

**GENDER CHARACTERISTICS OF SOCIAL ANXIETY AMONG STUDENTS****Odinayeva Shohsanam Shamsiddin qizi**

Lecturer of the Tashkent branch of the University of Business and Science

**Annotation**

This article analyzes the gender characteristics of social anxiety among students from a psychological perspective. Social anxiety is interpreted as an emotional and psychological state that arises due to a person's fear of being evaluated by other people, the possibility of criticism or rejection. During the study, the level of social anxiety of students was studied using psychological methods and an attempt was made to identify differences between male and female students. The results of the study showed that the level of social anxiety is higher in female students than in male students. This is explained by the level of emotional sensitivity, the influence of social stereotypes, and high sensitivity to interpersonal relationships. The results of the study are of great importance in improving the activities of psychological services in educational institutions and developing the process of social adaptation in students.

**Key words**

social anxiety, gender characteristics, student youth, emotional state, psychological adaptation, interpersonal relationship, social psychology.

**Abstract**

In this state, gender characteristics of social anxiety among students are analyzed. Sotsialnaya trevojnost rassmatrivaetsya kak emotsionalno-psychologicheskoe sostoyanie, vznikayushchee v situatsiyax sotsialnogo vzaimodeystviya, kogda chelovek ispytyvaet strax otsenki so storony okrujayushchix. V sledovanii byli izuchenyi urovni tsialnoy vojnosti u studentsov spolzovaniem psykologicheskikh metovov, a takje vyavleny razrichi medu mujchinami i zhenshchinami. The results of the study showed that the level of social anxiety is higher in students than in students. This is related to emotional sensitivity, the influence of social stereotypes and personality traits. Poluchennye results can be used for the improvement of psychological assistant students and educational institutions.

**Key words**

social anxiety, gender idiosyncrasy, students, emotional state, personality relationship, social psychology.

The study of the emotional and social states of a person is one of the important scientific directions in modern psychology. Analyzing psychological problems, especially among young people, identifying their causes and developing ways to overcome them is one of the urgent tasks today. The student period is an important stage of development in human life, during which a person is formed socially, professionally and personally. Therefore, the emotional stability and social adaptation of a person during this period are of great importance.

In the consciousness of each person, biological sex and social role are so intertwined that all his actions seem to be predetermined: psychological qualities, activities, female and male professions and behaviors are an example of this. The biological difference of people is manifested as a sign of social difference and becomes an important basis for defining a person in the social space and shaping his destiny. A person who has mastered material and spiritual values becomes an active participant in this culture. Differences in the behavior of men and women are formed mainly in the process of their socialization and identification with a certain gender. At the same time, the perception of oneself as a man or a woman with corresponding

character traits, according to the world-famous geneticist Richard Lewontin, is primarily based on which gender one belonged to in childhood. The scientist argues that biological differences are not the direct cause of social role differentiation, but rather serve as signals. These differences are reflected in the patterns of social behavior of femininity and masculinity: femininity is often characterized by introversion, is associated with calmness and sentimentality, while masculinity is usually characterized by independence, self-confidence, and active extroversion.[1]

Social anxiety is a psychological condition associated with a person's fear of being evaluated by other people in social situations. This condition can manifest itself in the process of speaking in front of a group, meeting new people, participating in discussions, or expressing their opinions openly. Individuals with high levels of social anxiety often try to avoid social situations, which can negatively affect their personal development and social activities.

In psychology, the problem of social anxiety has been studied by many scientists. Among foreign researchers, scientists such as D. Myers, P. Zimbardo, M. Leary have studied the psychological mechanisms of social anxiety and its impact on personality development. Among Uzbek psychologists, E. G'oziyev, V. Karimova, B. Qodirov, Z. Nishonova, Sh. Scientists such as Dostmuhamedova have conducted important scientific research on personality psychology, emotional processes, and youth psychology.

Biological, psychological, and social factors play an important role in the formation of social anxiety. At the same time, the gender factor is also important. The concept of gender represents the social roles, behavior, and psychological characteristics of men and women in society. As a result of different social demands placed on men and women in different cultures, their emotional reactions can also be formed differently. These gender characteristics are manifested differently in different countries. The reason goes back to cultures. In Eastern countries, women and girls have stronger social anxiety, and the words of those around them have been considered important.

The main purpose of this study is to determine the gender characteristics of social anxiety among young students and to analyze the psychological aspects of this problem on a scientific basis.

#### Research methodology

This study was conducted among young students studying in higher education institutions. Students studying at different faculties were involved in the research process, and special attention was paid to ensuring the representativeness of the sample. The main goal of the research was to determine the level of social anxiety in students and to analyze the psychological differences between male and female students on a scientific basis.

A number of scientific methods were used in a comprehensive manner in the implementation of the research. In particular, the level of social anxiety of students was diagnosed through the psychological test method. This method made it possible to determine the emotional reactions of students in various social situations and assess their internal psychological state.

The observation method was also used as an important component of the research. With the help of this method, the behavior of students in the audience, the process of speaking in front of a group, and their emotional states during participation in group discussions were systematically observed. The results of the observation made it possible to identify and analyze the external manifestations of social anxiety.

In addition, the subjective attitude of students to social situations was studied through the interview method. During individual and group interviews, the students' attitude towards public speaking, the level of excitement in the process of adapting to a new social environment, and psychological barriers to free and open expression of their opinions were identified.

The study was organized in three stages:

Theoretical stage - the scientific literature on the problem was analyzed and the methodological foundations of the study were determined.

Empirical stage - practical data were collected through psychodiagnostic tests, observations and interviews.

Analytical stage - the results obtained were statistically and qualitatively analyzed and summarized.

#### Analysis of research results

The results of the empirical study showed that the level of social anxiety among young students manifests itself in different forms and with different intensities. In particular, it was observed that some students behave freely and confidently in social situations, including public speaking or participation in group discussions, while another group of students experienced significant psychological discomfort and excitement in these situations.

The analysis of the results obtained through observational methods showed that female students show more obvious external signs of social anxiety during public speaking. In particular, changes in the tone of voice during the speech, a decrease in the speed of speech, hesitation in expressing thoughts, and general signs of insecurity were observed. These phenomena can be explained by the higher emotional sensitivity of female students.

#### Male students

In the activity of the r, the external manifestation of social anxiety was observed to a relatively lesser extent. However, the results of the interview methods showed that some male students also had internal excitement and anxiety during public speaking and adaptation to a new social environment. This suggests that social anxiety may be more hidden or manifested in men in the form of internal experiences.

Based on the generalization of the research results, it can be noted that social anxiety occurs in both sexes, but the level and forms of its manifestation have their own differences. Statistical and qualitative analyses showed that the level of social anxiety in female students is higher than in male students.

#### Discussion

The results of the research confirm the existence of gender characteristics of social anxiety. In particular, the relatively higher level of social anxiety in female students is explained by a number of psychological and social factors.

First, a higher level of emotional sensitivity in women can cause stronger psychological reactions to social situations. This increases their sensitivity to the opinions and assessments of others. As a result, female students are more concerned about how they present themselves in a social environment and how they are perceived by others.

Secondly, gender stereotypes formed in society also have a significant impact on the level of social anxiety. According to traditional views, women are expected to have such characteristics as modesty, prudence, and gentleness. These social expectations can create psychological barriers to their free and active expression in front of the community.

Thirdly, the subjective importance of interpersonal relationships is also an important factor. The results of the study show that social connections and interpersonal relationships are of high value for female students. Therefore, they pay more attention to the evaluations and attitudes of others, which in turn can lead to an increase in the level of social anxiety.

Thus, it is determined that the gender aspects of social anxiety are formed as a result of the interaction of biological, psychological, and social factors. This situation indicates the need to develop differential approaches in working with students, taking into account gender characteristics.

#### Conclusions and practical recommendations

The results of the study showed that social anxiety is one of the most common psychological phenomena among students. It was found that gender characteristics are an important factor in the formation and manifestation of this condition.

As a result of empirical analysis, it was observed that the level of social anxiety in female students is higher than that of male students. These differences are explained, first of all, by the higher level of emotional sensitivity, the influence of gender stereotypes formed in society, and the subjective importance of interpersonal relationships. At the same time, it was also noted that social anxiety in male students can manifest itself in the form of more hidden, internal experiences.

Based on these results, the need to improve the activities of psychological services in educational institutions was substantiated. In particular, the use of differential approaches in the process of working with students, taking into account gender characteristics, is of great importance. It is advisable to systematically organize psychological trainings, communication skills development programs, and individual and group psychological counseling aimed at reducing social anxiety.

The social organization of society is a system of functionally interconnected statuses and roles. Currently, society demands a culture of the individual, including the personality of a highly educated specialist. According to N.B. Krylova, the assimilation of cultural norms in the educational process creates a moral environment that contributes to the formation of true intellectuals. The formation of human culture (men and women) is a complex process of enriching individuality, in which the formation of personal culture and the formation of intellectual virtues are interconnected. Intelligence describes the social behavior of men and women, indicates the level of their intellectual, moral and aesthetic maturity [2].

Intelligence combines various aspects of human learning, worldview, adherence to certain ideas and values that ensure mutual understanding and interaction between people. In this regard, the task of higher education is to prepare a specialist who can combine professionalism in work with a high general culture, culture of communication and behavior, culture of scientific work, worldview, political, moral and other [3].

Also, in the future, a deeper study of social anxiety, the development of innovative psychological methods aimed at its prevention and reduction will remain a scientifically and practically relevant task.

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