

## University Students and Social Phobias

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### ABSTRACT

There has been a recent increase in interest regarding social phobia because of higher than expected incidences of social phobia, and because social phobia leads to disrupted relationships, severe anxiety, depression, substance abuse and loss of natural faculties at an important level in patients. Until recently, the concept of self-esteem in psychiatry literature in broadest terms, has been a judgment that show “how a person values him”. The present study aimed to determine the impact of social phobia of self-esteem & self-image of university life, study participant were 100 students choose by randomly in university of Kelaniya. Our Subject were administered the Rosenberg self-esteem scale & Social phobia scale (SPS). And also we analyzed data by using SPSS. Moreover, our objective is, to demonstrate the prevalence of social phobia & its relation to body image and self-esteem. Basically our research question is the present study aimed to determine the impact of social phobias and how it effect of self-esteem and self-image of university students. The result show that persons with social phobia have lower self-esteem and more distorted body image than do those without social phobia. Finally, we can identify there were some limitations. Those are; This study does not represent the general population and also this study does not represent the changes in outpatients’ body image & self-esteem before and after therapy.

**Keywords:** *Self-image, self-esteem, social phobia, university students, work performance*

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