

The relationship between family communication patterns and self-efficacy in adolescents with social anxiety

Soheila Nozadi¹, Ali Reza Manazari Tavakoli^{2*}

¹ MA Student of clinical psychology, Islamic Azad University Kerman

² PhD in Educational Sciences, Islamic Azad University of Kerman

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ABSTRACT

Objective: This study aimed to investigate the relationship between family communication patterns and self-efficacy, social anxiety Adolescents. The population consisted of all high school students enrolled in the academic year 93-94 Anbarabad city multistage random sampling of 351 patients were selected. **Methodology:** Questionnaire Fitzpatrick family communication patterns and self-essicecy was used For the data collection. statistical methods, correlation and regression analysis were used. **Results:** Results showed that firstly the dimentions of family communication patterns (conversation and conformity) and self efficacy are predictive social anxiety adolescents, conformity and self Secondly, the dimantion of conversation anticipat social anxiety more than dimantion of conformity and self efficacy. **Conclusion:** This study aimed to investigate the relationship between family communication patterns and self-efficacy were conducted with social anxiety. Examine the relationship between family communication patterns with social anxiety showed that based on conversation and conformity can be predicted social anxiety in adolescents.

1. Introduction

Human beings are social and social life of her escape. In the meantime, more people are able to communicate with others without concern or in addition to activities such as speaking, eating, writing and so on. But those who are anxious in such situations. Sometimes these cases are so severe The individual will have to avoid such situations or sees them with a tolerant and high anxiety The individual will have to avoid such situations or to see them with high anxiety tolerant and professional life, education, social and family he creates disorder, social anxiety disorder is diagnosed, so that subject.

One of the most common chronic psychiatric disorder and social anxiety disorder, anxiety disorder characterized by marked and persistent fear of social or performance situations in which it is possible to evaluate identified (Andrews et al., 2001). Epidemiology Recent studies have shown that the prevalence of social anxiety in the general population have ranged from 2.4 to 16 percent of longevity is more common among adolescent population [Bethany et al., 2012).

The high prevalence of this disorder has led researchers to examine factors associated with it. Among the many factors that are supposed to be involved in the development of social anxiety and family relations of its members with each other. Watzlawick, Beavin and Johnson [Watzlawick et al., 1967] The legislation defines family members are constantly defining and redefining the nature of their relationships are based on communication pattern. Basically, the concept of family communication patterns or family relationship schemas, the structure of the physical world which is based on the relationship between family members and family members what to say and what others are doing and what the meaning of these relationships is defined (Koerner and Fitzpatrick 2002).

Based on Fitzpatrick and Ritchie (Fitzpatrick, M.A., & Ritchie, L.D., 1994) Two of the orientation of conversation and conformity for two key dimensions determine how family members in this theory. Orientation conversation is the extent to which it provides families in which all family members are encouraged to participate freely in Interaction, discussion forums on a wide range of topics and orientation of conformity is the amount that families of similar conditions, attitudes, values and beliefs that emphasize (Jowkar and Rahimi 2007).

* Corresponding author: E-mail address: Amtavakoli@yahoo.com

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(Huang 1994) In this broad consequences of personal communication patterns (self-esteem, self-disclosure, self-monitoring, desirability of control, social desirability, shyness, sociability) shall be studied and showed that the dimension of conversation, with positive consequences and conformity most of the negative consequences have followed. (Koerner and Eis 2000) This study found that families who are low in the debate, members interact less with each other and only the threads, little open discussion with all members of their families and all the members do not play a role in family decisions. In this (Gudykunst and Nishida 2001), (Koroshnia et al., 2006) Conversation with anxiety and depression showed a negative relationship with self-esteem and social support showed a significant positive correlation; on the other hand showed a positive relationship after conformity with anxiety and with self-esteem and support social relations have shown negative. (Ritchie, 1994)

Another self-efficacy variables that are believed to be associated with social anxiety is one of the most effective behavior change theories and models to specific topics in Bandura's social cognitive theory and its implications in various fields has been reported (Burleson and Kaminer, 2005; Bandura 2000) self as people's beliefs in their abilities to be successful in the tasks have been defined. (Gaudiano and Herbert, 2006) believe that self efficacy in the context social anxiety is the belief that people are able to express themselves in a light-desirable in order to prevent their negative evaluation by others and in the studies that have examined the relationship between self-efficacy and anxiety have reported a significant negative relationship between these two variables.

(Rodebough et al., 2006) investigated the Self efficacy and avoidance behavior. The results showed that the inverse relationship between self efficacy and her avoidance behavior in individuals with social anxiety there. Subjects who had low self-efficacy than other subjects of public speaking avoided. between low levels of self-efficacy in their research continually high levels of there social anxiety is relationship. (Hannesdottir and Ollendick 2007) showed that the self efficacy of a particular situation can only be a determining factor for social anxiety in people.

(Morree 2010) examined the relationship between self-efficacy, and social anxiety in children who received negative self talking the relationship between self-efficacy and social anxiety associated with negative self talking, will be elaborated and self talking negative predictive self efficacy as social anxiety underlines. (Bakhtyarpour et al., 2011), (Karami et al., 2012), showed that there was a negative correlation between self-efficacy and social anxiety. Given the above, this study examines the relationship between family communication patterns and self-concerned adolescents with social anxiety.

2. Materials and methods

This research is descriptive and correlational study sample consisted of all high school students studying in the 93-94 year their number was 2400 according to the Education Department Anbarabad city. The multi-stage random sampling of 13 high school students were selected city. The sample size was Morgan's table 331 Researchers chose 360 patients were asked to remove the effect loss of the 351 people who returned their questionnaires.

2.1. Measuring devices

(A) Family Communication Patterns Inventory:

In order to measure the size of family communication patterns or the orientation of conversation and orientation of conformity (as the predictor variables) of the revised version of Family Communication Patterns Questionnaire children (Ritchie and Fitzpatrick, 1994) was used. This tool is a self-evaluation questionnaire responses of agreement or disagreement with 26 statements about the status of his family are in the range of 5 degrees from strongly agree (score five) to strongly disagree (score one), is questioned. Each participant obtains two points of the tool. A higher score in both scales it means that the subject perceives in her family orientation of conversation or conformity, there was more conversation. (Koerner and Fitzpatrick, 2002) The reliability of the tool, the average alpha 0.89 (0.92 to 0.84 range) for dimension of conversation, 0.79 (0.84 to 0.73 range) for conformity, the test-retest reliability of the coefficient of 0.99 to 0.73 to 0.93 and for dimension of conversation are reported.

Test-retest reliability for scale-oriented conversation on the scale of 0.84 and 0.78 conformity orientation was. The reliability of the instrument using Cronbach Alpha and test-retest method was indicative of the reliability of this tool. About scale orientation of conversation alpha coefficient respect 0.87 and about scale orientation of conformity respective 0.81 (Kurshnya, 2006). In Keshtcaran study (Keshtcaran, 2009) The reliability of the Cronbach's alpha for the subscale conversation 0.74 and 0.87 and 0.83 conformity has been obtained for the subscales. The test is repeated after two weeks of test-retest reliability for the total scale 0.90 and 0.97 for the direction of conversation, and for the dimension of conformity 0.87 has been reported. In the present study using Cronbach's alpha reliability of this scale is 0.74.

(B) scale self efficacy:

The Scale by (Sherer and Maddux, 1982) on the basis of social theory Bandura made. This scale consists of 17 items based on Likert scale ranging from strongly disagree (score 1) to strongly agree (score 5) is graded. Scoring from 1 to 5; thus the Articles 15, 13, 9, 8, 3 and 1 from left to right is given a score of 1 to 5 and other questions in reverse order of 5 to 1 score points. The maximum score is 85 and at least 17. (Sherer and Maddux, 1982) have reported Cronbach's alpha of the questionnaire 0.86 and to assess the validity of self-efficacy scale of correlation with Ratter's Internal-External control scale, Marlow- Crown's social Desirability Holland and Baird Interpersonal competency scale the Netherlands and Baird. According to investigations conducted between the inner external and self-efficacy scores, and scale control, social competence and self-efficacy scale negative correlation between the average and achieved moderate positive correlation (Barati Bakhtiari, 1991). Also (Rahimi pardanjani and Khobari Banab, 2011), (Hasanvand Amoozadeh, 2012) In their studies Cronbach's alpha of the scale vary from 0.85 respectively, 0.84 and 83% have been reported. In this study, Cronbach's alpha coefficient for this questionnaire was 0.83.

(C) Libowitz Social Anxiety Scale for teenagers and children:

This scale (Masia-Warner et al., 2003) According to Libowitz Social Anxiety is adult. The scale has 24 items and participants respond to questions on a Likert scale of 4 degrees. The reliability value (within 7-3 days) in the range of 0.89 to 0.94 and 0.90 to 0.97 Cronbach's alpha coefficient ranged from reports.(Olivares et al., 2009)in the Spanish version of the scale, Cronbach's alpha coefficient of fear and avoidance, and 89% reported, respectively, 0.91 prosecutors (Dadseton et al., 2007) Cronbach's alpha and test-retest reliability coefficient 0.93 and 0.87 respectively reported this scale. In the present study using Cronbach's alpha reliability of this scale is 0.89.

2. 2. The method of data analysis:

To analyze the data of this study using SPSS version 18 statistical tests, concurrent regression and correlation matrix was used.

3. Discussion and results

In Table 1, the mean and standard deviation of the variables examined in this study is given.

Table 1. Mean and standard deviation of variables of family communication patterns and self-efficacy and social anxiety(N= 351)

variable	Mean	Standard Deviation
Social Anxiety	56.72	21.09
conversation	50.07	11.73
Conformity	35.19	8.38
Self Efficacy	48.25	7.48

Results Table 1 shows that the highest social anxiety are (56.72)

Table 2. Results of correlation matrix between the dimensions of family communication patterns and self-efficacy and social anxiety(N= 351)

(P<0.001)				
variable	Social Anxiety	Conversation	Conformity	Efficacy
Social Anxiety	1			
Conversation	-0.22**	1		
Conformity	0.18**	-0.15**	1	
Self Efficacy	-0.17**	0.07	-0.17	1

AS can be seen in Table 2, that between the conversation (of Family Communication Patterns) with social anxiety ($r=-0.22$) and between self-efficacy and social anxiety ($r=-0.17$) inverse relationship the association between the conformity (of Family Communication Patterns) with social anxiety ($r=0.18$) there is a significant positive relationship at 0.99 percent confidence.

Table 3. results of regression Family Communication Patterns on social anxiety

Variable Predictor	Variable criteria	F	P	R	R ²	B	t	P
Conversation	Social Anxiety	13.52	0.001	0.29	0.084	-0.19	-3.77	0.001
Conformity						0.15	2.94	0.003
Self Efficacy							-2.48	0.01

The results of regression to predict social anxiety showed that conversation and conformity (of Family Communication Patterns) 0.08 or 8% of social anxiety predicted addressing. Therefore, the conversation (of Family Communication Patterns) ($p<0.001$, Beta=-0.19) and a significant inverse relationship with social anxiety and social anxiety is predictive. Conformity is also (of Family Communication Patterns) ($P<0.003$, Beta=0.15) and a significant positive relationship between social anxiety and social anxiety is predictive. Self also ($P<0.001$, Beta=-0.12) and a significant inverse relationship with social anxiety and social anxiety is predictive. Beta standardized coefficients indicate that social anxiety if you change a score, the -0.19 The conversation and conformity score of 0.15 and -0.12 The altered efficacy.

4. Conclusion

This study aimed to investigate the relationship between family communication patterns and self-efficacy were conducted with social anxiety. Examine the relationship between family communication patterns with social anxiety showed that based on conversation and conformity can be predicted social

anxiety in adolescents. This result is congruent with the results of (Huang 1994), (Koerner and Eis, 2000), (Gudykunst and Nishida, 2001), (Kuroshnia, 2006) is consistent explanation that may be given on the assumption that family formation are the main source of personality, behavior and social norms is. No institution in terms of power and influence does not equal with the family. Type of family relationship between mental health and emotional environment of the family members is very impressive.

If families provide conditions that all family members have an opportunity to express and to freely discuss the various issues they are more intimate and mental health conditions will be such that people are less cognitive beliefs negative on their own and they are positive. And possible negative evaluation by others, not fear and anxiety in social situations are not. And the other families have cold and oppressive atmosphere, and the principle of voice, participation, discussion forums on various subjects no matches emphasis on attitudes, values and beliefs are, Children to be given the opportunity to express oneself and others instead decided and probably when they think about the different topics expression opposition and repression faced by parents or recommended to follow along with Total and the others are as time has lost his confidence and have negative expectations and predictions made about themselves and their negative evaluation and to carry out their acts in front of others, to interact with them and avoid the establishment of close and friendly relations and with social anxiety are and to review their performance is disturbed.

Examination of the relationship between self-efficacy and social anxiety showed that self efficacy is predictive of adolescent social anxiety, This result, (Hannesdottir and Ollendick, 2007), (Rodebough et al., 2006), (Morree, 2010), (Bakhtyarpour et al., 2011), (Karami et al., 2012) is consistent. An explanation that may be given for this assumption is that the self means to measure individual skills in a field not believe this person Having regard to the set of skills and what they can do under different circumstances. This means that it is possible to perform an act despite having the necessary skills and how to do it, despite the nobility of action, efficacy due to poor performance be unsuccessful; among other things, these people believe that they will act in social situations is unjustified. So that leads to undesirable social consequences. They took what they expect to have it, in your mind, and expect poor performance from themselves and this causes anxiety and social performance and will eventually drop In other social situations because of past negative events and their potential positions assumed and expected poor performance leads to show again that they have social anxiety and try to in contrast, those who avoid social situations and positive beliefs about their capabilities, will be able to use the their skills in dealing with the obstacles done a great job of dealing with different social situations not are not only anxious but because understanding it as an opportunity to update their skills and talents and offer opportunities to engage in it.

Since this study was conducted on a sample of students who are in certain circumstances adolescence; The results generalize to other populations should be made with caution, as well as non-clinical population study were adolescents thus, the generalizability of clinical population is limited, it is recommended that similar studies be done in children and adolescents clinical better results can be generalized, and in addition, because the study did not examine other factors that affect social anxiety therefore, other factors may result partly due to the fact that it is necessary to research on factors associated with social anxiety are more to be done.

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