



OPTIMISM AS A PREDICTOR FOR PERCEIVED STRESS AND SOCIAL INTERACTION ANXIETY AMONG YOUNG ADULTS

Analysis based on overall sample and gender differences

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Abstract: This study is focused on investigating how optimism impacts perceived stress and social interaction anxiety. Focus is also put on understanding how the relationships differ between different genders. A sample of 229 young adults (age range of 19 to 25 years) had been chosen. It consisted of 135 men, 92 women and 2 from other gender. Each participant was given three questionnaires to fill – the ‘Revised Life Orientation Test’, the ‘Perceived Stress Scale’ and the ‘Social Interaction Anxiety Inventory’. T-test, correlation and regression were used to draw relevant inferences. It was concluded that the level of optimism is inversely related to the level of perceived stress and to the level of social interaction anxiety. When analysed in terms of gender, it was concluded that females showed stronger inverse relationship between optimism and perceived stress and between optimism and social interaction anxiety than males.

Index Terms – Optimism, Perceived stress, Social anxiety

I. INTRODUCTION

The basic aim of this research is to establish a relation between optimism, perceived stress and social interaction anxiety, with major focus put on studying how optimism levels in a sample of participants might affect the levels of perceived stress or experienced social interaction anxiety in the same sample. Optimism, or a person’s positive outlook in life, impacts almost all major belief systems, emotional reactions and actions – whether a person views novel adventures as good or bad, meeting people as good or bad, having changes as good or bad etc. Thus optimism plays a big role in life. Stress is a phenomenon that almost every person deals with at some level. Social interaction inhibition is also something that is talked about a lot recently - how it is one big factor in human beings becoming isolated and more and more socially estranged. Human beings in spite of being social animals are losing the social touch. Young adulthood is a period of rapid and drastic transitions and societal pressure, thus making this age group greatly susceptible to emotional, psychological and behavioural influences. This makes the choice of young adults as the sample beneficial. Since stress and social interaction anxiety both seem to hamper life activities and mental well-being greatly, studying the correlations between the three would help in stress management and also may lead to improvement in social interactions and relations. This would ultimately lead to improved mental well-being, specifically for the young adult population.

1.1 Optimism

Optimism is one of the most prominently discussed and researched topic under the field of psychology. It has its roots majorly in the subdomain of positive psychology, which essentially focuses on individual character strengths and building a life of meaning. Optimism, if put in the simplest and lay-man terms, is the overall feeling of positivity that one associates with people, situations and the world in general. American Psychological Association defines optimism as “the attitude that good things will happen and that people’s wishes or aims will ultimately be fulfilled. **Optimists** are people who anticipate positive outcomes, whether serendipitously or through perseverance and effort, and who are confident of attaining desired goals. Most individuals lie somewhere on the spectrum between the two polar opposites of pure optimism and pure pessimism but tend to demonstrate sometimes strong, relatively stable or situational tendencies in one direction or the other.” (APA Dictionary of Psychology, n. d). Optimism has two main approaches or theories, which are distinct from each other in a fundamental way. The first theory of dispositional optimism talks about the trait of optimism that is present in some people from early on. The specific definition states that "Dispositional optimism is the generalized, relatively stable tendency to expect good outcomes across important life domains." (Scheier & Carver, 1985). The other theory talks about how one’s positive outlook in life is primarily based on one’s way of attribution more than

based on trait. Thus Explanatory optimism, also known as attributional theory by Seligman (1975), takes into account dispositional optimism and pessimism and states that this optimistic or pessimistic feeling is based on what causes one assigns to situations or what inferences one draws out of situations. This current research study focuses majorly on dispositional optimism and how it impacts one's worldview. Researches have shown for men and women to possess different levels of optimism.

1.2 Perceived stress

The beliefs that one possess is expected to deeply impact how one perceives situations and events in life. Thus there is a strong possibility that a less optimistic person may feel easily hopeless, dejected or stressed when faced with a challenging situation, compared to an optimistic and hopeful person. This feeling of overwhelming stress with regards to situational triggers is what perceived stress is all about. Phillips, A. C. (2013) defined perceived stress as essentially the thought or feeling that one has regarding how much stress he or she is under at a given point of time. It revolves around an individual's appraisal of his or her environment based on his or her coping abilities. Thus, upon facing the same overwhelming situation, one can perceive it as more stressful than another person based on the differences in their understanding, judgment and belief in one's abilities. Researches have shown that perceived stress levels differ across male and female. Graves B. S. (2021) found females scoring significantly higher on stress scale than males, while Kumari, S. (2017) found men to possess more stress than females. The relationship between these two have been studied extensively as well. Joshi and Joshi (2021) found results which established a negative relationship between optimism and perceived stress- as optimism levels in an individual increases, perceived stress levels decreases. This can be explained easily by understanding that as positivity in life increases, one tends to be more hopeful about consequences of situations and feel more in control. There was a study by Gustafsson and Skoog (2012) which investigated the relation between burnout symptoms and optimism and had stress as a mediator and showed that optimism had a negative relation with stress. Similar results were found in the study by Rajan & Babu. N C², (2021).

1.3 Social Interaction Anxiety

Not only situations and events but optimistic beliefs impact the way people perceive other people and social interactions - while an optimistic person may view opportunities of social interactions as positive or even exciting, a less optimistic person may view such opportunities as overwhelming and anxiety provoking. Thus, a relationship can be established between optimism and social interaction anxiety as well. Social interaction anxiety is essentially a strong apprehension or fear of interpersonal exchanges such as during meeting other people, starting conversations with people, talking in social gatherings, sharing own views in front of others, asking for assistance from people etc. (Mattick & Clarke, 1998). It is essentially a part of social anxiety. Such pervasive fear often overtakes one's whole life (NIMH, n. d). There are differences observed with respect to how intense social interaction anxiety is for different people- some people feel the apprehension in some particular situations while some people experience the said symptoms across all social situations. Signs of social interaction anxiety may include intense fear of being judged or humiliated by others, feeling of being constantly possibly criticized by others, intense fear of interacting with strangers, avoidance of speaking in public places, avoidance of social situations in entirety, extreme scrutinization of own behaviour in front of people, finding flaws in own behaviour continuously etc. As a result of this intense fear, many physiological changes may occur – blushing, trembling, palpitation, extreme sweating, fast breathing and heartbeat, upset stomach, dizziness, nausea etc. (Mayo Clinic, 2021). Gender differences in social interaction anxiety are partially determined by socio-cognitive factors (Bussey and Bandura, 1999). Gender Role theory attaches different attributes to femininity and masculinity according to the culture. (Bem and Lewis, 1975). Bahrami, F. (2011) concluded in his study that girls experience more anxiety than boys due to their metacognitive beliefs and thought control patterns. Same results were found in the study by Rana et al. (2013). There are also studies that show that there exists no significant difference between men and women with respect to social anxiety (Baloglu et al, 2018).

It can be concluded that with regards to optimism, perceived stress and social interaction anxiety, majority of the work has been done in the sphere of optimism and perceived stress taken as variables, with very little work been done with respect to taking optimism and social anxiety and optimism and performance anxiety. Almost no work has been done exploring the relation between optimism and social interaction anxiety as variables. Also most studies have been conducted outside the Indian population. Although young adult as the age group for sample has been well explored by researchers, I was able to find very few researches that analyzed the results with respect to gender differences. With regards to these gaps in research, my study is expected to be relevant and expansive.

II. METHODOLOGY

2.1 Aim

Optimism as a predictor for perceived stress and social interaction anxiety among young adults

2.2 Research Problem

To examine the relationship between optimism and perceived stress and between optimism and social interaction anxiety among young adults and also to study the relations with respect to gender differences

2.3 Objective

O1: To find the relation between optimism and perceived stress

O2: To find the relation between optimism and social interaction anxiety

O3: To understand the difference in relation between optimism, perceived stress and social interaction anxiety among male and female

2.4 Hypotheses

H1 – Lower level of optimism would lead to higher perceived stress among young adults

H1 – Lower level of optimism would lead to higher level of social interaction anxiety among young adults

H1 – Females show a stronger negative correlation between optimism and perceived stress than males

H1 – Females show a stronger negative correlation between optimism and social interaction anxiety than males

2.5 Research Design

For this particular study, the correlational research design has been used. A correlational research design essentially studies the relationship between variables without the researcher manipulating or controlling any of them. A correlation reflects the strength and/or direction of the relationship between the two (or more) variables which can either be a positive relation or a negative relation to be precise. (Das & Das, 2017). In this study, correlational research design has been used because the researcher aims to understand how optimism impacts perceived stress and social interaction anxiety. However the researcher is not manipulating the presence or levels of the variables in the sample in any way. The aim is to only study the present relations.

2.6 Description of the sample

A sample of 229 young adults had been chosen for this particular study. All the participants were within the age range of 19-25 years, and belonged to varying socio-demographic background. The sample consisted of 135 men, 92 women and 2 from other gender. For choosing the appropriate sample, the purposive sampling technique had been used. The purposive sampling technique involves the process where each subject in the sample is selected because he or she has the characteristic or set of characteristics that the researcher is looking for to have in the sample. In other words, units are selected "on purpose" in purposive sampling (Nikolopoulou, K., 2022). In sampling design, inclusion and exclusion criteria were well taken care of while choosing the participants. Inclusion criteria included- young adults falling in the age group of 19-25. Exclusion criteria included- individuals belonging to other age groups, people with diagnosed severe psychological disorder, and people with diagnosed severe physical disorder.

2.7 Tools used for data collection

2.7.1 Life Orientation Test-Revised – This particular tool was given by Scheier and Carver in 1985. Later, Scheier and colleagues gave the revised version in 1994. LOT-R is used essentially to assess the level of optimism. The test consists of 10 statements or items. Out of those, 3 statements are positive, 3 are negative while 4 are filler items which the researcher is not supposed to score. The participants are asked to rate how much they agree with each of the items and based on their views are asked to choose their appropriate response from the Likert scale. The scale ranges from 0 to 4 (strongly disagree to strongly agree) (Joshi & Joshi, 2021). Scoring is done by scoring only items 1,3,4,7,9,10, with 3, 7 and 9 being reversed. High or low scores indicate high or low levels of optimism. Global internal consistency is moderate (.72) and reliability is high with Brief Symptom Inventory. (Scheier, et al. 1994)

2.7.2 Perceived Stress Scale – This test was developed by Cohen and his colleagues in the year 1983. PSS is a tool that is used to measure how much subjects perceive or believe that they have the ability to cope with stressful events in their lives. It essentially has two parts – lack of control (how helpless one feels in situations) and self-efficacy (how well one believes one can handle stressful situations). This particular scale consists of 10 items. Individuals are expected to rate them on a Likert-type scale ranging from 0 to 4 (never to very often). In scoring, the scores of 4 items are reversed while the scores of 6 items are kept as it is and then the score across all items are added to get the total score. Higher scores indicate more perceived stress. (Joshi & Joshi, 2021). On an average, a score between 0-13 is considered indicating low stress, from 14-26 is indicating moderate stress and from 27-40 is indicating high stress. When tested among majorly Americans, it showed moderate internal consistency reliability (.78) and average concurrent validity (.39) (Baik, et al. 2019).

2.7.3 Social Interaction Anxiety Scale – This particular scale is a self-report scale that measures distress or anxiety during interaction with others. It was developed by Mattick and Clarke in 1988. SIAS consists of 20 items and each item needs to be answered in a 5-point Likert scale. The options range from 'Not at all characteristic of me' to 'Extremely characteristic of me'. Total score in SIAS tool is obtained by adding up all the scores from individual items. Research has shown that a higher score in this scale represent a higher level of social interaction anxiety (Cao et al., 2016). Cronbach's α for this scale ranges from 0.88 - 0.93 (Mattick & Clarke, 1998). Relevant research also found the test-retest reliability to be around 0.92 (de Beurs et al., 2014). The scale also has high discriminant validity (Fergus et al., 2012). Convergent validity is above 0.50.

2.8 Statistical tools employed

The major statistical tools employed were, mean, standard deviation (s.d.), correlation and linear regression

i) Mean – It is basically the arithmetic average of a set of scores. It is calculated as the sum of all the scores in a sample divided by the sample size.

$$\bar{x} = \frac{\sum x}{n}$$

ii) Standard Deviation – Standard deviation is defined as the deviation of the values or the data from the average mean. Lower standard deviation means that the values are very close to their average. Higher standard deviation means that the values are far from the mean value.

$$s.d. = \sqrt{\frac{\sum(x - \bar{x})^2}{n}}$$

iii) Correlation – The Pearson's correlation coefficient or the product-moment correlation coefficient measures the magnitude and direction of the relation between two variables in a sample, when the relationship can be described in the form of a straight line.

$$\rho_{(x,y)} = \frac{cov(x,y)}{\sigma_x \sigma_y}, \text{ where } cov(x, y) \text{ is covariance between } x \text{ and } y \text{ and } \sigma \text{ is the standard deviation (s. d)}$$

iv) **Regression** – Regression predicts the most likely value of a variable on the basis of the given value or values of other variable or variables. In case of correlational studies, regression helps to assess the strength of the linear relationship and also the impact of one variable on the other/others. (Das & Das, 2017)

2.9 Procedure

The following steps were undertaken to conduct this study-

- 1) The sample is collected using the mentioned appropriate sampling technique.
- 2) Then each subject in the sample is given the three questionnaires – that is Perceived Stress Scale (PSS), Social Interaction Anxiety Scale (SIAS) and Revised Life Orientation Test (LOT-R)
- 3) The subjects are instructed to fill in the different questionnaires.
- 4) It is ensured that the subjects understand the instructions for each questionnaire carefully before starting.
- 5) Filled questionnaires were collected after successful responses and scored according to norms.
- 6) Then the scores were statistically analyzed using correlation and regression procedures using SPSS software (Statistical Package for Social Sciences).
- 7) Then proper inferences were drawn and discussion was made. The chosen hypotheses are checked for rejection or acceptance.
- 8) Relevant conclusions were written, along with implications and limitation

IV. RESULTS AND DISCUSSION

The results of the relevant statistical analysis done on the sample data and the discussions about draw inferences from the computed statistical results are as follows.

Table 4.1: Descriptive statistics for overall sample and also analysis among male and female

	LOT-R	PSS	SIAS	LOT-R		PSS		SIAS	
	Overall	Overall	Overall	Female	Male	Female	Male	Female	Male
Mean	12.64	22.40	35.59	11.98	13.04	24.74	20.89	37.83	34.12
St. Deviation	4.176	6.762	17.909	4.470	3.887	6.560	6.347	20.250	16.147

Note: n (Female) = 92, n (Male) = 135 n (Other) = 2, n (total) = 229

Table 4.2: Correlation table for overall sample and among male and female

	PSS	SIAS	PSS (gender)		SIAS (gender)	
	Overall	Overall	Female	Male	Female	Male
LOT-R	-.454	-.343	-.516	-.356	-.409	-.259
PSS	1	-	1	1	.390	.440

Table 4.3: Regression table for overall sample

		PSS	SIAS
Model Summary	R-squared (R ²)	0.206	0.118
	Standard Error of Estimate (SEE)	6.037	16.858
ANOVA	F	59.007	30.322
	Sig.	<0.01	<0.01
Unstandardized Coefficient (B)	Constant	31.696	54.192
	LOT-R	-0.735	-1.472
Standardized Coefficient	Beta	-0.454	-0.343
Regression	Sig.	<0.01	<0.01

Note: Significance at 0.01 level

Table 4.4: Regression table for male and female

		PSS		SIAS	
		Female	Male	Female	Male
Model Summary	R-squared (R ²)	0.267	0.127	0.167	0.067
	Standard Error of Estimate (SEE)	5.649	5.953	18.580	15.656
ANOVA	F	32.710	19.323	18.088	9.537
	Sig.	< 0.01	< 0.01	< 0.01	0.01
Unstandardized Coefficient (B)	Constant	33.815	28.470	60.026	48.126
	LOT-R	- 0.758	- 0.582	- 1.853	- 1.074
Standardized Coefficient	Beta	- 0.516	- 0.356	- 0.409	- 0.259
Regression	Sig.	< 0.01	< 0.01	< 0.01	0.01

Note: Significance at 0.01 level

Table 4.1 is showing a comparative analysis of the different descriptive statistics on LOT-R, PSS and SIAS. It also shows the descriptive statistics particularly in comparison between male and female. The mean for LOT-R, PSS and SIAS is indicating that the sample, on an average, has moderate levels of optimism, social interaction anxiety as well as perceived stress. The standard deviation scores are all indicating that the scores are spread out in the sample, with social interaction anxiety scores being extremely spread out. This indicates that participants in the sample have a large variation with respect to levels of social interaction anxiety specifically, with comparably lower levels of variation with respect to optimism and perceived stress levels. With respect to gender difference, the mean score for men is closer to that of women, indicating that the male sample and female sample are showing

similar moderate level of optimism. Bjuggren & Elert (2019) found that men are more optimistic than women, particularly in relation to finance. The mean score for the male and female sample is depicting that, on an average, both males and females are showing moderate stress. Similar result was found by Rajan and Babu (2021), where they showed through their research that no significant difference exists in the stress levels between males and females. While research by Graves B. S., (2021) found females scoring significantly higher on stress scale than males, Kumari, S., (2017) found men to possess more stress than females. In SIAS, the mean scores indicated that males in the sample have moderate social interaction anxiety while females have slightly concerning level of social interaction anxiety, as per norms. Baloglu et al. (2018) conducted a research where the results showed that the mean difference between men and women in terms of social anxiety was not statistically significant. The standard deviation scores are all indicating that the scores are spread out in the sample, with social interaction anxiety scores being extremely spread out. This indicates that participants in the sample have extreme varying levels of social interaction anxiety for both male and female, with comparatively lower varying levels of optimism and perceived stress.

The first hypothesis chosen states that 'Lower level of optimism would lead to higher perceived stress among young adults'. If we look at table 4.2, we can see that there exists a negative correlation between LOT-R and PSS scores ($r = -.454 < 0$). This negative correlation between optimism and perceived stress highlights to an inverse relationship between the two- when optimism is low, perceived stress is high and when optimism is high perceived stress is low. The moderate strength of the value indicates that although both optimism and perceived stress go in the opposite directions, they do not hold a very strong relationship between each other but a moderate one. Joshi and Joshi (2021) found similar results in their research, with establishing a negative relationship between optimism and perceived stress. Rajan & Babu (2021) stated that optimism and perceived stress were inversely related.

The second hypothesis chosen states that 'Lower level of optimism would lead to higher level of social interaction anxiety among young adults'. If we look at table 4.2, we can see that there exists a negative correlation between LOT-R and SIAS scores ($r = -.343 < 0$). This negative correlation between optimism and social interaction anxiety highlights to an inverse relationship between the two- when optimism is low, social interaction anxiety is high and when optimism is high social interaction anxiety is low. The low strength of the value indicates that both optimism and perceived stress hold a weaker relationship between each other, compared to the relation between optimism and perceived stress.

Table 4.3 describes the regression analysis between LOT-R and PSS and LOT-R and SIAS. The very low R^2 value between LOT-R and PSS ($R^2 = 0.206$) and between LOT-R and SIAS ($R^2 = 0.118$) signify that no strong linear relationship exists between optimism and perceived stress and between optimism and social interaction anxiety. Among the two, the linear relation between optimism and perceived stress is comparably stronger. The very high F values for both the cases ($F(\text{LOT-R-PSS}) = 59.007$, $F(\text{LOT-R-SIAS}) = 30.322$) signify that both the groups are much deviated. The comparably lower F value ($F(\text{LOT-R-SIAS}) = 30.322$) signifies that the optimism and social interaction anxiety relation group is comparably less deviated. The significance in both cases being less than 0.01 indicates the same result as the F values- both groups are significantly varied or deviated. From the standardized coefficients, it can be inferred that effect of optimism on perceived stress is more than the effect of optimism on social interaction anxiety ($B(\text{LOT-R-PSS}) = -0.454$, $B(\text{LOT-R-SIAS}) = -0.343$). The negative sign on all values is indicating that with increase in optimism, stress and social interaction anxiety would decrease. It can be observed that Fig. 1 is showing a comparably steeper curve than Fig. 2. Thus, the relation between optimism and perceived stress is comparably stronger than the relation between optimism and social interaction anxiety.

The third hypothesis chosen states that "Females show a stronger negative correlation between optimism and perceived stress than males". If we look at table 4.2, we can see that the females are showing a higher correlation coefficient than males. This indicates that the inverse relationship between optimism and perceived stress is stronger for females than for males ($r = -.516 < 0$ for females, $r = -.356 < 0$ for males). When level of optimism increases by a certain strength, level of perceived stress decreases by a comparably stronger strength in females than in males. Similar strength of relation exists for the opposite situation - that is in case of perceived stress increasing or decreasing and optimism level. Sitz and Poche (2002) found that females show higher levels of optimism and also lower levels of perceived stress, similar to the finding of this research.

The fourth hypothesis chosen states that "Females show a stronger negative correlation between optimism and social interaction anxiety than males". It can be seen from table 4.2 that the negative relationship between optimism and social interaction anxiety is stronger for females than for males ($r = -.409 < 0$ for females, $r = -.259 < 0$ for males), since the correlation coefficient for female group is higher than that of the male group. For females, as optimism increases, social interaction anxiety decreases by comparably stronger degree than males. Similar strength of relation exists for the opposite situation - that is in case of social interaction anxiety increasing or decreasing and optimism level.

If we look at table 4.4, the comparative regression analysis for male and female groups are given. The very low R^2 values between LOT-R and PSS for both male and female groups ($R^2(\text{LOT-R-PSS}) = 0.267$ for females, $R^2(\text{LOT-R-PSS}) = 0.127$ for males) signify that no strong linear relationship exists between optimism and perceived stress for both male and female groups. Similarly, no strong linear relationship exists between LOT-R and SIAS values for male and female groups ($R^2(\text{LOT-R-SIAS}) = 0.167$ for females, $R^2(\text{LOT-R-SIAS}) = 0.067$ for males), which means that no strong linear relationship exists between optimism and social interaction anxiety for both males and females as well. Among these, the linear relation between optimism and perceived stress for the female sample is comparably the strongest. The very high F values for all the three cases signify that the female and male groups with respect to optimism and perceived stress relation as well as the female group for optimism and social interaction anxiety relation is much deviated ($F(\text{LOT-R-PSS}) = 32.710$ for females, $F(\text{LOT-R-PSS}) = 19.323$ for males, $F(\text{LOT-R-SIAS}) = 18.088$ for females). However, the comparably low F value ($F(\text{LOT-R-SIAS}) = 9.537$ for males) signifies that the optimism and social interaction anxiety group for males is comparably the least deviated. The significance in all four cases being less than 0.01 indicate the same result as the F values- all the groups are significantly varied or deviated. From the standardized coefficients, it can be inferred that for both perceived stress and social interaction anxiety, effect of optimism is stronger for females than for males ($B(\text{LOT-R-PSS}) = -0.516$ for females, $B(\text{LOT-R-PSS}) = -0.356$ for males, $B(\text{LOT-R-SIAS}) = -0.409$ for females, $B(\text{LOT-R-SIAS}) =$

-0.259 for males). The strongest effect of optimism is noticed on perceived stress for females (-0.516) and weakest on social interaction anxiety for men (-0.259). The negative sign on all values is indicating that with increase in optimism, stress and social interaction anxiety would decrease. In Fig. 3, the graph for females is slightly steeper than the graph for males, representing a stronger relation between optimism and perceived stress for females than for males. Similarly, in Fig. 4, the graph for females is showing a steeper slope than the graph for males, representing that the relation between optimism and social interaction anxiety is stronger for females than for males.

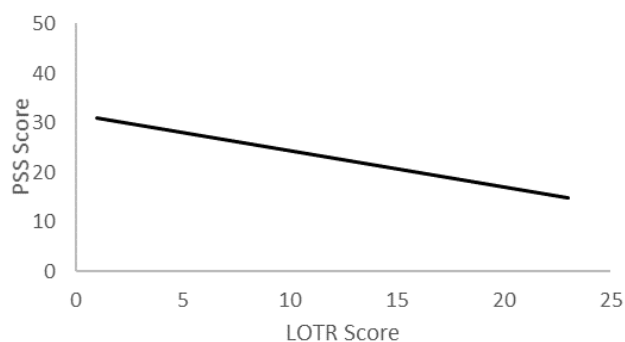


Figure 1: Regression curve for LOT-R and PSS

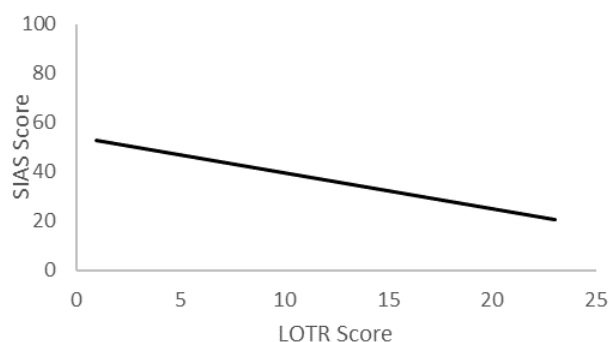


Figure 2: Regression curve for LOT-R and SIAS

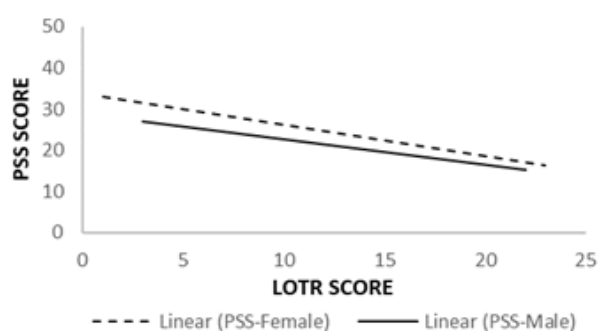


Figure 3: Regression curve for LOT-R vs PSS (male / female)

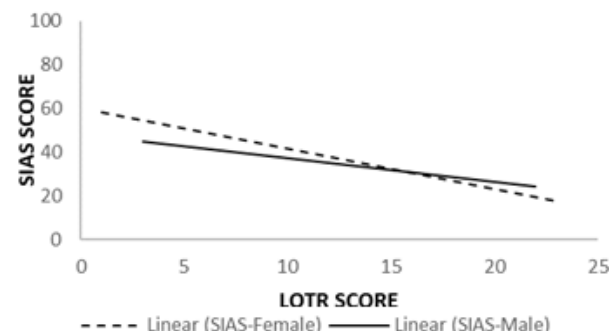


Figure 4: Regression curve for LOT-R vs SIAS (male / female)

V. CONCLUSION

The aim was to study how level of optimism can predict level of perceived stress and level of social interaction anxiety among young adults. A sample of 229 young adults were given the 'Revised Life Orientation Test', 'Social Interaction Anxiety Scale' and 'Perceived Stress Scale' and relevant data was collected. After analysis, all the four hypotheses drawn were accepted. It was concluded that level of optimism is inversely related to level of perceived stress and level of social interaction anxiety. As optimism increases, perceived stress and social interaction anxiety decreases. As optimism decreases, perceived stress and social interaction anxiety increases. When analysed in terms of gender, it was concluded that females showed stronger inverse relationship between optimism and perceived stress and between optimism and social interaction anxiety than males. Counsellors and therapists can take note of this research and try to increase optimism level in clients or patients. They can inculcate more optimistic view building exercises in therapeutic or counselling programmes. This will not only help in better dealing with stress, but also in improved social relations. Limitations of the study include regional bias in terms of subjects in sample and time constraint for completion of study.

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