

# The Relations among Social Support, Self-Esteem, and Social Anxiety in Adolescence.

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## ABSTRACT

The main purpose of this study was to explore social support, self-esteem, and social anxiety in adolescence. The second purpose of this study was to investigate the relations among social support, self-esteem and social anxiety in adolescence. The third purpose of this study was to examine how gender, grade, social support and self-esteem to predict social anxiety. 641 students was selected from four junior high schools and four elementary schools by convenience sampling in Taiwan. The subjects were administered by Child and Adolescent Social Support Scale, Self-Esteem Scale and Social Anxiety Scale for adolescence. Frequency distribution, two-way ANOVA, correlation analysis, and stepwise regression analysis were used for the data analysis. The findings of this study are summarized as follows: 1. There were significant differences in schoolmate support and fear of negative evaluation concerning gender; There were significant differences in parents support, teacher support, schoolmate support, self-esteem and fear of negative evaluation concerning grade level. 2. The significant positive correlation between social support and self-esteem. The significant negative correlation between social support and social anxiety. The significant negative correlation between self-esteem and social anxiety. 3. Social support could positively predict self-esteem. Social support and self-esteem could negatively predict social anxiety. The suggestions were based on the results of the research which were proposed to supply to the educator, educational institution for further studies.

Keywords : social support ; self-esteem ; social anxiety

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