

Understanding the vicarious mechanism of social anxiety in profession

Elpidio H. Nodado, Jr.*

Abstract: The study asserts to determine the social anxiety experience among professionals and their mechanism predisposed in work. The social experience tends to threat individual personality engaging social interaction with unpleasant perceptual beliefs and shattered with negative effects. The principal purpose of this study was to find out the understanding of vicarious mechanism of social anxiety, the discomfort and loneliness associated with the discrepancy of self-concept that develops between men and women, which could freely exercise the feeling of security and less suspicion in the profession. The awareness catches a direct information to correct the negative practices and to change what is appropriate and ceasing the formidable behavior that is identified as social and personal odds. The self-hurtful situation is often and corollary producing drives to tension and unacceptable attitude with the underlying effects of frustration and emptiness. The study employed a descriptive and evaluative method of research using quota sampling techniques and adopted a checklist, which consist of a set of self-made questionnaires. The collection of data was made for statistical treatment using the centrality of frequency distribution, percentage and chi-square. The test significant difference is at 95% level with 4 degrees of freedom. The respondents were working professionals composing 60 males and 60 females that included in any kind of expertise consisting of 120 respondents utilized in the study. The results of the study revealed that most of the behavior displayed by the respondents manifested negative and the impact is intense and crucial to individual that characterized by withdrawal in the social context. The complexities and disappointment are excessive and unable to manage the ill-feeling experience and have the tendency to increase risk depression.

Keywords: vicarious, mechanism, social anxiety

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INTRODUCTION

In modern society, a large scale of working human capital is described as proactive and diverse. It is capable of acquiring information and skill and is openly regarded as the deepest and the highest physical and manual aspect in the social order of profession. A good conduct serves as the basis of understanding of being equitable and advance and adopted a quality output for social life. However, the well-designed contributions are the concerns for individual welfare which provides services and environment that is safe, stimulating and acceptable which gives a more positive feeling towards their work and in accordance to the orientation of society. Consequently, the characteristics of working professionals secure the efficient ways of serving quality understanding in extending hand in a larger group, with approved ways in maintaining a stable relationship. But these yield positive responses from the experience have parallel and restraint, uncontrolled emotions with a predisposed anxiety experience. It is even prone to expose to various ill-adapted responses through social interaction in their respective event of assignment. These changes of relationship of life experience follow a different disappointment and a variety of adjustments. The changes mark the end of one kind relationship pattern of social relations which is directed with the prevalent of social anxiety experience and profoundly affects the individual and usually contradicts the condition within and the conflict of expressions which create adverse feature and reaction to individual. The expression is constantly producing a distractive effect that classifies anxiety associated with frustration and discomfort. This provides a consistent personal pattern and often enough to believe of the attitudes spare from interpersonal situation. Yet, along this light, the situations are difficult to recognize and this constitutes uncomfortable relationship among individuals, and the outcome with impartial respect.

Notably, the conditions among professionals may become social frustrations and are treated with impartial respect and oriented behavior towards differences which are articulated to understand the possibilities of the ill- balance of social anxiety that is largely determined by forces. Describing the individuals and the extent to which they conform to certain ways of behaving to a different level of the experience prompted are unreasonable.

Meanwhile, some concrete implications of this view are the individual experiences which contain uneasy and directed signs of disturbances which continuously persist, and the feeling of distress which is more severe compared to the usual trend of experience. The inclusion of mechanism in dealing with the type of predicament is constantly experienced by individuals.

Social anxiety has mainly demonstrated an institutional pattern that predetermined the desired condition occurred, and it is always asserted to be related to overestimating the negative aspect of social interaction and the positive aspect of social life. Hence, social anxiety tends to overestimate the threat of social interaction, the likelihood of negative outcomes and consequences.

According to the self-presentation theory of social anxiety (Leary and Kowalski 1995, 243), a person can feel socially anxious when he wanted to impress someone but doubt his ability to do so. This kind of individuals with extreme social anxiety is likely to view themselves as having more flaws or deficits, than those who rarely feel social anxiety. The idea is likely to notice the smiling, nodding faces in the crowd, and fail to pick up the subtle hints that someday want to spend more time. Thus, people with social anxiety frequently avoid social interaction and miss out important positive experience.

The dimension of social anxiety relating to the performance of profession is important to note as evident reinforcement mechanism that assumes one of the greatest problems of our time, specifically the predisposed complexities among individuals that continuously produce a remarkable change totally contributing into a larger context of effects of men and women's attitudes.

THEORETICAL CONSIDERATIONS

The study is anchored on the evolutionary theory of Paul Gilbert (2001, 723-751) which suggests that social anxiety is a mechanism that evolved of facilitated group cohesion. A society is consisting of people of different social ranks. A person of lower rank on the social hierarchy would experience anxiety when interacting with higher ranking group members. Such anxiety would lead a person to display submissive behavior, avoiding eye contact and prompt them to avoid doing anything that eventually cause conflict. Anything that increases social status such as receiving promotion can cause tension and conflict with others of higher status, whereas fear of negative

evaluation is relevant to other psychological conditions, such as depression.

In social settings, individuals with social anxiety often use strategies to avoid negative outcomes. These strategies are used to prevent bad outcomes, but often get in the way of having a good outcome. Hayes, Luoma, Bond, Masuda, and Lillis (2006) generously described the social anxious people with what is immediately rewarding as tending to escape or avoid social situation in order to minimize the potential for unpleasant feelings. In other words, the way people with high social anxiety control their emotions not only makes their social situations less pleasant in the moment but also limits their capacity for pursuing rewarding opportunities afterward. Consistent with this, is one of the greatest problems which is the massive increase of a high and intolerable stress experienced by the individual in the society and its vulnerability in the profession that demands a constant persistent action that endures strength and toughness closely connected with the concept of resiliency of life.

According to the cognitive theory (Huppert, Roth, and Foa 2003, 289-296), one of the theories about social anxiety is the pattern of thought and belief which plays an important role in social anxiety. Targeting these thoughts and beliefs can be a helpful way to treat it. These patterns of thinking (to overestimate the level of threat in social situations, underestimate their ability to handle social situations, expect negative outcomes from interaction in social environment, overestimate the consequences of these negative outcomes of these beliefs and expectation) often lead to avoid social interaction.

On the other hand, according to Beck (cited by Jacofsky et al. 2019a) problems occur when distorted thinking patterns influence the interpretation of environment events. In other words, our behavior is not really determined by what is actual happening in the environment. Instead, our behavior is determined by our thoughts about what is happening. Therefore, our behavior is significantly influenced by our perception and interpretations of the environment. The way we interpret environmental events is a function of our core schema.

Moreover, Leary, Kowalski, and Campbell (1988, 308-321) presented the self-presentational concerns of the generalized impression expectancy, examining the degree to which socially anxious people's interpersonal concerns reflect doubts about their personal self-presentational efficacy versus a generalized belief that people tend to evaluate others unfavorably. In the first study, subjects

imagined how another person would evaluate them after a brief glance, after 5 minutes' conversation, or after a prolonged interaction. Compared to subjects low in social anxiety, socially anxious subjects thought they would be evaluated more negatively in every condition. Likewise, the study is corroborated by Mansell, Ehlers, and Clark (2010) who investigated how attention to negative and positive social evaluative words is affected by social anxiety, traits and the expectation of social threat. High and low socially anxious individuals carried out modified dot-probe task either while expecting to give a speech or under non-threatening conditions. High socially anxious individuals showed no significant attention bias towards or away from social evaluative words.

METHODOLOGY

The study engaged a descriptive and evaluative method of research using quota sampling technique and adopted a checklist which consists of a set of self-made questionnaires. The researcher prepared validation of the instruments undergone a series of evaluation from experts to determine the reliability and appropriateness of statements intended. The respondents of the study were the working professionals in any kinds of expertise consisting of male (60) and female (60); the sum of 120 covers the twin city Dipolog and Dapitan for the year 2018-2019. A checklist questionnaire utilized to determine the response as perceived by the respondents; the first part of the instrument is the profile of the respondents, and the second part is a set of questions that focuses mainly on the experiences of social anxiety. Permission from the concerned respondents was sought, and the researcher proceeded to the distribution of questionnaires. The respondents have given ample of time to accomplish the data needed. Moreover, the collection of data was made in order to tally and subject data for statistical treatment, using the centrality of frequency distribution, percentage and chi-square. The test of significant difference is at 95% level of confidence with 4 degrees of freedom.

RESULT AND DISCUSSION

Generally, the description of a respondent's profile indicates the result of income, length of service and educational attainment and the types of works. The female respondents have greater number of matured individuals as compared to the male respondents. On the other hand, majority of the male and female respondents have similar range of

income. The length of respondents' service quite evidently shows little difference as we can observe on the table percentage presented. The female respondents have a better educational attainment than the male. Moreover, the types of work, as compared to the ranking of the respondents, point out majority of responses belonging to the types of profession considered as most stressful and experienced more social anxiety stressor.

Table 1. Frequency (F) and percentage (%) of male and female professionals according to *age, monthly income, length of service, and educational attainment*

Age	Male		Female	
	F	%	F	%
51 and above	0	00.00	0	00.00
46-50	3	05.00	4	06.66
41-45	5	08.33	8	13.33
36-40	15	25.00	18	30.00
31-35	17	28.33	12	20.00
26-30	16	26.66	15	25.00
21-25	4	06.66	3	05.00

Monthly Income	Male		Female	
	F	%	F	%
Above 53,000	0	00.00	0	00.00
48,000-53,000	3	05.00	1	01.66
42,000-47,000	4	06.66	5	08.33
37,000-41,000	9	15.00	8	13.33
31,000-36,000	15	25.00	11	18.33
25,000-30,000	13	21.66	18	30.00
Below 25,000	16	26.66	17	28.33

Length of Service	Male		Female	
	F	%	F	%
31yrs. and above	4	06.66	5	08.33
26 yrs. - 30 yrs.	6	10.00	4	06.66
21 yrs. - 25 yrs.	17	28.33	20	33.33
16 yrs. - 20 yrs.	14	23.33	17	28.33
Below 20 yrs.	19	31.66	14	23.33

Monthly Income	Male		Female	
	F	%	F	%
Ed.D.-Ph.D.	0	00.00	0	00.00
Ed.D.-Ph.D. units	3	05.00	7	11.66
MS and MA	16	26.66	15	25.00

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MS and MA units	23	38.33	18	30.00
Bachelor degree	18	30.00	20	33.33

Table 2. Frequency and percentage of respondents according to *type of work*

Type of Work	Frequency	Ranking
Teacher	29	1
Manager	13	2
Bank Teller	11	3
Accountant	10	4
Nurse	9	5
Cashier	8	6
Doctor	8	6
Politician	8	6
Sales Agent	6	7
Supervisor	5	8
Office Clerk	4	9
Fire Fighter	3	10
Police Officer	3	10
Computer Programmer	2	11
Hospitality	2	11
Librarian	1	12
Entrepreneur	0	0
Writer	0	0

Table 3. Frequency and percentage of male and female respondents with the *types of employed institution and the level of management*

Type of institution	Male		Female	
	F	%	F	%
Public	37	61.66	41	68.33
Private	23	38.33	19	31.66
Level of management	Male		Female	
	F	%	F	%
Top Level Management	3	05.00	1	01.66
Middle Management	16	26.66	10	16.66
First Level Management	41	68.33	49	81.66

Majority of the female respondents are employed in the public institution, with 41 or 68.33, while the opposite with 37 or 61.66 percent. The level of management was 41 or 68.33 percent of the male respondents occupying a position in the first level management of their respective institution, while the female respondents gathered 49 or 81.66 percent with the same level occupied and the remainder existed as primary level management position.

The table 4 below shows the frequency and ranking of the anxiety experience of respondents, and the public speaking is the greater number of responses as to the experience evidently labeled rank number one.

Table 4. The frequency and ranking of respondents with regards to *anxiety experience*

Type of Anxiety Experience	Frequency	Ranking
1. Public speaking	71	1
2. Making a small talk	34	2
3. Being assertive at work	9	3
4. Eating in public	6	4

Table 5 discloses the data on ability to handle social situations. On the item no. 3 indicates the significant response perceiving a poor self-identity and no purpose in the social interaction order with 41 or 68.33 percent out of 60 respondents for male; and 39 or 65.0 percent of the 60 female respondents that are described, developed and characterized by over stated feeling of consequences when making mistakes, generally avoiding to become involved with the spectrum of society. On the other hand, both responses show a situation that leads into demoralization of individual usually confronted and associated with an increase risk and of negative effects. It means that people think of different ways of coping with every situation, of reacting and interpreting openly, yet unable to manage the pain experience an event must seem taxing and disturbing that evolves within. This is corroborated with the study of Chester A. Insko (1984) on the balance theory, which described the structures of people’s opinions about other individuals and objects as well as the perceived relation between them. The central notion is the certain structures between individuals and the object, somehow associated with an uncomfortable feeling of negative affect that leads people to strive for balance structures and to avoid the imbalanced.

Table 5. The frequency and percentage distribution of male and female as to *ability to handle social situations*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
1. Manifests negative feelings and believes one’s worth.	34	56.66	26	43.33	36	60.00	24	40.00

2. Develops an overestimated feeling of consequences when making mistakes.	39	65.00	21	35.00	37	61.66	23	38.33
3. Perceives a poor self-identity and no purpose in the social order.	24	40.00	36	60.00	41	68.33	19	31.66
4. Feels loneliness that only reinforces negative self-image.	29	48.33	31	51.66	26	43.33	34	56.66
5. Displays rottenly some pervasive feelings of being unloved, awkward or incompetent.	35	58.33	25	41.66	32	53.33	28	46.66

Table 6. The frequency and percentage distribution of male and female as to *hypersensitive to criticism*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
6. Shows sensitivity and leads an individual to be negatively impacted with any activities.	25	41.66	35	58.33	38	63.33	22	36.66
7. Pushes an extreme defensiveness and experiences such as anger shame in extreme cases.	33	55.00	27	45.00	31	51.66	21	35.00
8. Gives a living of sustaining life with envisage meeting of expectations for yourself.	20	33.33	40	66.66	34	56.66	26	43.33
9. Responds not only with feelings but with damaging behavior.	39	65.00	21	35.00	43	71.66	17	28.33
10. Demonstrates the first instinct to respond effectively to outside comments that feels like.	36	60.00	24	40.00	46	76.66	14	23.33

Table 6 presents the second indicator of being negative and hypersensitive to criticism. The findings imply that majority of the female respondents describe item no 9 with 39 or 65 percent, and reveal that most responses are not only with feelings but with

damaging behavior, while the opposite disclosed 46 or 76.66 percent demonstrate the first instinct to respond the outside comments that felt like. On the other hand, items imply that the range result with the description is significant as perceived by the respondents; and there are indicators of a negative result. This means that respondents are very much affected due to some predisposing behavioral social dysfunction activities that are not supposed to be in every situation that warded the feeling of individual. This is corroborated with the social impact theory developed by S. G. Harkins and B. Latane (1998), predicting that people’s personal attitudes, behaviors and perceptions will tend to an emotional deprivation and, at group level, clustering depends on the strength.

Table 7. The frequency and percentage distribution of male and female as to *humiliation elicited by critical person*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
11. Behaves and chooses to isolate oneself from people.	34	56.66	26	43.33	39	65.00	21	35.00
12. Shows uncomfortable meeting with unfamiliar people and acts distantly.	48	80.00	12	20.00	35	58.33	25	41.66
13. Provides range of evidence by not making eye to eye contact when someone is talking.	39	65.00	21	35.00	41	68.33	19	31.66
14. Enables individual to perceive social prediction and danger.	25	41.66	55	91.66	29	48.33	31	51.66
15. Maintains intense self-awareness and reviews situation regularly.	33	55.00	27	45.00	38	63.33	22	36.66

As presented, the data with avoidance, shame and humiliation were 48 or 80 percent of female respondents who admitted they experienced uncomfortable meeting with unfamiliar people and acted distantly. Meanwhile the male respondents were 41 or 68.33 percent. It follows with the other item descriptors showing responses as they perceived the idea experienced by both respondents. This means, however, affirming the actuations are considered unpleasant and may be led to a

stigma that cannot be easy to forget, data show predominantly the respondent's behavior is outwardly despair due to some insecurities and pain affecting the individual's feelings. The result was attested by Roy Baumeister's escape theory used in his 1990 study underlying on behaviors that enable a person to flee from negative perceptions of the self and interpret meaning based on how well the identity falls short as well as realizing that part of the identity fails to meet desired standards.

Table 8 reveals the conflict between the need for independence and fear of rejection. The data frequency and percentage are considered high in both respondents showing a premature expectation, and sometimes leading to fantasize with 43 or 71.66 percent for female and 46 or 76.66 for male. It is shown a little difference in terms of response and a stifled inner feeling of both respondents experiencing sad excitement of behavior, manifesting the weaker points of the individual's personality affected. This indicates that the causal perception tends to be considered unacceptable and the impact is negative to the type of predicament in life. Moreover, the complication of inferiority is difficult to overcome easily. A similar and equally powerful fear is a fear of rejection (Taboas 2015); the most common fears refer to failure and rejection. While cultures tend to promote the message of failure as unwanted, our social instincts tend to drive our need for affiliation and behaviors that protect us from being ostracized from the group.

Table 8. The frequency and percentage distribution of male and female as to *need for independence and fear of rejection*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
16. Deals with someone about mistake or divulges inner feeling on how to tolerate others.	20	33.33	40	66.66	23	38.33	37	61.66
17. Develops the actual degree when that of any expectation is threatened.	33	55.00	27	45.00	35	58.33	25	41.66
18. Creates an event that makes it seem unlikely to make you feel devastated and emotionally unstable.	41	68.33	19	31.66	37	61.66	23	38.33
19. Shows and develops	43	71.66	17	28.33	46	76.66	14	23.33

a premature expectation and sometimes leads to fantasize.

20. Gets into the process of meeting others and involves in a situation where people don't treat well.	28	46.66	32	53.33	32	53.33	28	46.66
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Table 9. The frequency and percentage distribution of male and female as to *expecting the worst possible*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
21. Develops emotional stunts, being unable to experience mature emotions and remorse.	36	60.00	24	40.00	43	71.66	17	28.33
22. Displays an attitude that could stop promoting accomplishment long enough.	43	71.66	17	28.33	38	63.33	22	36.66
23. Pushes often the good in manipulating others to bend rules for them.	19	31.66	41	68.33	25	41.66	35	58.33
24. Recognizes and comes across as confident, exciting and the most endearing person.	31	51.66	29	48.33	37	61.66	23	38.33
25. Strives to employ that everyone else is less intelligent, experienced or likable.	28	46.66	32	53.33	33	55.00	27	45.00

The above table presents the responses of fear being unable to expect the worst possible. The data manifests 43 or 71.66 of male respondents rated the highest response and admitted to openly develop emotional stunt and unable to experience mature emotions and remorse. However, the female respondents generate 43 or 71.66 for the second item, which is to display an attitude that could stop promoting accomplishment long enough. This may turn into negative attitude due to some unacceptable feeling and despair that would result and provide unproductive life. The idea is described by Richard Solomon's

opponent process theory (1980), taking into account emotional events and states. In exposures to an emotion eliciting event, an act of the individual towards a state of emotional homeostasis or neutrality following an intense emotional episode, and later acquiring effects, can eventually give way to a prevailing experience.

Table 10 discloses the avoidance factor of the respondents. The result revealed the highest frequency of 49 or 81.66 percent of the female respondents that affirmed the idea with regards to the item which described learning and recognized that thought are openly distorted in building a self-regulated image, a certain behavior and the aversive effect to individual. Meanwhile, the male’s response to item no. 26 is considered as alarming data pointing out and tries to avoid situations that might trigger intense feeling with the frequency of 48 or 80 percent, showing the unhealthy response and inappropriate stigma; which makes no sense in terms of contemporary situation. On the other hand, the number of items represents a response as regards the use of mean to avoidance and experience associated with emotional disturbances, the response manifest in such self-deluding mechanism to rationalize the feeling of shame. This means withdrawal and control from social groups and countering of experienced effects but shaped by given condition. The study shows design with the Mowrer’s two-factor theory of avoidance, as cited by Jacofsky et al. (2019b) in explaining the development and maintenance of phobias. The study combined the learning principles of classical and operant conditioning for behaviors that often led to further distress; it proposed the avoidance or escape from anxiety.

Table 10. The frequency and percentage distribution of male and female as to *avoidance mechanism*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
26. Tries to avoid situations that might trigger intense feeling.	43	71.66	17	28.33	48	80.00	12	20.00
27. Organizes and typically thinks a way out from uncomfortable emotions, thoughts and feeling.	48	80.00	12	20.00	43	71.66	17	28.33
28. Reduces the psychological grip of	29	48.33	31	51.66	32	53.33	28	46.66

intrusive thoughts to tune of mood.									
29. Learns to soften rather than tense in response to trigger thoughts and feeling.	45	75.00	15	25.00	39	65.00	21	35.00	
30. Learns and recognizes that thoughts are openly distorted in building a self-regulated image.	49	81.66	11	18.33	46	76.66	14	23.33	

Table 11 discloses data on defense mechanism. Items were found to be attributed to several factors that truly need attention by the respondents; these items seem to be effective in everyday life for a way to reduce stress that comes along. Some gathered data revealed a numerous 56 or 93.33 percent of female, along with 58 or 96.66 percent of male respondents, normally utilized defensive technique to protect from the extreme experience with the latter mechanism to avoid any distress that carried it out defenses coupled with negative factors that totally destroy the individual life. In the context of data presented, majority pays attention in other forms of preventions as well as activities in order to protect themselves against negative impression that may ruin their live; also, spending and adjusting willful actions that create a healthy and harmonious life in the society. This means that the feelings firmly believed to be anxious whenever the experience is downgraded and distinctly complex, the individuals tend to be clever enough to protect, and always to provide a condition of regaining themselves, to overcome anxiety in life. The psychoanalytic theory of Daniel Schacter (2011) states psychological strategies brought into play by the unconscious mind to manipulate, deny or distort reality in order to defend against feeling of anxiety and unacceptable impulses, and to maintain one’s self schema(s), burying a painful feeling or thought from one’s awareness even though it may resurface in a symbolic form.

Table 11. The frequency and percentage distribution of male and female as to *defense mechanism*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
31. Refuses to accept reality or fact, acting as if painful events,	48	80.00	12	20.00	53	88.33	7	11.66

thoughts or feelings did not exist.									
32. Reverses to an earlier stage of development in the face of unacceptable thought or impulse.	31	51.66	29	48.33	37	61.66	23	38.33	
33. Performs an extreme behavior in order to express other people, and strives to find another representation of their self in order to continue the moment instead.	53	88.33	7	11.66	57	95.00	3	05.00	
34. Shows unclear in expressing of feelings or impulses onto another person.	49	81.66	11	18.33	48	80.00	12	20.00	
35. Exercises that seem to be an effective way to reduce stress.	56	93.33	4	6.66	58	96.66	2	03.33	

Table 12. The frequency and percentage distribution of male and female as to *cognitive mechanism*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
36. Focuses in an alternate behavior between tensing and relaxing different muscle throughout the body.	25	41.66	35	58.33	31	51.66	29	48.33
37. Self-monitors the very basic coping strategy that can easily be learned and quickly applied.	38	63.33	22	36.66	43	71.66	17	28.33
38. Learns how to be more active in areas that are pleasurable and can improve one's mood.	29	48.33	31	51.66	21	35.00	39	65.00
39. Moves forward and weights the short-and-long-term pros and cons	33	55.00	27	45.00	39	65.00	21	35.00

of situation.

40. Releases emotional pain afterward to probably feel better at least for a little while.	57	95.00	3	05.00	59	98.33	1	01.66
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Table 12 shows that both respondents perceived that naturally releases the emotional pain afterward to feel it better at least for a little while with 57 or 95 percent and 59 or 98.33 percent respectively. The data deduced the condition of being emotional thwarted into realization by substituting common sense application, by handling situation that clearly described a mechanism fostering a positive disposition in uplifting behavioral perspective. Nonetheless, it can be observed that the respondent was found in attentive in handling situations such anxiety that always persist and create an unwholesome and unhealthy life experience. The study corroborates with the theory of mind by H. Gweon and R. Saxe (2013); it appears to be an innate potential ability in humans that requires social and other experience over many years for its full development, in so far as the mind is the only thing being directly observed. At stake is the presumption that humans can only intuit the existence of their own mind through introspection, that no one has direct access to the mind of another, and the understanding of others’ emotions and actions, being able to attribute mental state to others and to understand the cause of behavior.

Table 13. The frequency and percentage distribution of male and female as to *self-harm mechanism*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
41. Expresses the feeling about works like sadness, self-loathing and emptiness.	56	93.33	4	06.66	49	81.66	11	18.33
42. Feels controlled, relieves guilt, or punishes oneself.	49	81.66	11	18.33	51	85.00	9	15.00
43. Distracts yourself from overwhelming emotions or difficult life circumstances.	28	46.66	32	53.33	38	63.33	22	36.66
44. Makes the feeling alive simply on something that	35	58.33	25	41.66	40	66.66	20	33.33

deviates the real experience, instead of feeling numb.

45. Directs the people often to shore up insecurities or remorse after doing something.	31	51.66	29	48.33	39	65.00	21	35.00
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The feeling about work reveals, in item 41, the sadness, self-loathing and emptiness, which are described with 56 or 93.33 percent out of 60 respondents from the male. Meanwhile, the descriptors on the next item mark 51 or 85 percent. This generally gives the idea of creating pattern of behavior of self-inflated image to maintain. It means that it is the normal reaction of the respondents to create a behavioral protection to any form of social disgrace in order to protect and maintain, to design constructive tendencies against anxiety. The idea is related with Solomon’s approach of the psychological and neurological model that accounts for a wide range of behaviors, implying that with repetitions the opposite effects of a provocative stimulus are strengthened, which is behaviorally manifested (Solomon 1980, 692-696).

Table 14 exhibits the perceived data on rationalization. The descriptor refers to a tendency of self-deluding by believing of doing something to understand an intense experience that develops a direct anxiety, which associates the feeling of inadequacy. The data show that both respondents are dealing with an impulsive defense against the predisposing anxiety experience. This means that the attitudes of the respondents turning outward through this process are trying to assimilate the experience to achieve balance in a different aspect. According to GoodTherapy’s study (2016), rationalization is the mechanism for the ego’s attempt to make a particular action acceptable to the superego and the part of a person demanding moral behavior are too uncomfortable or painful for people to face it. Most of us are engaging in rationalization that can be adaptive to protect people from unsafe emotions and motivation.

Table 14. The frequency and percentage distribution of male and female as to *rationalization mechanism*

Items	Female				Male			
	Yes		No		Yes		No	
	F	%	F	%	F	%	F	%
46. Develops the mental attribute to outburst in a	58	96.66	2	03.33	56	93.33	4	06.66

situation outside your control.									
47. Strives to twist things that blame to someone else for provoking.	53	88.33	7	11.66	49	81.66	11	18.33	
48. Combats the aggressive feelings of emotion or reaction towards other destruction.	59	98.33	1	01.66	51	85.00	9	15.00	
49. Has difficulty to understand the feelings with a projected flaw that construed as critical.	57	95.00	3	05.00	53	88.33	7	11.66	
50. Provides warm emotional security and determines the desire of good results.	19	31.66	41	68.33	16	26.66	44	73.33	

Anxiety may be felt at all levels and by anyone. In this respect, defense mechanisms perceived by individuals to be useful may be manifested by anyone. Table 15 provides evidence based on respondents selected that gender does not dictate on what mechanism is necessary. These respondents are those in their most productive age, of the first level of management, working as teachers or in a bank, with at least 21 years of work experience, and mostly holding a master degree. The same group commonly experiences anxiety in verbal communication both in speaking with the public or in a small talk. Literature on models of personality provides that the mechanisms necessary at a point in time is dictated by the id, ego and super-ego.

Table 15. Test of *difference*

Indicators	Chi-square Value	Critical value	Decision	Remarks
Ability to handle social situations	4.495	9.488	Accept Ho	Not Significant
Hypertensive to criticism	3.424	9.488	Accept Ho	Not Significant
Humiliation elicited by critical person	3.052	9.488	Accept Ho	Not Significant
Need for independence and fear of rejection	0.652	9.488	Accept Ho	Not Significant

Understanding the vicarious mechanism of social anxiety

Expecting the worst possible	1.607	9.488	Accept Ho	Not Significant
Avoidance mechanism	1.135	9.488	Accept Ho	Not Significant
Defense mechanism	0.446	9.488	Accept Ho	Not Significant
Cognitive	2.445	9.488	Accept Ho	Not Significant
Self-harm	2.495	9.488	Accept Ho	Not Significant
Rationalization	0.241	9.488	Accept Ho	Not Significant

Level of *significance* set at 0.05 with 4df

CONCLUSION

This is an overview on how the individual tends to experience and cope with the problems of social anxiety. The relationships between individuals create and modify personality, and continually translate from personal trouble into public issue with certain degrees of disappointment characterized by withdrawal in the social context. The effects develop a stigma and they make unable to manage the intense negative experience; the individual risks to become anti-social, to assume the difficulty of balancing the ill feeling and to get a tendency of increasing the threat of humiliation. The implicit self-hurtful dismay outwardly drives to unacceptable attitudes with psychological effect. The long haul of frustration and emptiness often occurs. It is to identify the degree of social acceptability by underlying mechanism to create and avoid the anxieties of life.

The learned idea that is associated with rejection from the social strata is the primary concern as a determinant of our action to respond in a favorable or unfavorable manner as regards the other individuals' conditions enabling to develop a viable relationship.

RECOMMENDATION

Based on the results of the study, the researcher hereby recommends the following:

1. It should be a psycho-social support to increase awareness and to accurate information of social isolation associated with risk factor to override emotional upheaval that potentially disrupt individual; to devalue itself leads to strained interaction, with serious effects and a tendency to perpetuate the behavior.

2. It is necessary to establish a powerful education concerning the anxiety prevention, to gain full awareness of the norms and beliefs governing knowledge and a right perspective able to avoid unhealthy effects against the individual pattern of behavior.
3. It is required to design a new concept of social pattern of wellness program, able to guide behavior and to facilitate the appropriate healing from forming emotional disturbances that so much affects the individual.
4. Further studies should be conducted to enhance more rational understanding among individuals who experience ambivalence change of mood, pain and shame, to improve working conditions and to remove negative thoughts that affect them.
5. It is necessary an essential tool to form trans-valuation values for reflection when troubles occur within the character of individual; and the range of immediate relations with others to serve the good interest.

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