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Occurrence of social interaction anxiety and its association with academic adjustment in selected nursing colleges of northern region

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Abstract
Introduction: Individuals with social interaction anxiety often tend to hold false beliefs about the level to which others experience symptoms of social anxiety and how others evaluate people who appear to be anxious. Adjustment is defined as adopting modes of behavior in the environment. It is the process by which individuals maintains a balance between their needs and the environmental situations that influence the satisfaction of their needs. Thus, adjustment influences the achievement and personality development of the students in their colleges.
Title: A study to assess the occurrence of social interaction anxiety and its association with academic adjustment among nursing students of selected colleges in north region.
Objectives: 1. To assess the occurrence of social interaction anxiety among nursing students of selected colleges in north region. 2. To assess the academic adjustment among nursing students of selected colleges in north region. 3. To find out the association between social interaction anxiety and academic adjustment among nursing students of selected colleges in north region. 4. To determine the association between social interaction anxiety and academic adjustment among nursing students of selected colleges in north region with selected socio-demographic variables.
Methodology: Quantitative research approach, a descriptive research design was used. 480 Samples were selected from the nursing colleges of selected north regions (Jammu, Himachal Pradesh and Punjab) by using total enumerative sampling technique. After obtaining the consent form, SIASS tool and self- structured checklist has been sent to them in the form of Google Form to assess the presence of social interaction anxiety and academic adjustment respectively. The descriptive and inferential statistics was done to analyze the results. The results of the study revealed that 70 (14.6%) nursing students had probable social phobia and 52 (10.8%) nursing students had probable social anxiety. Whereas 86 (17.9%) nursing students were poorly adjusted to their academics. There were significant association between the social interaction anxiety and the academic adjustment among nursing students at $p<0.05$.

Keywords: Social interaction anxiety, academic adjustment, nursing students, north region

Introduction

Life events play a large part in determining stress levels and include those which are expected and unexpected. In the face of stressful events and change, the individual's capacity to employ adaptive methods of coping with stress is of crucial importance to physical and psychological health. Among the anxiety disorders, social phobia in now a days considered the third most common psychiatric disorder (13.3%), exceeded in lifetime prevalence only by major depression (17.1%) and alcohol dependence 1 (14.1%) [3].

College life is most significant and stressful period in student's lives, especially if they move to another city for the college, leave their family and friends behind. This transition period influences both college and later developmental stage of the life [4].

Adjustment is a continuous process by which a person changes his behavior to produce a more melodic relationship between himself and environment. It insinuated changes in our thinking in a way of life to the demand of the environmental situation. Adjustment could be seen as a situation in which one feels that one's need have been fulfilled and one's behavior confirms to the needs of a given environment.

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Adjustment is the process through which a person tries to affect balance between his requirements and different life situations [5]. Beside the change of academic life, college students will also experience the change in social life. The existence of new social life where the students are newly be a part of the institution, be an active member in a community in the university, and adjust themselves with the new role and responsibility are the things that must be mustered by them. Consequently, individual adjustment ability is necessary in this period, especially adapt to social change. Psychologist, and academic demand in college life. The adjacent setup to define this condition is academic adjustment [6].

The affected by social interaction anxiety will miss self-development opportunities as they will try to avoid interactions, physically or mentally. Attention to academics may be distracted by an excessive focus on their anxieties. In a learning scenario, the social performance of the students are highly entrusted upon social interactions, since the students are expected to speak before a large group during lectures, seminars, presentations, group discussions and interviews [7].

Objectives
1. To assess the social interaction anxiety among nursing students.
2. To assess the academic adjustment among nursing students.
3. To find out the association between social interaction anxiety and academic adjustment among nursing students.
4. To determine the association between social interaction anxiety and academic adjustment with selected socio-demographic variables.

Assumptions
1. There may be the occurrence of social interaction anxiety among nursing students.
2. There may be the association of social interaction anxiety with the academic adjustment.
3. Social interaction anxiety and academic adjustment may be associated with the selected socio-demographic variables.

Operational definitions
1. **Social interaction anxiety:** It is the presence of intense fear of interacting or talking with strangers as assessed by social interaction anxiety scale (Mattick and Clarke, 1989)
2. **Academic adjustment:** Are the modifications in how students participate in classes and activities as assessed by self-structured questionnaires.
3. **Nursing students:** An individual who is enrolled in a professional nursing education program that is B.Sc. Nursing 1st year, B.Sc. Nursing 2nd year, B.Sc. Nursing 3rd year and B.Sc. Nursing 4th year.
4. **North region:** These are the region consisting of the northern states of India which are Himachal Pradesh, Jammu and Punjab.

Review of literature
Review of literature was done under the following headings
Part I: Literature related to social interaction anxiety

Part II: Literature related to academic adjustment

Material and Methods
Quantitative research approach and descriptive design was used to conduct the study. The study was conducted in the selected nursing colleges of Himachal Pradesh, Jammu and Punjab. Total enumerative sampling technique was used in this study to select the study sample of 480 nursing students, who fulfilled the inclusion criteria.

Criteria for sample selection
The samples will be selected based on the inclusion and exclusion criteria

Inclusion criteria
Nursing students who were
- Willing to participate in the study
- Having knowledge related to Google Forms

Exclusion Criteria
Nursing students who were
- Not available at the time of study

Development of the tool
The development of tool includes the following sources
- Review of literature related to social interaction anxiety and academic adjustment.
- Consultation with experts in the nursing research field.

Validity of the tool
Validity of tool was determined by opinions and suggestions of experts of different specialties in field of nursing.
- Consultation with the guide regarding the content and language of the tool.

Data collection procedure
Prior permission was taken from the Principal of the respected nursing institutions. The sample were selected on the basis of inclusion and exclusion criteria.

Results
Objective 1: To assess the occurrence of social interaction anxiety among nursing students

Table 1: Distribution of nursing students according to the occurrence of social interaction anxiety.

N=480

Level of social interaction anxiety	Score	f (%)
No social anxiety	0-34	358 (74.6)
Social phobia is probable	35-42	70 (14.6)
Social anxiety is probable	43-80	52 (10.8)

Mean ±SD=28.1 ± 11.2
Maximum score= 80
Minimum score= 0

Table 1 exhibits the occurrence of social interaction anxiety among nursing students, which shows that most of nursing students 358 (74.6%) had no social anxiety followed by 70 (14.6%) nursing students had probable social phobia. Whereas, only 52 (10.8%) nursing students had probable social anxiety.
Hence, it can be concluded that most of the nursing students were free from social interaction anxiety.

Objective 2: To assess the academic adjustment among nursing students

Table 2: Distribution of nursing students according to the level of academic adjustment.

N=480

Level of academic adjustment	Score	f (%)
Well adjusted	1-8	57 (11.9)
Adjusted	9-17	337 (70.2)
Poorly adjusted	18-23	86 (17.9)

Mean± SD= 1.4± 0.4
Maximum score= 23
Minimum score= 1

Table 2 depicts the level of academic adjustment among nursing students. In which, more than half 337 (70.2%) of nursing students were adjusted to their academics followed by 86 (17.9%) nursing students who were poorly adjusted to their academics and only 57 (11.9%) nursing students were well adjusted to their academics.

Hence, it can be concluded that most of the nursing students were just adjusted to their academics.

Objective 3: To find out the association between social interaction anxiety and academic adjustment among nursing students.

Table 3: Association of social interaction anxiety and academic adjustment among nursing students.

N=480

Level of academic adjustment	Total (n)	Social Interaction Anxiety			Chi square (χ^2) (df) (p)
		No social anxiety	Social phobia is probable	Social anxiety is probable	
Well adjusted	57	25	17	15	43.02
Adjusted	337	254	50	33	4
Poorly adjusted	86	79	03	04	0.000*

*Significant at $p<0.05$
#Fischer exact test applied

Table 3 shows the association between social interaction anxiety with academic adjustment. It explains that there is a statically significant association between the social interaction anxiety and academic adjustment among nursing students at the level of $p<0.05$.

Objective 4: To determine the association between social interaction anxiety and academic adjustment with selected socio-demographic variables.
(a) **Association of level of social interaction anxiety with socio-demographic variables:** In the present study, social interaction anxiety is statistically significant with only one socio-demographic variable i.e. Habitat at the level of $p<0.05$.
(b) **Association of level of ac academic adjustment with socio-demographic variables:** In the present study, academic adjustment is statistically significant with the socio-demographic variables like Gender, Year of study and the state from which the college belongs at the level of $p<0.05$.

Conclusion
The following conclusion were drawn from the study
▪ Most of nursing students 358 (74.6%) had no social anxiety. Whereas, 70 (14.6%) nursing students had probable social phobia and 52 (10.8%) nursing students had probable social anxiety.
▪ More than half 337 (70.2%) of nursing students were adjusted to their academics whereas 86 (17.9%) nursing students who were poorly adjusted to their academics and only 57 (11.9%) nursing students were well adjusted to their academics.
▪ There is a statically significant association between the social interaction anxiety and academic adjustment among nursing students at the level of $p<0.05$.

Conflict of interest
There is no conflict of interest

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