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SOCIAL PHOBIA AS PEDAGOGICAL AND PSYCHOLOGICAL PROBLEM

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Abstract: *In this article our ambition was to investigate the problem of social phobia which starts when a person is young (kids, teens, adults). The authors describe the developing of social phobia as a combination of three factors (a person's biological makeup, behaviors learned from role models (especially parents), life events and experiences). In the article are analyzed anxiety problems of famous writers (Emily Dickinson, Emily Jane Brontë, Agatha Christie, Harriet Beecher Stowe, C.S. Lewis, George Bernard Shaw, Elfriede Jelinek) as methodological tools in the corrective pedagogical and psychological processes, like one of the pedagogical technologies in the way of deciding different aspects of the problem.*

Keywords: *social phobia, shyness, pedagogical technologies, kids, teens, adults, educational process, anxiety problems*

INTRODUCTION

Social phobia (also called social anxiety) is a type of anxiety problem. Extreme feelings of shyness and self-consciousness build into a powerful fear. As a result, a person feels uncomfortable participating in everyday social situations. People with social phobia can usually interact easily with family and a few close friends. But meeting new people, talking in a group, or speaking in public can cause their extreme shyness to kick in [10; 18]. Social phobia is a fear reaction to something that isn't actually dangerous – although the body and mind react as if the danger is real [16; 11]. Social anxiety disorder is known to appear at an early age in most cases. 50% of those who develop this disorder have developed it by the age of 11 and 80% have developed it by age 20. This early age of onset may lead to people with social anxiety disorder being particularly vulnerable to depressive illnesses, drug abuse and other psychological conflicts. Literary descriptions of shyness can be traced back to the days of Hippocrates around 400 B.C. Hippocrates described someone who "through bashfulness, suspicion, and timorousness, will not be seen abroad; loves darkness as life and cannot endure the light or to sit in lightsome places; his hat still in his eyes, he will neither see, nor be seen by his good will. He dare not come in company for fear he should be misused, disgraced, overshoot himself in gesture or speeches, or be sick; he thinks every man observes him" [15].

Shyness is a feeling of timidity, apprehension, or discomfort in at least some social situations. This term is often used to describe a personality disposition or temporary event, and less frequently in reference to a mental health concern [12].

MATERIALS AND METHODS

With social phobia person's fears and concerns are focused on their social performance whether it's a major class presentation or small talk at the lockers. People with social phobia tend to feel self-conscious and uncomfortable about being noticed or judged by others. They're more sensitive to fears that they'll be embarrassed, look foolish, make a mistake, or be criticized or laughed at [5].

Kids, teens and adults can have social phobia. Most of the time, it starts when a person is young [14]. Like other anxiety-based problems, social phobia develops because of combination of three factors: 1) *a person's biological makeup*: Social phobia could be partly due to the genes and temperament a person inherits. Inherited genetic traits from parents and other relatives can influence how the brain senses and regulates anxiety, shyness, nervousness, and stress reactions. Most people who develop social phobia have always had a shy temperament; 2) *Behaviors learned from role models (especially parents)*: A person's naturally shy temperament can be influenced by what he or she learns from role models. Shy parents might also

unintentionally set an example by avoiding certain social interactions. A shy child who watches this learns that socializing is uncomfortable, distressing, and something to avoid; 3) *Life events and experiences*: If people born with a cautious nature have stressful experiences, it can make them even more cautious and shy. People who constantly receive critical or disapproving reactions may grow to expect that others will judge them negatively. They'll be scared of making a mistake or disappointing someone, and will be more sensitive to criticism. People with social phobia can learn to manage fear, develop confidence and coping skills, and stop avoiding things that make them anxious [10; 11]. This short film helps to dispel myths and misconceptions about social anxiety disorder and provides some tools to assist people who have been diagnosed with this illness [11].

RESULTS

Physical symptoms often accompanying social anxiety disorder include excessive *blushing, sweating (hyperhidrosis), trembling, palpitations and nausea. Stammering* may be present along with rapid speech. Panic attacks can also occur under intense fear and discomfort. An early diagnosis may help to minimize the symptoms and the development of additional problems, such as depression. Some sufferers may use alcohol or other drugs to reduce fears and inhibitions at social events. It is common for sufferers of social phobia to self-medicate in this fashion, especially if they are undiagnosed, untreated or both; this can lead to *alcoholism; eating disorders* [15]. It is said in the documents that some famous authors were people with social phobia [2]. This information is very interesting for students because they've known them and read some literary works. According to our research, we can say that many authors (or representatives of arts [19]) are shy; perhaps shy people gravitate toward writing or literature is the pursuits of those who prefer to think instead of speak. While some authors embrace their shyness others have worked to overcome insecurities. Although the underlying cause of shyness differs between writers, the common thread is that writing allows a form of expression and an outlet for emotion. Here is a list of some of the most famous shy authors and how they have handled their own unique experiences with shyness. The author's career naturally lends itself to shyness; authors are able to spend most of their time alone at their craft without the worries of public scrutiny or performances. At the same time, when authors become successful, they must cope with book signing appearances and the potential to be recognized in public [4]. We would like to focus on some famous writers with social phobia.

The fact that Emily Dickinson (10.12.1830-15.05.1886) is believed to have suffered either with social anxiety disorder or agoraphobia. A noted poet and writer, she penned almost 1800 poems in her lifetime but less than a dozen were put in print during her lifetime. She was known for eccentricities such as shouting to people from the windows of her home instead of coming to the door. By the 1860s, Dickinson lived in almost complete isolation from the outside world, but actively maintained many correspondences and read widely. She spent a great deal of this time with her family. Her father, Edward Dickinson, was actively involved in state and national politics, serving in Congress for one term. Dickinson's younger sister, Lavinia, also lived at home for her entire life in similar isolation [7]. During the last two decades of her life she never left the family property. Despite her solitude, Dickinson corresponded regularly with literary figures and it is believed she had an affair with Judge Otis P. Lord of the Supreme Court; although the affair was by correspondence only. Dickinson passed away from Bright's disease on May 15, 1886 at the age of 55. Dickinson is quoted as saying: "*Saying nothing sometimes says the most*" [4]. Emily Jane Brontë (30.06.1818, Thornton, Yorkshire, England – 19.12.1848, Thornton) is known for the famous literary classic "*Wuthering Heights*". She was not the only creative talent in her family – her sisters Charlotte and Anne enjoyed some literary success as well. Her father had published several works during his lifetime too. Despite her ability to weave tales about society and people, in her personal life Emily was known to be shy and private. It is believed she wrote stories based on the gossip that she overheard rather than her own experiences; she had little contact with the world and spent her time living in fantasies of her own creation [4; 6].

Harriet Beecher Stowe (14.07.1811, Litchfield, Connecticut – 06.06.1856, Hartford, Connecticut) is a noted American author most famous for the volume "Uncle Tom's Cabin" about slavery in the United States. Her genius was in travail, and, whatever others might think, she could not stop or turn. The death of Uncle Tom was conceived at the communion table, and when her little sons heard it they declared slavery was the wickedest thing in the world. After the chapter of Eva's death, the author was prostrated three days in bed. In one sense, a wholly reverent one, it may be said that she was inspired. She was wholly beside herself and in the control of her idea. She did not consider the book hers. She belonged to the book. In her own phrase: "That wasn't mine; that was given to me". Possibly from this accustomed expression of hers came the preposterous story that the wonder-working volume was not hers, but her brother Henry's. In his jesting way he said that he wrote "Norwood", just to show what he really could do in the way of fiction, and the result "killed dead" the theory that he wrote "Uncle Tom's Cabin" [9]. Over the course of her career Stowe wrote more than 30 works including children's novels, biographies, and advice books; she was known for her conversational style. Stowe was raised in a religious family in which the children were expected to shape the world through their work. Stowe took up writing as it allowed her to express her thoughts and beliefs during a period when women did not have rights and liberties to speak publicly, hold office, or even vote. H.B. Stowe was known to be shy as a child and kept to her [4].

Agatha Christie (15.09.1890–12.01.1976) was one of the most successful crime novelists and playwrights of the 20th century. Her lifelong shyness led her to the literary world where she conjured up detective fiction with endearing characters, including the world-famous detectives Hercule Poirot and Miss Marple. Not only did Christie write 82 detective novels, but she also wrote an autobiography, a series of six romance novels under the pseudonym Mary Westmacott, and 19 plays. Christie was shy as a child; she turned to music and writing for expressing herself [4; 1].

Irish writer C.S. Lewis (29.11.1898, Belfast, Ireland – 22.11.1963, Oxford, the UK) was known for the "Narnia Chronicles". The Narnia books have since sold more than 100 million copies and are among the most beloved books of classic children's literature. When Lewis was just a boy his mother died of cancer; because of the wisdom of the time he was not allowed to grieve the loss. This early hardship is seen to have played out later in life as he became a very private and shy person. Lewis was known for not revealing his private life and feelings in his writing or even in personal relationships. It is said that his shyness sometimes appeared to turn into aggression when others tried to get too personal, but that this was just a fear of close relationships. He is said to have been too shy and modest to believe anyone would want to know him [4; 3].

We should remember George Bernard Shaw (26.06.1856, Dublin, Ireland – 02.11.1950, Hertfordshire, England), an Irish novelist and playwright known for his bold and analytical writing about contemporary issues exemplified in works such as "Pygmalion". In 1912 Shaw began work on his play *Pygmalion*. His biographer, Stanley Weintraub, points out: "Although Shaw claimed that he had written a didactic play about phonetics, and its anti-heroic protagonist, Henry Higgins, is indeed a speech professional, what playgoers saw was a high comedy about love and class, about a cockney flower-girl from Covent Garden educated to pass as a lady and the repercussions of the experiment. When the First World War began *Pygmalion* was nearing its hundredth sell-out performance and gave Shaw an excuse to wind down the production" [13]. B. Shaw grew up shy and with an inferiority complex; it is said at one time he was too nervous to even knock on the door of a friend and instead walked up and down the banks of the Thames River. Vowing not to let his fears overcome him, he built confidence through participation in oral debates. Shaw is credited with molding the thoughts of his generation and those that came after him. He received the Nobel Prize for literature in 1925 [4].

At last, Elfriede Jelinek (20 October 1946, Mürzzuschlag, Austria) was an Austrian novelist and playwright who won the 2004 Nobel Prize for Literature. Prize motivation for her musical flow of voices and counter-voices in novels and plays were with extraordinary linguistic zeal reveal the absurdity of society's clichés and their subjugating power. She studied

art history and theater at the University of Vienna. However, she had to discontinue her studies due to an anxiety disorder, which resulted in self-isolation at her parents' house for a year. During this time, she began serious literary work as a form of therapy. After a year, she began to feel comfortable leaving the house, often with her mother [8]. Elfriede Jelinek is best known for works such as "The Piano Teacher" and "Lust"; her signature style is a language that mimics musical composition. She described herself as a loner during childhood and someone who used writing and poetry as an outlet for expression. Although she accepted the 2004 Nobel Prize, she did not attend the ceremony because of self-proclaimed extreme social phobia: "*I would gladly do it but I am suffering from social phobia. I cannot manage being in a crowd of people*" [4]. Generally in addition to studying the applied, treatment-oriented aspects of disorders such as social phobia, teachers, social teachers, psychologists also complete a great deal of study on basic psychological makeup, including factors in emotional development, theories of personality, family functioning, and social influences on mental health.

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