

## **A study on the relationship between social anxiety and mental resilience of college students**

Qinchao Wang<sup>1,a</sup>, Tajul Rosli bin Shuib<sup>2,b</sup>

<sup>1</sup>University Pendidikan Sultan Idris

<sup>2</sup>University Pendidikan Sultan Idris

<sup>a</sup>wqinchao0610@163.com, <sup>b</sup>tajulrosli@fpm.upsi.edu.my

### **Abstract**

*To explore the relationship between mental resilience and social anxiety of college students, and to provide some theoretical support for improving social anxiety of college students. 100 college students in a university were investigated by using the mental resilience scale and social anxiety scale. According to the survey results, there is no significant gender difference in social anxiety of college students; The social anxiety of college students has significant difference in grade; There is a significant negative correlation between college students' mental resilience and social anxiety. Psychological resilience has a significant predictive effect on social anxiety of college students. Improving the mental resilience of college students can improve their social anxiety. This paper mainly analyzes the relationship between social anxiety and psychological resilience of college students.*

### **Keywords**

*College students; Social anxiety; Mental resilience; Relationship study.*

As colleges and universities continue to expand enrollment, social competition is increasingly fierce, college students are facing more and more pressure situations, the employment situation is becoming more and more severe, interpersonal communication is becoming more and more complex, the psychological quality of college students is undergoing great challenges, their mental health has been seriously affected. College students, who are in the transition stage from early youth to middle youth, move from the closed environment of high school to the open, semi-social and relatively complex environment of university. They break away from the single learning task in high school and start a colorful college life. The social situations they face are also more complex. During this period, college students pay more attention to their interpersonal communication, some of them have some psychological problems due to interpersonal communication, and some of them still have social anxiety. Previous studies have shown that social anxiety seriously affects individuals' social ability and normal life. Social anxiety refers to the emotional response and avoidance behavior of strong anxiety, nervousness or fear for one or more interpersonal situations. There is a certain relationship between social anxiety and college students' own psychological quality. Psychological resilience is a kind of positive psychological quality that can help individuals buffer or resist the negative effects of stress and crisis conditions, and promote good adaptation and strong growth. Mental resilience is a kind of psychological quality that an

individual can resist the influence of pressure when facing a stressful situation. To explore the relationship between mental resilience and social anxiety of college students, and to provide some theoretical basis for improving social anxiety of college students.[1]

## 1. Research methods

This paper mainly adopts the questionnaire survey to conduct a simple analysis and research on the social anxiety of college students.[2]

## 2. Research results

### 2.1. Analysis of gender differences in college students' social anxiety

The gender difference analysis of college students' social anxiety is shown in Table 1. As can be seen from Table 1, there is no statistically significant difference in social anxiety of college students ( $p>0.05$ ).

	male	female
Communication anxiety	43.23	43.98

Table 1 Analysis of gender differences in social anxiety of college students

### 2.2. Difference analysis of college students' social anxiety in grades

Social anxiety was used as the dependent variable and grade as the independent variable. The results were shown in Table 2. As can be seen from Table 2, there are statistically significant differences in social anxiety among college students in different grades. Further post hoc analysis shows that there are significant differences in social anxiety scores between freshmen and seniors, and sophomores and seniors. The level of social anxiety among freshmen and sophomores is higher than that of seniors.[3]

	Freshman year	Sophomore year	Junior year	Senior year
Social anxiety	45.23	45.77	43.37	41.86

Table 2 The difference analysis of college students' social anxiety in grade level

### 2.3. Correlation analysis between mental resilience and social anxiety of college students

It can be seen from Table 3 that there is a significant negative correlation between college students' mental resilience and its three dimensions of resilience, strength and optimism and social anxiety.

	Mental resilience	tough	power	optimism
Social anxiety	-0.408	-0.398	-0.358	-0.171

Table 3 Correlation analysis between mental resilience and social anxiety of college students

## 3. Characteristics of college students' social anxiety

The level of social anxiety of male students and female students is basically the same, but they do not want to admit their own anxiety. There are significant differences in the level of social anxiety of college students in different grades. The results of post-test show that there are significant differences in the level of social anxiety between freshmen, sophomores and seniors. Freshmen and sophomores had higher levels of social anxiety than seniors. Freshmen have just entered the university from the relatively closed environment of high school. They are faced with different learning tasks and social activities than before, and lack of interpersonal skills, so they have a high degree of social anxiety. Seniors, after four years' experience in university, have faced more social situations and improved their ability to deal with interpersonal relations. Therefore, there is a lower level of social anxiety than college freshmen.

#### **4. The relationship between mental resilience and social anxiety of college students**

There is a significant negative correlation between the psychological resilience and social anxiety of college students. The higher the psychological resilience, the lower the level of social anxiety. The level of psychological resilience can significantly predict the level of social anxiety, so improving the psychological resilience of college students can effectively improve their social anxiety. The increasing number of psychological problems in college students has been one of the problems that have aroused widespread concern in the society. Among them, interpersonal communication is one of the problems existing in some college students. Interpersonal communication ability is closely related to whether college students can study normally and deal with the relationship between teachers and students, dormitories and classmates. It is also an important factor for college students to complete socialization, better enter the society, adapt to the social environment and complete self-realization. Due to the increasingly severe employment situation and increasingly complex social environment, college students have some problems in dealing with interpersonal relations, and even some students have social anxiety. It is important to help them improve their social anxiety for their normal study and life. Mental resilience is a necessary ability for college students in the face of negative events, pressure situations and interpersonal communication. It can improve the ability, process or result of college students to make full use of internal and external resources, overcome difficulties and achieve good development under pressure and frustration situations. In other words, improving the mental resilience of college students has a significant effect on improving their social anxiety. Therefore, the mental health education in colleges and universities should increase the cultivation of their mental resilience, so as to help them improve their social anxiety, so that they can better deal with interpersonal relations, better adapt to the society.[4]

#### **Conclusion**

The life psychological resilience and social anxiety scores of college students have significant differences in some demographic variables. To be specific, there are significant differences in the psychological resilience scores of college students in the level of education, major, whether the only child and whether the student cadre and other variables; There are significant differences in gender and major variables of college students' social anxiety. The

psychological resilience of college students is negatively correlated with social anxiety. The five dimensions of psychological resilience, including social competence, self-efficacy and family cohesion, can predict social anxiety.

## References

- [1] Zhihong Liu, Shanshan Zhang , Hanyu Wu . Relationship between problematic Social Network Use and online social anxiety and depressive symptoms in college students [J]. Chinese Journal of School Health,202,43(11):1699-1703.
- [2] Qihui Xue, Yusheng Wu , Xiangyin Meng . The Effect of self-esteem on Social Anxiety of College students: a conditional process Model [J]. Ethnic Higher Education Research,202,10(06):43-49.
- [3] Xian Huang , Fanghui Fu, Zhengyu Zeng , Mengyue E , Xiaohong Tan. The Effect of Negative Cognitive Processing Bias on Social Anxiety in College Students: The Mediating Role of Positive Evaluation of Fear [J]. Journal of Psychology, 2002,17(20):50-53.
- [4] Yaping Zhou . Group Difference Analysis of the Impact of Online Social Networking on College Students' Social Anxiety [J]. Journal of Taiyuan City Vocational and Technical College,2022,(10):157-160.