Prediction of children's social anxiety based on emotional atmosphere of the family and parental perfectionism

John Mohammadi R.[1], Pouyamanesh J.*[2], Taghilou S.[3]

Abstract

Introduction: Social anxiety is a kind of anxiety that is characterized by constant and severe fears in social situations and disrupts at least part of everyday activities of an individual. The purpose of this study was to predict social anxiety based on family atmosphere and parental perfectionism.

Methods: This is a correlational study. The population of this study consisted of 300 elementary school students in the 22nd district of Tehran who were selected by available sampling method. In order to collect the data, the Watson & Fred's social anxiety inventory Family Affective Intelligence Questionnaire and Frost Multidimensional Perfectionism Questionnaire were used. To analyze the research hypotheses, multiple regression analysis was used.

Results: The results showed that the emotional atmosphere of the family negatively and significantly predicted the social anxiety of children (P <0.01) (p <0.001), and among the components of parental perfectionism, concern about mistakes, doubts Parents' positive actions and criticisms and personal standards negatively and significantly predict social anxiety in children.

Conclusion: The findings of this study indicate the importance of parental perfectionism and family affective atmosphere and its impact on social anxiety in children.

Keywords: Family affective atmosphere" Parental perfectionism" Social Anxiety

[1] - Psychology, Azad University, Shahrekhodas Branch, royajanmohamadi@gmail.com

[2] - Corresponding author, PhD in psychology, faculty member of Abhar Azad University, Pooyamanesh@yahoo.com

[3] - PhD in Psychology, Faculty Member of Astara Azad University