

Level of Social Phobia among Younger Swimmers in The Sports Complex at Ain Azel, Sétif, Algeria

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Abstract:

The study aims to know the level of social phobia among younger swimmers in the sports complex at Ain Azel-Algeria, where the sample included 50 children, (male and female), which practicing swimming, using the descriptive method, also using Raulin & Wee's social phobia scale Arabization and legalization from Dr. Madjdi Mohamed Adasouki. After confirming its psychometric properties, the data are also treated by the social science's statistical software package SPSS25. The results indicate that the level of social phobia among younger swimmers is medium, we should take care about our children from this dangerous social disease by monitoring them and ensuring that they do not remain alone.

Keywords: Social Phobia; Swimming; Childhood.

Introduction:

Social stability contributes to the building of the human person, which is the one who promotes and develops his talents, making it an effective and productive instrument and a guiding force that builds the glory of the nation, makes its civilizations, human education is not merely to provide you with a wealth of knowledge by enriching the human mind with information, but rather to provide it with a pattern of values that contributes to building the human conscience so as to guide and control its behavior.

In any society, man expresses his culture, philosophy and hopes. He also aims to create a generation capable of living in the present and future and to prepare a good citizen capable of abiding by his duties and fulfilling his rights. This requires a sense of security and reassurance that if human beings are free from fear, they can contribute to society's building and development.

The so-called social phobia has also emerged in recent years, and has been identified as one of the most prominent types of phobias for its role in destroying human mental and physical health. Thus, according to studies by some researchers, such as Dr. Ali Bahri 2021, who asserts that the rate of development of this disease known as social phobia, in a significant aggravation, is about 7-12%.

Social phobia is one of the most modern diseases that has received the attention of sociology scholars and researchers, especially recently, where this disease is a relatively modern concept, so there are many Arabic translations of the foreign term, whatever the name of this concept. - Social phobia-, everyone agrees that it is an essential factor in understanding the child's social personality, this makes him or her more than just a young child in society, it is a building block in family and a fundamental source of knowledge in their view.

Here we should stop and put a line under this term - social phobia- to clarify its meaning, where we mean by social phobia: Social phobia (SP) is characterized by a marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others.(Brian Kim, 2023).

Social phobia "SOP", also known as "Social anxiety disorder" (SAD), the most common anxiety disorder; is said to be one of the most common psychiatric disorder among the academic society and student population having education ranging from primary schools to post graduation rendering institutes.(Hanaa Hamdy Ali ELzeiny, 2023).

It is also well known that childhood is one of the most sensitive stages, especially at the age of 5 to 8 years, where the child is a white page he acquires and learns the alphabets of life, which require some kind of tranquility and comfort so that the child can build a sound character, this applies to both sexes (female and male), in order to try to control children's behaviors in different ways in this period, the need of follow up this child is to avoid falling into this disease "social phobia" is of paramount importance. as it has a negative impact on children's social personality, which can result from trauma, terrifying situations or difficult

social situations in which children refuse to interact with others, all of which leads to the introversion and isolation of the child from others allowing entry in a pathological condition called social phobia, The contributions of society and the family, specifically parents, to building the child's personality and life and not being exposed to any particular social and psychological illness, are a subject that needs much research and analysis, so that we can understand how to create a sound child in all respects. This study came to achieve this goal by trying to determine the level of social phobia among younger swimmers. As a result of the above, the following questions have been raised:

- 1- What is the level of social phobia among younger swimmers?
- 2- Are there statistical differences in the level of social phobia attributable to the variable of sex (males-females)?

The objectives of the study:

The purpose of the study is to find out the level of social phobia of younger swimmers, using Raulin & Wee's social phobia scale 1994 Arabization and legalization by Dr. Mohamed Madjdi Adasouki, as well as whether there are any statistical differences between males and females in the level of social phobia. We used the descriptive method because it is compatible with the nature of the research problem.

1. Literature Review

1.1 Social phobia

Social phobia (SP) is defined as the occurrence of anxiety symptoms when the person enters an unfamiliar environment, constantly fearing that strangers will be on top of his attention and fearing that he will be humiliated or embarrassed by what he has to say. Although SP is long term and chronic, it causes intense anxiety in the exposed individual.(Ghaith, 2023).

1.2 Childhood

Childhood is defined as the period of minority, which lasts from birth until adulthood(majority). The age of maturity varies by place and purpose. For example, in the United States, at age 18, you are considered an adult for military service, but a minor for buying alcohol.(Kouadri Rana, 2022).

1.3 Swimming

Swimming is one of the kinds of water sports and it's considered the first basis, without a person's mastering of the sport he will be unable to engage in any activity in the water environment, as it differs from other sports in terms of the position of the horizontal body on the water, the regularity of the breathing process, the blows of both feet and arms and the movement of the regular head.

2. Previous Studies:

2.1 Study of Michel Sfeir MSc, Gisele Saliba MSc, Marwan Akel PhD, Souheil Hallit PhD, Sahar Obeid PhD.

" Association between perfectionism and life satisfaction among a sample of the Lebanese population: The indirect role of social phobia and validation of the Arabic version of the Social Phobia Inventory"

The purpose of this study is to assess the psychometric properties of the Social Phobia Inventory (SPIN), and evaluate the indirect effect of social phobia between perfectionism and life satisfaction (LS), we use a cross-sectional study enrolled 683 Lebanese adults (April–May 2021), the results was the confirmatory factor analysis results confirmed the one-factor solution of the SPIN items (Cronbach's alpha = 0.92). Social phobia had an indirect effect in the association between rigid, self-critical, and narcissistic perfectionism and life satisfaction the study results confirm the psychometric properties of the SPIN to assess social phobia and constitute a preliminary database of the variables that interplay with LS in the Lebanese population. Future studies should suggest clinical tools and techniques to cope with anxiety or reduce perfectionism to enhance LS.

2.2 Study of Vicki Bitsika & Chris Sharapley & David Hayene.

" Risk for school refusal among autistic boys bullied at school: Investigating associations with social phobia and separation anxiety"

Autistic youth bullied at school are at risk for school refusal (SR), which may grow from emerging SR (ESR). SR and ESR have been associated with social phobia and separation anxiety among neurotypical youth but these associations have not been studied among autistic youth. The associations between both types of anxiety and in a sample of 71 autistic boys aged 6 to 18 years ($M = 10.23$, $SD = 1.43$). Eighty-two percent of boys reported being bullied at school, and 55% of these boys asked to stay home from school. Boys who asked to stay home had a significantly higher level of separation anxiety than boys who did not ask to stay home. There was no difference between these two groups with respect to levels of social phobia. At the item level, two of the four social phobia symptoms were significantly correlated with the request to stay home from school as were seven of the eight symptoms of separation anxiety. Results suggest that autistic boys bullied at school do not seek to avoid school because they are shy in social situations, but because they want to spend time with their parents. Implications for intervention are discussed.

2.3 Study of H. Wood, S. Rusbridge, J. Lei, C. Lomax, J. Elliston & A. Russell.

" Exploring the Cognitive Model of Social Anxiety in Autistic Young People—The Central Role of Bodily Symptoms".

We explored the role of negative performance beliefs and self-focused attention considered central to psychological models of social anxiety but not studied in autism. Firstly, we compared self- and observer ratings of performance on a social task for 71 young autistic people, 41 high and 30 low in social anxiety, finding a significant main effect of social anxiety but not rater. Subsequently, 76 autistic young people, 46 high and 30 low social anxiety completed measures of interoceptive sensibility and focus of attention following a social task. Only heightened interoceptive sensibility fully mediated the relationship between self-ratings of social performance and social anxiety. These findings

suggest awareness of bodily sensations are critical to anxiety in social situations with implications for treatment.

2.4 Commentary on previous studies

In fact, all of these studies dealt with the term social phobia, but from different angles, samples, methods and statistical tools, this prompted us to do this study on a sample of swimming children, a younger category, using the Raulin & Wee's scale of social phobia, Arabization and legalization Dr. Madjdi Mohamed Adasouki, with a descriptive method.

3. Methods:

3.1 Participants

The sample included 50 younger swimmers, including 25 males and 25 females, practicing swimming in the sports complex at Ain Azel, Sétif, Algeria.

3.2 Materials

The social phobia scale includes 32 sentences established by Raulin & Wee 1994, Arabization and legalization from Madjdi Mohamed Adasouki the expression of social phobia; for each sentence, we find two answers (Yes, No), two degrees are given for the answer "yes", one degree for the answer "no", noting that questions with the number (3-7-14-16-17-27-28), corrected in the reverse, are given two degrees for the answer "no" and one degree for the answer "yes". The younger swimmer has to choose the appropriate answer. the following table shows the questions of social phobia scale:

Table 1.The Social Phobia Scale

QUESTIONS	YES	NO
I like to stay in bed so I don't see anyone.	2	1
Enjoy loneliness	2	1
I usually prefer to be in the company of friends than to be alone.	1	2
I feel an urgent desire to leave immediately as I enter an overcrowded room.	2	1
Interacting or communicating with others is a psychological burden on me.	2	1
I can't feel relaxed unless I'm alone.	2	1
I enjoy dealing with different types of people.	1	2
Get as far away from the others as possible.	2	1

I do my favorite hobbies on my own	2	1
Tell the others I'm not okay to avoid their involvement in doing some tasks.	2	1
I feel good when I'm alone.	2	1
I'm worried while I'm with the others.	2	1
I'd rather eat alone than with others.	2	1
I'd rather travel with friends than travel alone.	1	2
I prefer to go to the cinema alone	2	1
I always enjoy being with others.	1	2
I'd rather go out with friends than sit alone at home.	1	2
When I talk to others, I have a strong desire to stop talking and stay away from them.	2	1
Being with others causes me exhaustion.	2	1
I often feel like leaving parties without saying goodbye to my friends.	2	1
Even when I'm in a good psychological state, I don't prefer to be with others.	2	1
I wish the day would pass so quickly that I could be alone.	2	1
I hope the others leave me alone.	2	1
I feel safe when I'm alone.	2	1
When I sit in a crowded place, I feel strongly motivated to leave the place.	2	1
I need to be completely alone for days.	2	1
I feel good when I'm with others.	1	2
I love spending my free time with others.	1	2
When I decide to be with others, I regret it later.	2	1
I get a lot of unbearable fatigue as a result of being with others.	2	1
I consider myself to be a lonely or isolated person	2	1
I wish I could be alone or alone most of the time.	2	1

Source: by ourselves.

3.3 Validity and Reliability

3.3.1 Validity

The veracity of the construction was calculated by calculating the correlation coefficients using the Pearson coefficient between each sentence and the total score. The following table represents the total score of scale:

Table 2. The correlation coefficient between each sentence and the total score of the scale

	Corrélations of Pearson	Sig. (Bilaterale)	N
Total	,218	,129	50
I like to stay in bed so I don't see anyone.	1	,000	
Enjoy loneliness.	,194	,178	
I usually prefer to be in the company of friends than to be alone.	-,100	,491	
I feel an urgent desire to leave immediately as I enter an overcrowded room.	,050	,728	
Interacting or communicating with others is a psychological burden on me.	,066	,648	
I can't feel relaxed unless I'm alone.	-,113	,435	
I enjoy dealing with different types of people.	-,135	,351	
Get as far away from the others as possible.	,154	,285	
I do my favorite hobbies on my own	,095	,510	
Tell the others I'm not okay to avoid their involvement in doing some tasks.	-,063	,664	
I feel good when I'm alone.	,114	,319	
I'm worried while I'm with the others.	,108	,456	
I'd rather eat alone than with others.	,181	,208	
I'd rather travel with friends than travel alone.	-,062	,667	

I prefer to go to the cinema alone	,297*	,036	
I always enjoy being with others.	,095	,510	50
I'd rather go out with friends than sit alone at home.	-,062	,969	
When I talk to others, I have a strong desire to stop talking and stay away from them.	-,063	,664	
Being with others causes me exhaustion.	,042	,770	
I often feel like leaving parties without saying goodbye to my friends.	-,117	,417	
Even when I'm in a good psychological state, I don't prefer to be with others.	,062	,667	
I wish the day would pass so quickly that I could be alone.	,159	,270	
I hope the others leave me alone.	,073	,615	
I feel safe when I'm alone.	,144	,319	
When I sit in a crowded place, I feel strongly motivated to leave the place.	-,092	,523	
I need to be completely alone for days.	,042	,770	
I feel good when I'm with others.	,095	,510	
I love spending my free time with others.	-,021	,882	
When I decide to be with others, I regret it later.	-,018	,910	
I get a lot of unbearable fatigue as a result of being with others.	,124	,392	
I consider myself to be a lonely or isolated person	,062	,668	
I wish I could be alone or alone most of the time.	,040	,781	

Source: by ourselves from SPSS.

Intrinsic Validity: intrinsic Validity was calculated by the square root of the coefficient reliability, with a result of 87.74, a high intrinsic Validity.

3.3.2 Reliability

Coefficient reliability with Alpha-Cronbach: The alpha-Cronbach equation has been used to calculate the coefficients of the internal consistency of the scale, and the following table shows the results:

Table 3. Coefficient's reliability for the total score of scale

Statistiques of Reliability	
Alpha of Cronbach	Number of elements
.770	32

Source: From SPSS

Coefficient reliability with split-half method: this method was based on splitting the scale into two parts, comprising the first part of paragraphs 1 to 16 and the second part of paragraphs 17 to 32, and then calculating the correlation coefficient. and the following table shows the results:

Table 4. reliability with split-half method for the scale

Alpha of Cronbach	Part 1	Value	.530
		Number of elements	16 ^a
	Part 2	Value	.688
		Number of elements	16 ^b
	Number total of elements		
Correlationbetweensub-scales			.663
Coefficient of Spearman-Brown	equal length		.797
	unequal length		.797
Coefficient of Guttman			.795

Source: From SPSS

Through this table we note that the split-half value of Guttman is ,795. And it's a high value.

3.3.3 Statistical Analysis

Statistical processing was done by SPSS version 25, which was used to calculate validity and reliability and to analyze the results of the field study based on: Arithmetic average, standard deviation, Sample T test Independent, The Alpha Cronbach coefficient, split-half method and Pearson coefficient.

3.4 Results

3.4.1 First hypothesis

The level of social phobia among to younger swimmers is medium

Table 3. the arithmetic average and standard deviation of the sample

	N	Average	standard deviation
Total	50	44,3000	5,02748

Source: by ourselves from SPSS

It can be clear from table (3) that the average calculation of the sample is 443000, with standard deviation of 502748, compared with the average calculation of the scale is 10.33, based on the default medium, which the rating scale is 2 and the number of the phrases is 32, which means that the average calculation of the sample is in the medium level of social phobia between the field (42.33-52.66) and thus we can say the first hypothesis is proved.

3.4.2 Second hypothesis

There are statistically significant differences in the level of social phobia attributable to the variable sex (male – female).

Table 4. differences between male and female in the level of social phobia.

	sex	N	Mean	Std. Deviation	Std. Error Mean	T Value	Statistical significance (sig)
I like to stay in bed so I don't see anyone.	male	25	1.3600	.48990	.09798	-.286-	.574
	Fem ale	25	1.4000	.50000	.10000	-.286-	
Enjoy loneliness	male	25	1.2000	.40825	.08165	-.957-	.060
	Fem ale	25	1.3200	.47610	.09522	-.957-	
I usually prefer to be in the company of friends than to be alone.	male	25	1.9200	.27689	.05538	3.118	.000
	Fem ale	25	1.5600	.50662	.10132	3.118	

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I feel an urgent desire to leave immediately as I enter an overcrowded room.	male	25	1.6400	.48990	.09798	.568	.292
	Female	25	1.5600	.50662	.10132	.568	
Interacting or communicating with others is a psychological burden on me.	male	25	1.4000	.50000	.10000	.286	.574
	Female	25	1.3600	.48990	.09798	.286	
I can't feel relaxed unless I'm alone.	male	25	1.4000	.50000	.10000	-.560-	.352
	Female	25	1.4800	.50990	.10198	-.560-	
I enjoy dealing with different types of people.	male	25	1.3600	.48990	.09798	-.568-	.292
	Female	25	1.4400	.50662	.10132	-.568-	
Get as far away from the others as possible.	male	25	1.3600	.48990	.09798	1.255	.016
	Female	25	1.2000	.40825	.08165	1.255	
I do my favorite hobbies on my own.	male	25	1.7200	.45826	.09165	.596	.243
	Female	25	1.6400	.48990	.09798	.596	
Tell the others I'm not okay to avoid their involvement in doing some tasks.	male	25	1.3200	.47610	.09522	.303	.548
	Female	25	1.2800	.45826	.09165	.303	
I feel good when I'm alone.	male	25	1.5200	.50990	.10198	-.278-	.620
	Female	25	1.5600	.50662	.10132	-.278-	
I'm worried while I'm with the others.	male	25	1.0800	.27689	.05538	-1.549-	.002
	Female	25	1.2400	.43589	.08718	-1.549-	
I'd rather eat alone than with others.	male	25	1.2000	.40825	.08165	-.335-	.505
	Female	25	1.2400	.43589	.08718	-.335-	
I'd rather travel with friends	male	25	1.8000	.40825	.08165	1.255	.016
	Female	25	1.6400	.48990	.09798	1.255	

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than travel alone.	ale						
I prefer to go to the cinema alone	male	25	1.2400	.43589	.08718	-.915-	.076
	Fem ale	25	1.3600	.48990	.09798	-.915-	
I always enjoy being with others.	male	25	1.6800	.47610	.09522	.000	1.000
	Fem ale	25	1.6800	.47610	.09522	.000	
I'd rather go out with friends than sit alone at home.	Male	25	1.8000	.40825	.08165	.957	.060
	Fem ale	25	1.6800	.47610	.09522	.957	
When I talk to others, I have a strong desire to stop talking and stay away from them.	male	25	1.3200	.47610	.09522	.303	.548
	Fem ale	25	1.2800	.45826	.09165	.303	
Being with others causes me exhaustion.	male	25	1.2400	.43589	.08718	.000	1.000
	Fem ale	25	1.2400	.43589	.08718	.000	
I often feel like leaving parties without saying goodbye to my friends.	male	25	1.1600	.37417	.07483	-1.014-	.044
	Fem ale	25	1.2800	.45826	.09165	-1.014-	
Even when I'm in a good psychological state, I don't prefer to be with others.	male	25	1.3600	.48990	.09798	1.255	.016
	Fem ale	25	1.2000	.40825	.08165	1.255	
I wish the day would pass so quickly that I could be alone.	male	25	1.1600	.37417	.07483	.400	.425
	Fem ale	25	1.1200	.33166	.06633	.400	
I hope the others leave me alone.	male	25	1.0400	.20000	.04000	-1.033-	.036
	Fem ale	25	1.1200	.33166	.06633	-1.033-	
I feel safe when I'm alone.	male	25	1.5600	.50662	.10132	.278	.620
	Fem ale	25	1.5200	.50990	.10198	.278	
When I sit in a	male	25	1.5600	.50662	.10132	1.124	.587

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crowded place I feel strongly motivated to leave the place.	Fem ale	25	1.4000	.50000	.10000	1.124	
I need to be completely alone for days.	male	25	1.2000	.40825	.08165	-.652-	.196
	Fem ale	25	1.2800	.45826	.09165	-.652-	
I feel good when I'm with others.	male	25	1.8000	.40825	.08165	1.844	.001
	Fem ale	25	1.5600	.50662	.10132	1.844	
I love spending my free time with others.	male	25	1.6000	.50000	.10000	.840	.352
	Fem ale	25	1.4800	.50990	.10198	.840	
When I decide to be with others, I regret it later.	male	25	1.2000	.40825	.08165	-.335-	.505
	Fem ale	25	1.2400	.43589	.08718	-.335-	
I get a lot of unbearable fatigue as a result of being with others.	male	25	1.1200	.33166	.06633	-1.414-	.005
	Fem ale	25	1.2800	.45826	.09165	-1.414-	
I consider myself to be a lonely or isolated person.	male	25	1.2000	.40825	.08165	.361	.472
	Fem ale	25	1.1600	.37417	.07483	.361	
I wish I could be alone or alone most of the time.	male	25	1.1200	.33166	.06633	-.400-	.425
	Fem ale	25	1.1600	.37417	.07483	-.400-	
Total	male	25	44.6400	3.41419	.68284	.474	.107
	Fem ale	25	43.9600	6.30132	1.2602 6	.474	

Source: by ourselves from SPSS.

We note from the table that the arithmetic average of males is valued at 44,6400, with a standard deviation of 3,41419, which is bigger than the arithmetic average of the females estimated at 43,9600, with a standard deviation of 6,30132, and calculated value of T among to males and females is .474, the same, and sig is .107, which means that there are no statistically significant differences between the two sexes in the level of social phobia.

3.4.3 Discussions

It can be seen from a statistical perspective from table (3) that the level of social phobia is average and the results of the average calculation of the average of social phobia were equal to 44,3000, an average value in the statistical area of the level of social phobia, This may go back to a childhood that is difficult and mysterious during which the child is confused, and most of his psychological conditions, the physiological and physical conditions change, From children's answers to the scale of social phobia, we note its moderate impact. The results of the current study were consistent with the Arifin arifin study to highlight that the Teachers and parents must pay close attention to the golden age phase of early infancy since children's growth and development can occur swiftly during this time. In the early childhood learning process, it is crucial to transfer knowledge so that children can acquire information, including the introduction of objects into the child's environment. (Arifin Arifin, 2023), Furthermore, intimidating attitudes and horror has the role of promoting children ' social phobia due to its negative effect on their psychological and mood condition. Refaa Said Mohamed Ghamidi's study states that behavioral guidance program has many benefits, therapeutic and preventive, the study recommended the importance of detecting mental disorders in general and social phobia especially among students at an early age in order to develop appropriate treatment for them. In the light of the recommendations, the researcher suggested conducting further studies to know the prevalence of social phobia among adolescents and young people Pre-university. (Ghamidi, 2019), It can also be because the coronavirus pandemic has significantly affected the level of the child's social phobia as well as the physiological changes that follow this stage, as agreed by the Lunisi study, that children and adolescents should be encouraged to engage in sports activities. (Said, 2021). Reaching a medium level of social phobia does not mean that children of both sexes are in good social condition, but can be attributed to the surrounding environment and lack of safety and tranquility, which contributes to the exacerbation of this disease in each child.

Through the results of the table (4), we have note that there are no statistically significant differences between the males and females in the level of social phobia, this may be because both sexes are at the same age where childhood are affected and their behaviors change, they are undergoing the same physiological and psychological changes. Also the coronavirus pandemic we have experienced is not an easy phase, but it has a significant impact on children's social phobia, especially as they are in a period requiring continuous care and monitoring by parents and society.

It is important to maintain the social safety of children boys and girls, as well as being the builders of the future. Therefore, the primary officials for children the parents. It is advisable for parents to accompany their children especially in this sensitive period that will determine the child's personality after. Where both males and females live in the same volatile psychological conditions and needs.

4. Conclusions and suggestions

Social phobia has become a vital part of how people face the great challenges that matter to their lives, and that is what we have tried to prove in this study.

Moreover, we were able to answer the problem of our research that is to know the level of social phobia among younger swimmers, using Rulin & wee's social phobia Scale .

Finally, we suggest to: adopt and introduce swimming in training and use a new and diverse program mentoring programmed preventive to mitigate the effects the social phobia of children, taking account the environment and the environment surrounding the child.

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