Loneliness

Saleem, M., & Mahmood, Z. (2020). Self-esteem, loneliness among young adults in

Pakistan. Journal of Psychology Research and Behavior Management, 13, 923-

934. doi:10.2147/PRBM.S268172

Twenge, J. M., & Campbell, W. K. (2002). Self-esteem and socioeconomic status: A

meta-analytic review. Journal of Personality and Social Psychology Review, 6(1),

59-71. doi:10.1207/s15327957pspr0601_3.

Victor, S. E., Klonsky, E. D., & Vorstenbosch, V. (2023). Bidirectional associations

between loneliness and depressive symptoms in college students: A three-wave

longitudinal study. Journal of Youth and Adolescence, 52(1), 58-71.

Zoccolillo, M. (1992). Co-occurrence of conduct disorder and its adult outcomes with

depressive and anxiety disorders: A review. Journal of the American Academy of

Adolescent,31(3),547-556.https://doi.org/10.1097/00004583-199205000-00024.

Self -Esteem, Social Anxiety, Loneliness

Appendices

Consent form

Demographic Form

Rosenberg Self-esteem scale

Leibowitz Social anxiety scale

Loneliness scale

Self -Esteem, Social Anxiety, Loneliness

Appendice A

Inform consent

I am a student of BS Psychology at Capital University of Science and Technology, Islamabad. I am currently doing research on relationship between Self-esteem, Social anxiety, Loneliness among young adults. This research is a part of my degree. I invite you to take part in this study. Your participation in the research would be entirely voluntary. The gathered data will only use for research purposes. You will ask to fill demographic sheet and three questionnaires. You have a right to withdraw from this research at any time. If you have any questions about the study, you can email at rasheedlaiba7@gmail.com.

Signature _____

Date _____

Self -Esteem, Social Anxiety, Loneliness

Appendice   B

Demographic sheet

Please answer the following question.

1.   Name _____

2.   Gender

    Male   Female

3.   Age_____

4.   Education _____

5.   Institution _____

6.   Ethnicity_____

7.   Religion_____

8.   Family system

              Nuclear   Joint

9.   Marital status _____

10.   socioeconomic status _____

Self -Esteem, Social Anxiety, Loneliness

Appendice C

Scale 1

Fill out the following questionnaire with the most suitable answer listed

below.

Fear of Anxiety	Avoidance
None	Never
Mild	Occasionally
Moderate	Often
Severe	Usually,

SR#	Statements	Fear of Anxiety	Avoidance
1	Telephoning in public		
2	Participating in small group		
3	Eating in public place		
4	Drinking with other in public place		
5	Talking to people in authority		

6	Acting, performing or giving a talk in front of an audience		
7	Going to a party		
8	Working while being observed		
9	Writing while being observed		
10	Calling someone you don't know very well		
11	Talking with people you don't know very well		
12	Meeting strangers		
13	Urinating in a public bathroom		
14	Entering a room when others are already seated		
15	Being the center of attention		
16	Speaking up at a meeting		
17	Talking a test		
18	Expressing a disagreement disapproval to people you don't know very well		
19	Looking at people you don't know very well in the eyes		
20	Giving a report to a group		
21	Trying to pick up someone		
22	Retuning good to a store		
23	Giving a party		
24	Resisting a high-pressure salesperson		

Self -Esteem, Social Anxiety, Loneliness

Scale-2

Instruction

Below is a list of statement dealing with your general feeling about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.

Strongly Agree   Agree   Disagree   Strongly disagree

2. At time I think I am no good at all.

Strongly Agree   Agree   Disagree   Strongly disagree

  3. I feel that I have a number of good qualities.

Strongly Agree   Agree   Disagree   Strongly disagree

4. I am able to do things as well as most other people.

Strongly Agree   Agree   Disagree   Strongly disagree

5. I feel I do not have much to be proud of.

Strongly Agree   Agree   Disagree   Strongly disagree

 6. I certainly feel useless at time.

Strongly Agree   Agree   Disagree   Strongly disagree

7. I feel that I'm a person of worth, at least on an equal plane with other.

Strongly Agree   Agree   Disagree   Strongly disagree

 8. I wish I could have more respect for myself.

Strongly Agree   Agree   Disagree   Strongly disagree

Self -Esteem, Social Anxiety, Loneliness

9. All in all, I am inclined to feel that I am a failure.

Strongly Agree   Agree   Disagree   Strongly disagree

10. I take a positive attitude toward myself

Strongly Agree   Agree   Disagree   Strongly disagree

Scale -3

Instructions

Indicate how often each of the statement below is description of you

O Indicates	I often feel this way
S indicate	I sometime feel this way
R indicate	I rarely feel this way
N indicate	I never feel this way

1	I am unhappy doing so many things alone	O	S	R	N
2	I have nobody to talk to	O	S	R	N
3	I cannot tolerate being so alone	O	S	R	N
4	I lack companionship	O	S	R	N
5	I feel as if nobody really understands me	O	S	R	N
6	I find myself waiting for people to call or write	O	S	R	N
7	There is no one I can turn to	O	S	R	N
8	I am no longer close to anyone	O	S	R	N
9	My interest and ideas are not shared by those around me	O	S	R	N

Self -Esteem, Social Anxiety, Loneliness

10	I feel left out	O	S	R	N
11	I feel completely alone	O	S	R	N
12	I am unable to reach out and communicate with those around me.	O	S	R	N
13	My social relationship are superficial	O	S	R	N
14	I feel starved for company	O	S	R	N
15	No one really knows me well	O	S	R	N
16	I feel isolated from others	O	S	R	N
17	I am unhappy being so withdraw	O	S	R	N
18	It is difficult for me to make friends	O	S	R	N
19	I feel shut out and excluded by other	O	S	R	N
20	People are around me but not with me	O	S	R	N

laiba rasheed

ORIGINALITY REPORT

10%	7%	5%	5%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1 www.issr-journals.org
Internet Source
2%

2 Submitted to Higher Education Commission Pakistan
Student Paper
2%

3 etd.aau.edu.et
Internet Source
1%

4 Pawel Holas, Melanie Kowalczyk, Izabela Krejtz, Katarzyna Wisiecka, Tomasz Jankowski. "The relationship between self-esteem and self-compassion in socially anxious", Current Psychology, 2021
Publication
1%

5 Emily B. O'Day, Rachel M. Butler, Amanda S. Morrison, Philippe R. Goldin, James J. Gross, Richard G. Heimberg. "Reductions in social anxiety during treatment predict lower levels of loneliness during follow-up among individuals with social anxiety disorder", Journal of Anxiety Disorders, 2021
Publication
1%