

## عنوان مقاله:

Social Anxiety Study Based on Coping Styles and Attachment Styles

## محل انتشار:

مجله تمرین در روانشناسی بالینی، دوره 5، شماره 2 (سال: 1396)

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## نویسندگان:

Mohammadreza Tamannaefar - *Department of Psychology, Faculty of Humanities, University of Kashan, Kashan, Iran*

.Maryam Sanatkarfar - *Department of Psychology, Faculty of Humanities, University of Kashan, Kashan, Iran*

## خلاصه مقاله:

Objective: The purpose of the present study was to investigate the relation of coping styles and attachment styles with social anxiety among high-school students. Methods: The present study was correlational research. Study population comprised all male and female students of Kashan high schools. A total of ۴۴۰ students (۱۹۶ males and ۲۴۴ females, aged from ۱۷ to ۱۸ years in the third or fourth grade of Kashan high schools (academic year ۲۰۱۵- ۲۰۱۶) were selected by cluster sampling method. Data were gathered using social phobia inventory, coping inventory for stressful situation, and adult attachment inventory. For analyzing the data, analysis of regression method were used. Results: There were significant correlations between the social anxiety problem-focused coping style ( $r=-0.16$ ,  $P<0.05$ ), emotion-focused coping style ( $r=0.40$ ,  $P<0.01$ ), and avoidance coping style ( $r=0.03$ , N.S). Moreover, results indicated correlations between social anxiety with secure attachment style ( $r=-0.10$ ,  $P<0.05$ ), avoidant attachment style ( $r=0.23$ ,  $P<0.01$ ) and ambivalent attachment style ( $r=0.26$ ,  $P<0.01$ ), too. Coping styles (emotion-focused and problem-focused styles) predicted ۱۹% variation of social anxiety and attachment styles, ۱۱% variation of social anxiety. Conclusion: Results of this study support the role of coping styles and attachment styles in social anxiety and show that maladaptive coping strategies predispose people to social anxiety. Also, insecure-ambivalent attachment people are vulnerable to social anxiety.

## کلمات کلیدی:

Social anxiety, Coping styles, Attachment styles

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1863964>

