

Sannadan, M. B. (2005). *The social anxiety of Tinguians*. (Unpublished master's thesis). Baguio City: University of the Cordilleras.

Physical location: University of the Cordilleras Library, Baguio City

ABSTRACT

This study entitles "The Social Anxiety of Tinguians" aimed to identify one of the manifestations of social anxiety which is the fear of negative evaluations from other people. It specifically aimed to identify the level of fear of negative evaluation by other people among the Tinguian college students. Identification of the level of social anxiety of the Tinguian college students would help personnel in the academe to come up with effective programs for empowering the indigenous group of students. The respondents of the study were the Tinguian college students duly enrolled in Divine Word College of Bangued, school year 2004-2005. The Fear of Negative Evaluations (FNE) Scale and the Manchester Personality Questionnaire (MPQ) were used as the data gathering instruments. The FNE has 30 items that measure the signs of anxiety and ineffective social behaviors that would incur disapproval from others. The MPQ was used to determine the personality type of the respondents. The researcher adopted the descriptive-correlational method of research to investigate the relationship between the level of social anxiety and the variables gender, year level, geographical location of residence, occupation of parents and personality type. The researcher also used the comparative method to determine if significant difference existed in the level of social anxiety of the Tinguian college students when compared according to the variables identified. The statistical tools used were the two-tailed test (t-test), the Analysis of Variance (ANOVA) and the Chi-square test.

The indigenous people in the Province of Abra are the Tinguians or Itnegs. Abra is often associated to Tinguian but the National Statistics Office's (NSO) survey in 2000 revealed only twenty percent (20%) of them from the total

population in the province (NSO, 2005). They used to comprise twenty-five percent (25%) of the total population for the last ten years or so. The rest of the population consider themselves Ilocanos. Hence, there is truth in the article, Nominations 2002, in the Baguio Midland Courier on January 3, 2005 that the endangered species are the indigenous people (Anonymous, 2005).

One of the reasons they decrease is due to intermarriages with other cultural affiliations. And sometimes their decrease in number is explained in the community where they live, which includes how other people of cultural affiliations see and treat them. As a minority group, their fear of negative evaluations from other people may be due to stereotypes known about them which eventually result to their becoming shy and nervous, and that lead them to perform less in school than they should. They also behave according to the stereotypes attached to their ethnicity, or they assimilate themselves to the majority so as not to be different from other people's styles and practices.

Statement of the Problem

This study answered the following problems:

1. What is the level of social anxiety of the Tinguian college students?
2. How does the level of social anxiety among the Tinguian college students differ according to:
 - a. gender,
 - b. year level,
 - c. occupation of parents, and
 - d. geographic location of residence?
3. How does personality type relate to the level of social anxiety?

Hypotheses

The study tested the following hypotheses:

1. The level of social anxiety of the Tinguian college students is high.
2. There is a significant difference in the level of social anxiety of the Tinguian college students when compared to:
 - a. gender,
 - b. year level,
 - c. occupation of parents, and
 - d. geographic location of residence.
3. There is a significant relationship between the personality type of the Tinguian college students and the level of social anxiety.

Findings

The findings of the study based on the analysis of the gathered data are presented as follows:

1. Majority of the respondents has a high level of social anxiety whereas no one among the respondents has very high and very low levels of social anxiety.
2. a. There is a significant difference in the level of social anxiety of the respondents when compared according to gender.
 - b. There is no significant difference in the level of social anxiety of the respondents when compared according to year level.
 - c. The level of social anxiety does not significantly differ when compared to the geographic location of residence.

- d. The level of social anxiety of the respondents does not significantly differ when compared according to the occupation of parents.
3. There is no significant relationship between personality type and the level of social anxiety of the Tinguian college students.

Conclusions

Based on the findings of the study, the following conclusions are derived:

1. The Tinguian college students generally have a high level of social anxiety.
2. a. Gender significantly influences the level of social anxiety of the Tinguian college students.
b. Year level does not influence the level of social anxiety of the Tinguian college students.
c. The location of residence does not exert influence on the level of social anxiety of the student-respondents.
d. The occupation of parents does not exert influence on the level of social anxiety of the respondents. The occupation of mother and the occupation of father do not significantly affect the level of social anxiety of the Tinguian college students.
3. The personality type of the Tinguian college students does not significantly influence the level of social anxiety.

Recommendations

Based on the findings and conclusions, the following are recommended:

1. Since there is a high level of social anxiety of the Tinguian college students, it is recommended that there should be sensitivity training programs and seminar workshops on values, social orientation on proper etiquette, on gaining more self-confidence, and even leadership training or other trainings pertaining to better human and social relationships to be conducted by the Guidance Counselors whose programs and services center on the socio-emotional and personality development of students.
2. a. The Guidance Counselors, in coordination with the organizations that uplift, protect and promote the welfare of women and equality of rights between men and women, should conduct gender sensitivity seminar workshops to the Tinguian college students for them to understand their social roles better and also to obtain from them support for women empowerment in their communities.

b. The Tinguian Students Associations (TSA) should also conduct an orientation program for new Tinguian college students for them to adjust rto their new environment, new school. During Cordillera Day or Tinguian Feast Day, the TSA, in coordination with the Students' Affairs Office, should also come up with a program showcasing the talents of all Tinguian college students that will actually serve as an inspiration for new Tinguian college students to develop[and to show their hidden talents as well.

c. The Tinguian professionals both from the mountain and valley Tinguian municipalities and who are public and private employees who have graduated from the Divine Word College of Bangued should actively participate and strengthen the Alumni Association. They should attend gatherings and homecoming of the association, which in return inspire the Tinguian youth to follow their steps to becoming responsible citizens. Moreover, the TSA could

even conduct meetings with the parents of these students. They could have a family day where the parents and their children be acquainted with each other and form social bond among them. The parents shall be informed of their children's performances in school including how they can develop ways to encourage their children to become better students. The parents must be informed on how to work closely with the faculty for their sons and daughters' development of social, emotional, and even intellectual aspects; to help them boost their cultural identities and heritage as Tinguian without separating them as either mountain or valley Tinguian.

d. Public and private organizations which have something to do with the welfare of the indigenous peoples, community organizing and people empowerment should include in their programs the recognition of students affiliated with the Tinguian ethnicity, regardless of the occupation of their parents, by providing them trainings in leadership, value and social orientation, and personality development.

3. The faculty members, the Student Affairs' Office, the Guidance Officer Personnel and the Tinguian Students Association's Adviser and its co-advisers must encourage, help and provide moral support during Cordillera and Tinguian Days to Tinguian college students so that they will be exposed in the school and in the province to perform, to dance, sing or play games, or even to participate in the preparation of such programs so that they can share their thoughts, ideas, and talents to other people even if they are shy or have the preference to work only with people who are affiliated with Tinguians.
4. Further studies should be conducted to determine the personality profile of the Tinguian college students along the dimensions of personality like the Big Five Factors of personality. Another study can be conducted to determine the level of social anxiety of the Tinguian college students when compared according to their academic performance. Another study would

be conducted to verify the causes of social anxiety of the Tinguian college students.

