

Gender Difference in Shyness and Self-esteem: A Moderating role of Gender in Predicting Interaction between Shyness and Self-esteem among Postgraduate Hostel Students

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Abstract— Shyness and self-esteem are social-psychological constructs, which are very prevalent among students. The current study intended to examine the relationship between shyness and self-esteem among postgraduate hostel resident students. Furthermore, the present study intended to investigate the moderating role of gender in predicting the interaction between shyness and self-esteem. The sample of the study comprised 100 postgraduate hostel resident students, out of which males and females were equal in ratio. The cross-section research design and purposive sampling technique were used for sample selection and data collection purposes. Self-Esteem Scales (Rosenberg's, 1960) Shyness Scale (Cheek & Buss, 1983) were used in the current research to gather relevant information from the participants. The results of the current study revealed that males had a moderately negative correlation between shyness and self-esteem, whereas females had a slightly negative correlation between shyness and self-esteem. Results revealed that gender was a significant moderator between shyness and self-esteem. The findings of the current would study help in developing pedagogical and clinical policies to promote self-esteem among utilized students.

Keywords— Self-Esteem, Shyness, Hostel Students, Moderation Analysis

I. INTRODUCTION

Shyness has attracted the attention of researchers for the last many years. It is the contribution of the recent 30 years that some productive growth in theoretical structure and measurement of shyness has been approached (Afshan, Askan, Sam, & Manickem, 2015). Shyness found to be common not merely among school children, but university and college students also experience shyness on a large scale. (Terwase & Ibaishwa, 2014). The role played by shyness in student' move from school to the academic world of university, distinguished by those complexities experienced in the social-evaluative situation (Asi, 2016; Bas, 2010; Durmus, 2007). The distinguish environment of universities includes debates, seminars, lectures, quizzes, and these complexities hinder their own education and accomplishment. In particular, the university students live in hostel report significant shyness issues, which further leads to low self-esteem. Substantial research has focused on two types of chronic shyness among students. The first genre of shyness, based on Gray's model of behavior inhibition

(Burstein, Ameli-Grillon, Merikangas, 2011; Crozier, 2000), which presents a stable nature of reaction when exposed to new and evaluative situations. On the other hand, the second type of shyness emerges from apprehensions (Sadeghi, & Soleimani, 2016). Both kind of shyness negatively impacts the personal growth and social communication of the students. The association between shyness, socio-emotional and academic difficulties develop from early stages shyness and leads to peer relationship difficulties (e.g., exclusion, rejection) and internalizing problems (e.g., anxiety, loneliness, low self-esteem, and maladjustment at school (D'Souza, & Urs, 2001; Durmus, 2007).

Shy people often experience low self-esteem on a large scale. Self-esteem refers to how an individual evaluates one's personal attributes. William James (1989) reported that self-esteem comprised of three parts, spiritual self, social, and materialistic self. The social self depends upon the relationship-oriented aspects (D'Souza, Urs, & Jayaraju, 2008). The more strong and healthy relationship, one had would help in developing high self-esteem. The high spiritual

and low materialistic self also helps in boosting up high self-esteem.

Although, not much information on shyness with university students has been carried out (García, Olmos, Matheu, & Carreño, 2019; Scholmerich, Broberg, & Lamb, 2000) with its effects on learning course. The university student who lives in the hostel found to be low in self-esteem. For example, Ishaq (2017) recommended that low self-esteem was prevalent among hostel living students compared to university students as the hostel environment established as a new social setting where students meet unfamiliar persons and have to interact with many people (Ishaq, and Khan, 2017). Also, the hostel illustrates the social comparison situation where students constantly compared for their social and sexual appearance by their reference group and for their scholarly capability by their teachers (Ishaq and Khan, 2017; Kim, Hong, Kim, Kim, & Kim, 2019). These unfair comparisons cause shyness and low self-esteem among hostel students (Parabot, 2011; Payne, 2011). On the other side, there is a rising number of studies on the probable mediating progressions elucidating the buffering/beneficial effects of shyness on loneliness with reference to self-esteem and humor style (Umeh, 2013). Numerous studies have been carried out among Pakistani adolescents and young adults to investigate the association between shyness and self-esteem. Unfortunately, no extensive study has been carried out to investigate the moderating role of gender between shyness and self-esteem. Therefore the present study aimed at investigating the role moderating role of gender in the interaction between shyness and self-esteem among Pakistani postgraduate hotel living students.

II. RELATED WORK

Shyness refers to the social-psychological feelings of discomfort, apprehension, and awkwardness in response to approached by other persons, especially with unfamiliar ones (Gouceman, 2012; Nagzoi, & Jhonathan, 2017). Shyness emerges from genetic, environmental, and personal factors, which further affects the self-esteem of the people. According to Payen (2011) suggested that 80% of people experience shyness once or twice in their lives. In contrast, self-esteem reflects how an individual evaluates his personal characteristics (Mandal, 2008). It also refers to the personal judgment or attitude of worthiness, one hold for oneself. High self-esteem is consistent with positive feelings and feelings of happiness. While people with low self-esteem experience negative and darkness all around. The substantial body of researches recommended a strong negative correlation between shyness and self-esteem.

Gender Differences in Shyness and Self-Esteem

Gender difference in the psychological or social construct "shyness" is very evident in both genders. A substantial

body of researches suggested that boys and girls are significantly different in shyness and self-esteem. Nagzoi & Jhonathan (2017) conducted a study to investigate the relationship between shyness and self-esteem and concluded that 76% of females, while 44% male was found to be shy, respectively. Some contradictory studies suggested that shyness and low self-esteem is more prevalent in males as compared to female. Rubin & Barstead (2014) concluded that shyness is riskier for boys and girls, and the findings of the study suggested that boys found to be shyer and anxiously withdrawn than girls. The socio-cultural factors play a significant role in developing shyness and self-esteem as in western culture, the male and females were found to be equal in both constructs. The developing country such as Pakistan, females experienced more discrimination in the home environment and was not given equal rights compared to males. Therefore such factors lead to more shyness and low self-esteem among them. The females of Pakistan were taught to obey males and sacrifice for them at any cost. Such teaching at the initial level inhibits the growth of high self-esteem. As a result, they experience substantial self-esteem or self-worth issues. Furthermore, females also consider a sign of respect for males. They were supposed to hide in the veil, and given the least freedom to express themselves, such circumstances lead to shyness among female students. A massive body of Pakistani researches suggested that significant gender difference in self-esteem between both the gender (Fareed & Akhtar, 2013; Jalali, & Nazari, 2009; Iqbal, Ahmad & Yaqoob, 2012). Similar Pakistani literature suggested the significant gender difference among males and females (Chishti, Amin & Yousaf, 2018; Manzoor & Kiran 2016). Although numerous study has been carried out to investigate the relationship between shyness and self-esteem in different cities of Pakistan. Unfortunately, no substantial study has been carried out in the city of Multan to investigate the moderating role of gender in this regard. Therefore, the current study intend to investigate the moderating role of gender in predicting relationship between shyness and self-esteem in Multan city of Pakistan.

Research Questions

The research has following research questions

- 1- Does the shyness account for a decrease in self-esteem among hostel students.
- 2- Does shyness leads to low self-esteem among hotel students?
- 3- Does Gender plays a moderating role between shyness and self-esteem?

Objectives

The objectives of our research were:

- 1- To investigate relationship between self-esteem, and shyness among postgraduate hotelize students.
- 2- To evaluate the moderating role of the gender between shyness and self-esteem

- 3- The hypotheses were a negative association between self-esteem and shyness.

Hypothesis

The current study has the following hypothesis

- 1- Shyness will be negatively correlated will self-esteem among post-graduate hostel students.
- 2- Gender will play a moderating role between shyness and self-esteem.

III. METHODOLOGY

The quantitative research method was used in the current study. The quantitative study provides valid and reliable results in a numeric figure, which are feasible to generalize.

Research Design

The cross-sectional survey research design was used to conduct the study.

Setting

The sample was taken from both male and female hostel of Bahudin Zakriya University Multan and Fatima hostel, Husnain hostel, Mariam hostel.

Sampling Technique

Purposive sampling techniques were used for this purpose of research, to study the shyness and self-esteem variables in hostelrys

Participants

The total sample contained 100 students who resided in a hostel for educational purposes. With reference to gender basis, 50 were male, and 50 were female postgraduates' students.

Measures

The following measures have been used in the current study.

Cheek and Buss Shyness Scale. Cheek and Bush's (1989) shyness scale is a 5 point rating scales, which comprised of 13 items. One depicts strongly agree, and 5 illustrate the strongly disagree opinion. Items 3, 6, 9, and 12 are reversely coded items.

Rosenberger's self-esteem Scale. Rosenberg, (1965) self-esteem scale comprised of 10 items. The scoring keys of the scale consist of 4 point rating scale where one indicates strongly disagree, and four depicted strongly disagree. Item 2,6,5,8,9, are reversely coded item.

Data Analysis

The data were analyzed using the SPSS 21 version. The descriptive statistic, correlation, and moderation analyses was carried out to investigate the targeted results.

Ethical Consideration

All the ethics were followed while conducted the current study. The informed content was taken by the participants and the higher authorities of the universities. The participants were informed about the purpose of the study. Also, they were ensured about the confidentiality of their information. The participants were ensured that they are free to participate or withdraw from the study in case of any physical, emotional, and psychological violation. The participants were informed that the finding of the study would be shared with them and only used for academic purposes.

Procedure

The research was carried out in order to find out the relationship between shyness and self-esteem among hostelrys. The samples were collected from BZU hostels, Mariam hostel, Fatima hostel, husnain hostel of Multan city by using purposive sampling techniques. Participants were asked to fill up the Performa's after reassurance that their identity would not be disclosed, and the information given by them would be used for the research objective only. After collecting the required data, it was analyzed by using SPSS. The fined result, thus confirming or rejecting the null hypothesis more labeled and discussed further. Finally, the conclusion was drawn that there is no significant relationship between shyness and self-esteem, so 1st hypothesis rejected. And the 2nd hypothesis is also rejected as there is no significant gender difference founded. Again the third hypothesis of the study is rejected because the effect of self-esteem on shyness in two genders is not significant.

IV. RESULTS AND DISCUSSION

Table 1 Descriptive, Skewness and Kurtosis for shyness and self-esteem (N=100)

Scale	N	Range	Min	Max	Mean	Std. Deviation	Skewness	Kurtosis
Shyness	100	1-5	10	48	34.4	8.21	-1.03	.549
Self-esteem	100	1-4	8	33	19.1	4.34	.63	1.121

Table 1 revealed the mean scores, standard deviation, skewness, and kurtosis for shyness and self-esteem for the overall data. The table values indicated that shyness has the highest mean value for the whole sample and values of skewness and kurtosis shows the normal distribution of the data.

Table 2 Following table depicted the inter-correlation

		1	2
	Male		
1.Self-esteem		-	-.58**
2.Shyness			-
	Female		
1.Self-esteem		-	-.35*
2.Shyness			-

The results shown in Table 2 demonstrated that Self-esteem was moderately negative associated with Shyness ($r = -.58, p < .01$) for male postgraduate hostel students. On the other hand, the results shown in the same table revealed that Self-esteem was fairly negative correlated with Shyness ($r = -.35, p < .01$) for female postgraduate hostel students.

Table 3 Moderating Role of students gender in predicting interaction between shyness and self-esteem (N = 100).

Independent Variable	B	S.E.	B	ΔR ²	ΔF	Slope (t-value)	
						High	Low
Shyness			.21		26.26***	(72.06) ^a 3.21	(63.28) ^b 7.88
	-.56	.15	1.05***				(54.49) ^b 12.56
Gender	-1.09	.76	-.13				
Shyness * gender	1.64	.77	.61*				
Constant	27.52	1.68					

NOTE: a shows significant of Male slope (t-value); b shows significant of Female slope (t-value).

*** $p < .000$. ** $p < .01$. * $p < .05$

Table 3 showed that the gender of the student was a significant moderator between Self-esteem and Shyness. ($\beta = 1.64^{**}, \Delta F = 26.26^{***}, \Delta R^2 = .21$).

The current study aimed at investigating the relationship between shyness and self-esteem among postgraduate hostel students. The results of the study suggested that mean, SD, skewness, and kurtosis were found to be normally distributed. The correlation analysis revealed that Self-esteem was moderately negative associated with shyness ($r = -.58, p < .01$) for male postgraduate hostel students. On the other hand, the results shown in the same table revealed that Self-esteem was fairly negative correlated with shyness ($r = -.35, p < .01$) for female postgraduate hostel students. The literature supports the finding of the current study as Nagzoi & Jhonathan (2017) concluded that more female shy as compared to males and shyness found to be the negative predictor of self-esteem. The results indicated that the gender of students was a significant predictor between Self-esteem and Shyness ($\beta = 1.64^{**}, \Delta F = 26.26^{***}, \Delta R^2 = .21$). The moderating role of gender was further elaborated with a mod graph. Slope computations revealed significant t-value at ($p < .000$). Ishaq and Khan (2017) recommended similar results in his study while studying the relationship between shyness and self-esteem among hospitalized students.

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