

# A Study on the Effect of Fear Mediation between College Students' Self-Esteem and Social Anxiety

Li Li

*Hebei University of Water Resources and Electric Engineering, 061001, China*

**ABSTRACT.** *This paper explores the role of fear in self-esteem and social anxiety by using the positive and negative evaluation of fear scale, self-esteem scale and social interaction anxiety scale, and conducts a questionnaire survey with a college student as an example. The results show that the positive evaluation fear scale has good reliability and validity in the wood research university students. Positive evaluation of fear and negative evaluation of fear play a partial mediating role between self-esteem and social anxiety. The mediating effect value is 47.17%, that is, self-esteem directly affects social anxiety on the one hand, and fear and positive through negative evaluation on the other hand. Evaluating fear affects social anxiety.*

**KEYWORDS:** *College students; Self-esteem and social anxiety; Evaluation of fear mediating effect*

## 1. Introduction

### 1.1 Research Object

In Fuzhou, two universities (one provincial key university and one municipal university) were selected for questionnaire survey, 700 questionnaires were distributed, and 655 valid questionnaires were collected. The effective recovery rate was 93.57%. Among them, boys 393 People, accounting for 60%; 261 girls, accounting for 40%, one gender was not filled. 184 students in freshmen, accounting for 28.1%; 297 in sophomores, accounting for 45.3%; 109 in juniors, accounting for 16.6%; and 65 in seniors, accounting for 9.9%.

### 1.2 Research Tools

Using the positive evaluation fear scale, the higher the scale score, the more fearful the positive evaluation of others. The higher the negative rating, the higher the score of the fear scale, the more negative the fear of others. The higher the score

of the self-esteem scale, the higher the level of self-esteem. The higher the social interaction anxiety scale score indicates the higher the level of social anxiety.

### ***1.3 Data Processing Tools***

Participants were class-based. The survey used a unified instruction to conduct collective testing. After completing the questionnaire, the questionnaire was collected on the spot. Data statistical analysis was performed using SPSS16.0 and AmosS. 0 statistical software.

## **2. Results**

### ***2.1 Positive and Negative Evaluation of the Fear Scale in the Mediation of Self-Esteem and Social Anxiety***

#### **(1) Self-Esteem, Negative Evaluation of Fear, Positive Evaluation of Fear and Social Anxiety Correlation**

The results showed that self-esteem was negatively correlated with social anxiety, and negatively correlated with positive evaluation of fear and negative evaluation of fear. Positive evaluation of fear, negative evaluation of fear and social anxiety are positively correlated. Self-esteem, positive evaluation fear, negative evaluation fear, and social anxiety are significantly related, which is suitable for structural modeling. This result indicates that positive and negative evaluation of fear may have a mediating effect on self-esteem and social anxiety.

#### **(2) Self-Esteem, Positive and Negative Evaluation of Fear Influence Social Anxiety Path Model Analysis**

The results show that self-esteem can directly affect social anxiety, while negative evaluation of fear and positive evaluation of fear have a significant impact on social anxiety. Self-esteem, negative evaluation of fear, positive evaluation of fear have a direct effect on social anxiety of 0.28, respectively. 0.50, 0.320 according to the corresponding effect decomposition, further understanding that self-esteem is negatively evaluated for fear ( $\beta = 0.25, p < 0.001$ ) and positive evaluation fear ( $\beta = 0.38, p < 0.001$ ) It has a significant impact and has a problematic impact on social anxiety through these two dimensions ( $\beta = -0.25, p < 0.001$ ). The direct effect of self-esteem on social anxiety ( $\beta = -0.28, p < 0.001$ ) and questioning The effects ( $\beta = -0.25, p < 0.001$ ) reached a significant level, and the total effect of self-esteem on social anxiety ( $\beta = 0.53, p < 0.001$ ) also reached a significant level. Then, the ratio of the mediating effect to the total effect is 47.17% ( $-0.25/0.53$ ). Specifically, the impact of college students' self-esteem on social anxiety is achieved through direct channels, and on the other hand through influence. The negative evaluation of fear and the positive evaluation of fear are achieved through this approach.

### **3. Discussion**

This study mainly examined the relationship between self-esteem, negative evaluation of fear and positive evaluation of fear and college students' social anxiety. The results showed that the positive evaluation fear scale had good faith and validity in the sample of college students in this study, which met the requirements of psychometrics[1]. There is no gender difference in positive evaluation of fear, which is consistent with existing research. Self-esteem, negative evaluation of fear and positive evaluation of fear are significantly related to college students' social anxiety, and are also consistent with relevant literature reports. More importantly, this study included four variables, self-esteem, positive evaluation fear, negative evaluation fear and social anxiety, into an integrated model. Based on the mediation model's compliance with the model test requirements, the study found that self-esteem not only has a direct impact on college students' social anxiety[2], but also affects social anxiety through negative and positive evaluation of fear. Specifically, negative evaluation of fear plays a partial mediating role in self-esteem and social anxiety. This conclusion validates the study of Kocovski and Endle (2000b), while the partial mediation of positive evaluation of fear extends Kocovski and Endle. (2000b) Research conclusions.

#### ***3.1 The Impact of Self-Esteem on Social Anxiety***

Self-esteem affects people's thinking, emotions and behavior. From the perspective of self-esteem fear management theory, self-esteem is an "anxiety buffer". The power of self-esteem makes individuals less affected by anxiety and less likely to produce anxiety-related behaviors. The ground is affected by anxiety and is more likely to produce behaviors related to anxiety. From the perspective of social measurement theory[3], self-esteem is an internal reflection of individual interpersonal relationship. When there is a problem in individual interpersonal relationship, self-esteem as a social measure will send a signal that the individual's self-esteem will decline and cause individual anxiety. In short, there is a significant negative correlation between self-esteem and social anxiety, and low self-esteem individuals have higher levels of social anxiety. This conclusion is consistent with previous research results[4].

#### ***3.2 Evaluation of Fear Mediating between Self-Esteem and Social Anxiety***

Self-esteem not only directly affects college students' social anxiety, but also shows that the evaluation of fear plays a very important role in the influence of self-esteem on social anxiety. Self-esteem also evaluates the mediating role of fear through positive and negative. Affecting college students' social anxiety[5].

High self-esteem individuals tend to seek self-validation, and even negative feedback information is accepted. Low self-esteem individuals tend to seek self-protection. Specifically, on the one hand, low self-esteem individuals always try to protect income, and worry about the negative of others. Losing income or

negative evaluation, on the other hand, they also evade positive or positive evaluations and do not expect to benefit. Therefore, even the successful experience of giving low self-esteem will not enhance their self-evaluation, but will allow them to experience greater anxiety. This is consistent with the findings of this study, that is, self-esteem and negative evaluation of fear, positive evaluation of fear are significant negative correlations, indicating that low self-esteem individuals are not only afraid of negative evaluation of others, but also worry about the positive evaluation of others.

In addition, there is evidence that positive evaluation of fear and negative evaluation of fear are positively predicting obedience behavior, which indicates that individuals who are afraid of negative evaluation and fear of positive evaluation should follow the rules as much as possible, maintain consistency with social groups, and avoid embarrassment. Not willing to perform well. This is the same as low self-esteem individuals who always avoid others' attention to their abilities, neither want to give a negative impression nor expect a positive impression. Therefore, the influence of self-esteem on social anxiety is also achieved by evaluating the partial mediation effect of fear. On the other hand, low self-esteem individuals are afraid of losing in interpersonal communication, evading the negative evaluation of others, and thus raising the level of social anxiety; on the other hand, others Positive evaluations or successful experiences can also cause greater anxiety in low self-esteem individuals.

In general, the ratio of the mediating effect to the total effect is 47.17%, indicating that the discovery of this mediating effect is very practical. On the one hand, it suggests that the impact of self-esteem on social anxiety is complex, and self-esteem is not only It directly affects social anxiety and is influenced by other factors (such as positive and negative evaluation of fear); another force-face, the discovery of this mediating role will contribute to the ten pre-treatment of socially anxious individuals.

### ***3.3 Social Anxiety Counseling and Clinical Treatment Enlightenment***

In the consultation and treatment of social anxiety individuals, we must pay attention to the role of self-esteem. Increased levels of self-esteem play an important role in improving social anxiety. So, how should we improve the level of self-esteem? In previous studies, low self-esteem individuals were considered to be overly concerned with the negative evaluation of others[6], so they emphasized the positive, positive feedback or successful experience of giving social anxiety to individuals in counseling and treatment. Trying to improve their self-esteem. But in fact, low self-esteem individuals are also worried about the positive evaluation of others, even if positive evaluation or successful experience can not improve their self-confidence and improve social anxiety. In the counseling and treatment of social anxiety individuals, on the one hand, it is necessary to improve the self-esteem of socially anxious individuals, to help them correctly self-evaluate, especially to correct their excessive self-protection psychology, and to change the false beliefs of social incompetence. At the same time, if the current social anxiety cognitive therapy only

deals with the negative evaluation of fear is insufficient, the cognitive behavioral therapy of the current social anxiety individual can be added to the positive evaluation of fear, and the positive social feedback is included in the low self-esteem. In the self-pattern of social anxious individuals, changing the negative perception of social anxiety, or using exposure therapy to change the discomfort caused by positive social feedback, and thus improve the treatment effect.

### **Acknowledgments**

Funded project: humanistic and social science research project of higher institutions in hebei province: psychological intervention study of virtual reality exposure on social anxiety of college students (project no. : SZ18094)

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