TOWARDS THE END OF THE COVID-19 PANDEMIC: AN INVESTIGATION TO TEENAGER MILD SOCIAL ANXIETY

A Research Paper
Presented to the Faculty of the
Regional Science High School for Region I
Bangar, La Union

In partial fulfilment of the
requirements in the subject
Practical Research I

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ACKNOWLEDGEMENTS

The researchers would like to thank those people who have become a big part of this study, the researchers would not make it without them.

First, to our **Almighty God**, who gave the researchers strength and knowledge to finish this study and for never allowing the researchers to give up.

To their **Parents**, for their love, prayers, care, unfailing support, and continuous encouragement throughout the study.

To their principal, **Dr. Amerfina D. Nelmida**, for the pieces of advice and for encouraging the researchers to finish this study on time.

To the **Head of the Science Department**, **Mrs. Aurelia S. Garcia**, for her patience, dedication and encouragement to the researchers and research advisers.

To their **research adviser**, **Ms. Antoniette G. Padua, MAEd-Math**, for giving the researchers the opportunity to conduct this study and for the continuous support for the study and for the researchers, for her patience, motivation, and knowledge. Also, for her double effort in checking the manuscripts and for making the study better.

To the **panel members** during the oral defense, **Mrs. Ilynn V. Manahan**, **Mrs. Magdalena Paz H. Lazo**, and **Mr. Jerome Marquez** for their suggestions during the defense and recommendations that helped to improve the study.

To their **class adviser**, **Mr. Jerwin M. Telacas** for helping and supporting the researchers and motivating them to make their study better.

To the **respondents,** for their time and effort, for their full cooperation, and for giving information that is helpful in finishing, this study.

To their **friends and classmates,** for contributing great ideas and advice during the conduct of the study.

And to all whom the researchers forgot to mention, thank you very much for your support, this study will not be a success without you.

-The Researchers

DEDICATION

This work of art is wholeheartedly dedicated to the **Almighty God**, for He became the source of strength and power of the researchers to strive better and motivated them to continue and move forward. For His never-ending love for the researchers and for the gift of light that guided the researchers to navigate and discover the study. For His protection and for giving the researchers a healthy life to be able to carry out this research. Lord God, this is all for you, they offer to you the fruit of their hard work.

The researchers extend their deepest gratitude to **Ms. Antoniette G. Padua**, **MAEd-Math** their Research adviser, for her never-ending guidance and for sharing her knowledge in the making of this study. To **Dr. Amerfina D. Nelmida**, their Secondary School Principal IV, for the words of wisdom, advice, and encouragement to finish their study. To **Mr. Jerwin M. Telacas**, their classroom adviser, for always checking up on them, assisting and encouraging them until the end.

The researchers would also like to dedicate this study to their **loving and proud parents**—who supported them from day one up until now, for their love, care and understanding throughout their journey. And who served as their inspiration in striving for the better, being better and who encouraged the researchers to see things in a better perspective. Also, the research wouldn't be complete without their support—financially and morally, and for their sacrifices during the development of the study.

To their **friends**, thank you so much for being there for the researchers. For uplifting them whenever they feel drained and downed. Despite the current situation, they were able to help the researchers through sharing their ideas, for their encouraging words and for supporting them all throughout. This study wouldn't be finished without your uplifting words and support to the researchers.

To the **respondents** who willingly helped the researchers in their collection of data. Your experiences as a person who's experiencing mild social anxiety is a power story that will inspire the public to make a move and enlighten everyone about mental health, and for the public to open their eyes about what's really happening with mental health. The research study wouldn't be completed without your inspiring stories and your willingness to share to the researchers your journey toward overcoming mild social anxiety. Reassured that this wouldn't be the last time that this topic will be talked about, the researchers will continue to be part of the change and will continue to be an instrument for awareness and knowledge. And remember that your story is not a shame, rather it is an inspiration to many that despite what is happening around the world, you are not alone in your silent battles.

This fruit of hard work is dedicated to the **beneficiaries**, particularly to people who are going through mild social anxiety in adapting to new normal and for the general public who will disseminate the information and will help the researchers to pass the message about mental health. They served as the motivations to the researchers to venture the study.

The researchers would like to give thanks to the epitome of excellence **Regional Science High School for Region I** for implementing Research ─ not as just a mere subject but a bridge to a wide and successful future of new discoveries, raised awareness regarding mental health, and great minds.

Lastly, to the **researchers** for not giving up despite all the barriers that they encountered. And for having the fire within them to finish the study and determination to continue and move forward everyday. Despite the stress and pressure, they were able to start and finish this work of art. You made it! Congratulations, researchers, for reaching this far and for being able to make a difference.

-The Researchers

RESEARCH ABSTRACT

TITLE:	**TOWARDS THE END OF THE COVID-19 PANDEMIC: AN INVESTIGATION TO TEENAGER MILD SOCIAL ANXIETY**
Total No. of Pages:	95
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KEY WORDS:	Mild social anxiety, development of mild social anxiety during the COVID-19 pandemic, struggles of having mild social anxiety.

ABSTRACT: The study aimed to explore and understand learners with mild social anxiety in adapting to the new normal and to examine how the lockdown aftermath influenced social behavior in adapting to the new normal. Specifically, it sought on how mild social anxiety was manifested after the prolonged isolation of learners, the impact of mild social anxiety to learners, the ways on how the learners coped up with their struggles of having mild social anxiety, and the possible interventions regarding the problem. This was considered as a case study. The researchers made nine (9) highly valid questions and utilized the semi-structured interview to gather data from the five respondents. The method used to analyze the data was through thematic analysis.

The study found that mild social anxiety was manifested during the pandemic due to the lack of social interaction caused by isolation. It mainly affected the learners' ability to interact and life routine. It was also found out that the root of their fear of socializing is

the possible transmission of the COVID-19 virus. Mild social anxiety made them hyper-aware of their surroundings resulting in constant overthinking, fear of judgment and leaving bad impressions. The respondents challenged themselves by participating in the limited face-to-face classes as a way to socialize again. An information dissemination campaign was implemented as an intervention.

The researchers concluded that the isolation brought them into a new reality wherein they were fearful in going out—making it hard for them to adapt with new changes. Additionally, having mild social anxiety has had adverse effects on different people, they share different struggles and different coping mechanisms but what they have in common is that they want to overcome these struggles. It was recommended to seek professional help when possible, join support groups, and for parents to understand their situation.

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CHAPTER I

INTRODUCTION

Mental health is vital to a person's overall well-being. This aspect of health affects a person's ability to function psychologically, emotionally, and socially among other things (Plumptre, 2021). According to the World Health Organization (WHO), emotional, psychological, and social well-being are all part of mental health. It has an impact on the way people think, feel, and act. It also influences how people deal with stress, interact with others, and make good decisions. Mental health is crucial at all stages of life, from childhood to maturity therefore everyone can experience it. Suffering from mental problems can be very isolating. Thus, being able to nurture one's mental health will help combat or prevent mental health problems.

Mental health is one of the most neglected areas of health globally as it is considered to be undervalued and unacknowledged (Ngui et al., 2011). This was true before the COVID-19 pandemic but because of it, it has further worsened the status and importance of mental health. People keep on adjusting and adapting to new ways of living amidst the pandemic. However, for some, the return to the new normal life may be downright frightening. As restrictions continue to slowly be lifted, Dr. Susan Evans (2021), a professor of Psychology in Clinical Psychiatry stated that some are feeling anxious to reconnect and to venture out into the new real world. She also added, "Whenever there is uncertainty about the future, there is the likelihood for increased worry and anxiety."

The World Health Organization (WHO) refers to mental health to a state of well-being in its vague sense of acceptance, an effective functioning of the individuals, and an effective functioning of the community. In accordance with this, the COVID-19 pandemic has disrupted or, in some cases, halted critical mental health services in 93% of countries worldwide, while the demand for mental health is increasing. Given the chronic nature of the disease, this translates into a significant economic impact worldwide.

Among the illnesses discovered globally, mental illnesses are the third most common form of morbidity among Filipinos, according to the data presented by the National Statistics Office (NSO). A prevalence of 16% of mental disorders among children was reported in a study of the Philippine mental health system. With such an alarming number of cases, it is surprising to see how the Philippines is currently responding to this problem.

Children are among the most vulnerable population groups in society, according to the Philippine Development Plan for 2017-2023, which includes them in risk reduction and adaptive capacity strengthening strategies. Filipinos under the age of 18 make up roughly 40% of the total Philippine population. Despite having such a large percentage of the population declared vulnerable, concerns about them persist and remain unaddressed.

Even though the Philippines had passed its first ever Mental Health Act, otherwise known as the Republic Act Number 11036, which enables the establishment of comprehensive, integrated, and accessible mental health services, and the protection of the rights of people with mental health issues; the mental health cases are still increasing.

This is due to the fact that only 3-5% of the total health budget of the government goes to the betterment of mental health according to the Department of Health thus resulting in it to be poorly resourced.

With the impact of COVID-19, social isolation, the shutdown of non-essential companies, self-isolation, quarantine, and lockdown were among the government's measures to stop the virus from spreading. These policies rapidly resulted in a significant downturn in the economy (Baldwin et al., 2020). Unintended psychological results, such as a decline in mental health, have resulted from these restrictions and the accompanying economic downturn (Kumar & Nayar, 2020; Shim, 2020; Torales et al., 2020).

Lockdown is a preventive measure that has been widely used to control and prevent virus transmission everywhere. However, the psychological impacts of lockdown measures have been neglected. Over the last years, people are continuously adapting to a new reality, living in uncertain times and constant fear of the impact of a deadly and unseen virus on their own health and on their loved ones. Everyone was forced to physically distance themselves from their family, relatives and even friends, and video calls became the primary way of socializing. Thus, the development of anxiety and fear after isolation is evident.

There are different levels of anxiety, both subjectively and biologically. Some people deal with severe, debilitating anxiety that needs immediate medical intervention. Some people deal with moderate anxiety that drastically impacts their life but they're still able to live through every day. Others experience mild anxiety, which is something they can manage fairly easily but still makes their life more stressful. (Micah Abraham, 2022).

Mild anxiety is anxiety that is manageable without any additional techniques. By "manageable" it doesn't mean that it easily goes away. However, people experiencing this can still get through their day without panicking, they can enjoy a social life, and they can even find hobbies and activities fun and also can even think positively about the future.

Some degree of anxiety when under stress is expected. The founder of psychiatric nursing, Hildegard E. Peplau described four (4) levels of anxiety: mild, moderate, severe, and panic. Mild anxiety is commonly occurring in everyday life. Symptoms might include fidgeting, irritability, sweaty palms and heightened senses. In this level of anxiety, it is typically motivational. It helps in focusing on seeking a solution to the challenge (Brown, n.d.).

According to Acquah EO (2016), social anxiety has a wide-ranging influence, reducing functioning in a variety of areas of life and depressing overall mood and well-being. Individuals who suffer from social anxiety, for example, are more likely to be bullied (Whisman MA et al., 2003), and are more likely to drop out of school early and with lower grades. They also have fewer friends, are less likely to marry, divorce, and have children. They report more days absent from work and lower performance at work (Whisman MA, 2000).

The best way to describe social anxiety is as a continuum of anxious symptoms ranging from shyness and social concerns to clinically diagnosable SAD—Social Anxiety Disorder (formerly social phobia). In social or performance conditions, this continuum is defined by physiological symptoms (such as increased heart rate, sweating, and blushing), cognitive symptoms (such as fear of negative assessment and criticism), and behavioral

symptoms (such as withdrawal or avoidance). Although many people suffer from social anxiety and shyness, these are usually distinguished from SAD by the influence they have on a person's functioning and the level of distress they cause (Barrett and Cooper, 2014).

Common concerns involved in social anxiety include fears of shaking, blushing, sweating, appearing anxious, boring, or incompetent (Stein MB, 2008). Individuals experiencing social anxiety visibly struggle with social situations. They show fewer facial expressions, avert their gaze more often, and express greater difficulty initiating and maintaining conversations, compared to individuals without social anxiety (Schneier FR et al., 2002).

Experts have predicted a ‘’tsunami of psychiatric illness’’ in the aftermath of COVID-19 pandemic (Tandon, 2020). And as everyone starts venturing back out into the real world, there are people who are experiencing social anxiety after years of social distancing and isolation.

The impact of COVID-19 on mental health is likely to be long-lasting. (Galea et al., 2020). The pandemic and lockdown have had adverse psychological impacts with people experiencing separation, isolation, boredom, and sense of uncertainty during the pandemic. According to the study of Thompson C, et al (2021), social anxiety symptoms significantly increased during the COVID-19 lockdown. People might have forgotten how to act around other human beings, feel anxious about how social patterns have shifted, or find that conversation that used to flow easily is now exhausting.

Mild social anxiety is often described as sub-clinical or clinically non-significant. Mild anxiety can affect emotional, social and professional functioning. Mild anxiety

symptoms may present as social anxiety or shyness and can be experienced in early childhood through to adulthood. If left unaddressed, mild anxiety can lead to maladaptive coping strategies or more severe mental conditions (Hull, 2020).

Clinical psychologist Dawn Potter, PsyD (2021) explained as to why it is most likely to develop anxiety after a long period of isolation, "As social distancing restrictions loosen, it's normal to feel some nervousness or anxiety, especially if you've been relatively isolated or in a small bubble during the pandemic and are now starting to socialize in larger groups or with people you haven't seen for a while.

In addition to standard concerns about health and safety, people with social anxiety are likely to be worried about doing things "right" — messing up social norms by making a misstep or not knowing what to do."

According to Jenny Taitz (2021), even those who generally describe themselves as extroverted are noticing social anxiety—an umbrella term for a common problem that exists on a spectrum of intensity—and can have a variety of triggers, from public speaking to participating in casual conversations to making reasonable requests.

Social distancing and social isolation could possibly lead to substantial increases in loneliness, anxiety, depression, domestic violence, child abuse and substance abuse (Galea et al, 2020). Many people are aware that their social anxiety is affecting their daily lives. It has an impact on a person's social activities, relationships, work performance, and academic performance, among many other things.

The symptoms of some with high-functioning social anxiety were always mild or moderate. What they've experienced is more stressful and life-altering than normal shyness, but their social anxiety was never powerful or intimidating enough to seriously hamper their ability to build relationships or achieve their goals.

In addition, people with high-functioning social anxiety are familiar with their symptoms, although they don't manifest as frequently or as strongly as they do in people with more serious social phobia. Mild-to-moderate social anxiety is still social anxiety, and inpatient and outpatient treatment programs are still appropriate and usually highly effective for those who experience social anxiety in any form or at any level of intensity ("High-Functioning Social Anxiety," n.d.).

This research aimed to explore and understand learners with mild social anxiety in adapting to the new normal and to examine how the lockdown aftermath or the prolonged isolation influenced social behavior in adapting to the new normal. Specifically, it sought to answer the following questions:

1. How is mild social anxiety manifested after the prolonged isolation of learners?
2. What is the impact of mild social anxiety to learners towards the end of the COVID-19 pandemic?
3. How do learners cope with their struggle of having mild social anxiety?
4. What intervention can be proposed with the result of the study?

The general intent of this study was to determine the effects of the long-period isolation on the social behavior of the Senior High School learners residing in La Union. Also, this study yearned to identify how the learners coped up with the new normal. Five

(5) Senior High School Students ranging from seventeen (17) to eighteen (18) years old residing in La Union who are experiencing mild social anxiety were the target respondents.

This study was conducted within the allotted time from the month of March to June of the School Year 2021-2022 at the Regional Science High School for Region 1.

This study was conducted to collect, share, and disseminate knowledge and information regarding the effects of prolonged isolation on the social aspects of the learners. This study will be beneficial to the following:

This study will be beneficial to students as it will make them aware that having fear of entering into a new normal reality and having social anxiety after being isolated for years are normal and it will also serve to record the effects of the pandemic on the mental health and social behavior of the learners.

This will also be beneficial to parents thus this study will provide parents the awareness they need for their child's mental health during this ongoing pandemic. And to break the misconception of parents about mental health and for them to be able to see mental health the same perspective on physical health. It will also serve as their basis to better the parental guidance and support they give to their children especially now in a pandemic.

For the future researchers. The proposed study may serve as a guide or reference for future researchers in making their own research. It will also be their source for additional information and may include the data or findings of this study in their review of related literature which is related to their study to support their claims.

And lastly, to the researchers**.** The study's process and outcome will upgrade the researcher's knowledge, competence, and professionalism in the field of researching.

To better discuss the content of this study, the following terms are defined according to how they are used in this study:

Lockdown - a preventive measure that has been widely used to control and prevent virus transmission everywhere.

Mental Health - it is operationally defined as one of the most neglected areas of health globally; a person's emotional, psychological, and social well-being.

Mental Illnesses- These are health issues that involve changes in mood, thought, or behavior. It is also the third most common form of morbidity among Filipinos.

Social Anxiety - The continuum of anxious symptoms ranging from shyness and social concerns to clinically diagnosable SAD — Social Anxiety Disorder (formerly social phobia).

Mild anxiety - is anxiety that is manageable without any additional techniques.

High-functioning social anxiety - exhibits fewer behavioral symptoms of social anxiety.

CHAPTER II

METHODOLOGY

The researchers have undertaken qualitative research because this study focuses more on exploring and understanding learners with mild social anxiety in adapting to new normal, and also on examining the effect of prolonged isolation on the social behavior of learners.

According to Ashley Crossman (2020), qualitative research is a type of social science research that gathers and works with non-numerical data and that seeks to interpret meaning from these data that help understand social life through the study of targeted populations or places. And also, it allows the researchers to investigate the meanings people attribute to their behavior, actions, and interactions with others.

Qualitative research is a study that seeks to examine an issue or phenomenology of a subject experienced through subjects such as "behavior, perceptions, motivations and other holistic actions in a description" data descriptions derived from the experience of key informants (Sugiyono, 2006).

The purpose of qualitative research is to "gain an in-depth, holistic perspective of groups of people, environments, programs, events, or any phenomenon one wishes to study by interacting closely with the people it is studying" (Farber, 2006).

Case consider strategy is the foremost broadly utilized strategy in academia for analysts inquisitive about subjective investigate (Baskarada, 2014). Also, it determines the

struggles and challenges or experiences these learners with mild social anxiety are facing in adapting to the new normal.

A case study may be an investigate approach that is utilized to create an in-depth, multi-faceted understanding of a complex issue in its real-life setting. It is a built up investigate plan that is utilized broadly in a wide assortment of disciplines, especially within the social sciences (Yin RK, 2009). It can be characterized as an intensive consideration about an individual, a bunch of individuals or a unit, which is pointed to generalize over a few units (Gustafsson J, 2017).

The population of the study consisted of five (5) Senior High School students ranging from seventeen (17) to eighteen (18) years old residing in La Union who show signs and experience mild social anxiety. The majority of the respondents were from Bangar, La Union.

Sadly, mental illnesses can remain untreated for years, if not lifetimes. There are several reasons for this, including the individual's unwillingness to realize that something is wrong or that the condition requires mental health treatment addition, many people are afraid of being judged if they seek help. And for those who do seek diagnosis and therapy, their underlying problems are sometimes misdiagnosed or misinterpreted as a separate sickness (Bennett, 2019). A such, the researchers decided to find respondents who are not clinically diagnosed but experience mild social anxiety based on the list of symptomps.

The study made use of two sampling techniques: judgemental and quota sampling. Judgemental sampling is a kind of non-probability sampling wherein respondents are chosen by the researchers based on their knowledge and own judgment (Alchemer, 2018) along with the utilization of quota sampling which is the gathering of a representative data

of a larger population group that also meets the standard of the researchers (Crossman, 2018).

The researchers reached out to personal contacts who were the participants of the study. With the utilization of semi-structured interview questions, the researchers were able to effectively gather useful information about the topic. Relevant questions were constructed in order to properly extract the information needed by the researchers.

In-depth, semi-structured interviews are conversational exchanges in which one person, the interviewer, uses questions to try to elicit information from another. (R. Longhurst, 2009). A common practice in semi-structured interviews is to lead with open-ended questions, which are questions that can't be replied with a basic "yes" or "no." Based on the answers, the questioner will inquire follow-up questions to draw out more particular prove almost the candidate's resources. The interviewer may prepare a list of questions but will not necessarily ask them all or discuss them in any particular sequence in this type of interview. Interviewers will instead utilize these questions to direct the discourse. In other circumstances, the interviewer will just have a list of general questions to ask. (Doyle, 2022).

The interview was conducted via virtual means using Google Meet during the most comfortable time of the participants. However, in any case of conflict of schedules, the Messenger app served as the medium of communication wherein participants can answer the questions at their most convenient time.

The interview was conducted by the researchers themselves due to their personal relationship with the participants. Although it was a formal set-up and both parties acted

professionally, the participants gave in-depth explanations of what were asked as they trust and are comfortable with the researchers.

The said meeting was recorded after getting the consent of the participants to have access to the complete interview. Additionally, the researchers were also obligated to take down notes regarding the answers of the participants.

The researchers were tasked to let professionals, who are experts in fields related to Research, validate the interview questions to be asked to the respondents before conducting the interview with them. The validators of the questions were the following: a Research teacher, a Science teacher, and a Mathematics teacher.

The validity of the interview questions as the research tool for the study was interpreted using the five-point Likert Scale. The scale is as follows:

Table 1. Level of Validity of Interview Questions

Point Value	Statistical Range	Descriptive Equivalent Rating
5	4.51-5.00	Very High Validity (VHV)
4	3.51-4.50	High Validity (HV)
3	2.51-3.50	Moderate Validity (MV)
2	1.51-2.50	Poor Validity (PV)
1	1.00-1.50	Very Poor Validity (VPV)

The interview questions shall yield a rate within the range of 3 to 5 to be considered suitable to use in gathering precise data and information. The researchers obtained an average validity rating of 4.3, which signifies High Validity (HV) and implies that the interview questions were relevant to the aim of the study. Furthermore, the remarks and

recommendations of the validators were attended to, considered, and used appropriately by the researchers to improve the interview questions.

For the data gathering process, the researchers looked for Senior High School students, as mentioned in the previous paragraph, ranging from seventeen (17) to eighteen (18) years old from the Municipality of Bangar, Luna, and Sudipen to be the respondents. The researchers guaranteed that the respondents demonstrated signs and symptoms of mild social anxiety. Letters of consent were given to the participants to formally acquire their permission to participate as respondents of the study.

A one-on-one interview was conducted between the respondents and the researchers. The researchers utilized a semi-structured interview to gather data and information effectively. The respondents of the study were given nine (9) open-ended questions and an ample amount of time to freely express themselves in their own words. The interview was conducted through virtual means using Google Meet or Messenger app, and it was recorded with the consent of the participants.

The last step was interpreting and analyzing the data collected. By this, the researchers have arrived at the conclusions that answers the research questions of the study.

In analyzing the results of the data, the researchers used the Thematic analysis approach to interpret the gathered information. Thematic analysis is the method most widely adopted within the qualitative literature (Braun and Clarke, 2017). It is for analyzing qualitative data that involves digging across a data set to identify, examine, and report repeated patterns or themes. Additionally, in conducting this analysis, a six-phase guide was given: familiarize the data, develop code, look, review, and define themes and the writing up (Braun and Clarke, 2006).

To establish and protect ethics in conducting this research, along with honesty, integrity, and objectiveness, the researchers strictly observed the following:

The researchers informed the participants about the purpose of the study, how the data collected will be used, and who will have access to the findings.

The researchers made sure that voluntary participation of the research subjects is important. Participants of the study have the right not to participate in the study if they wish to do so.

The researchers were encouraged to avoid the use of offensive, discriminatory, or other unacceptable language in the formulation of the Semi-Structured Questionnaire. Additionally, the research study did not require any physical contact with the respondents therefore free of any kind of conflict and physical harm.

The researchers had the respondents participate on the basis of the informed consent. This is to protect both researchers and the research subjects and to ensure that no rights of the respondents are being violated. Researchers should be able to obtain the full consent from the participants prior to the study.

Protection of the privacy and adequate level of confidentiality for the respondents and the data that was gathered was ensured. Adherence to the Data Protection Act was strictly practiced. Privacy and confidentiality are of paramount importance.

Acknowledgement of works of other authors with the use of APA referencing systems was strictly observed.

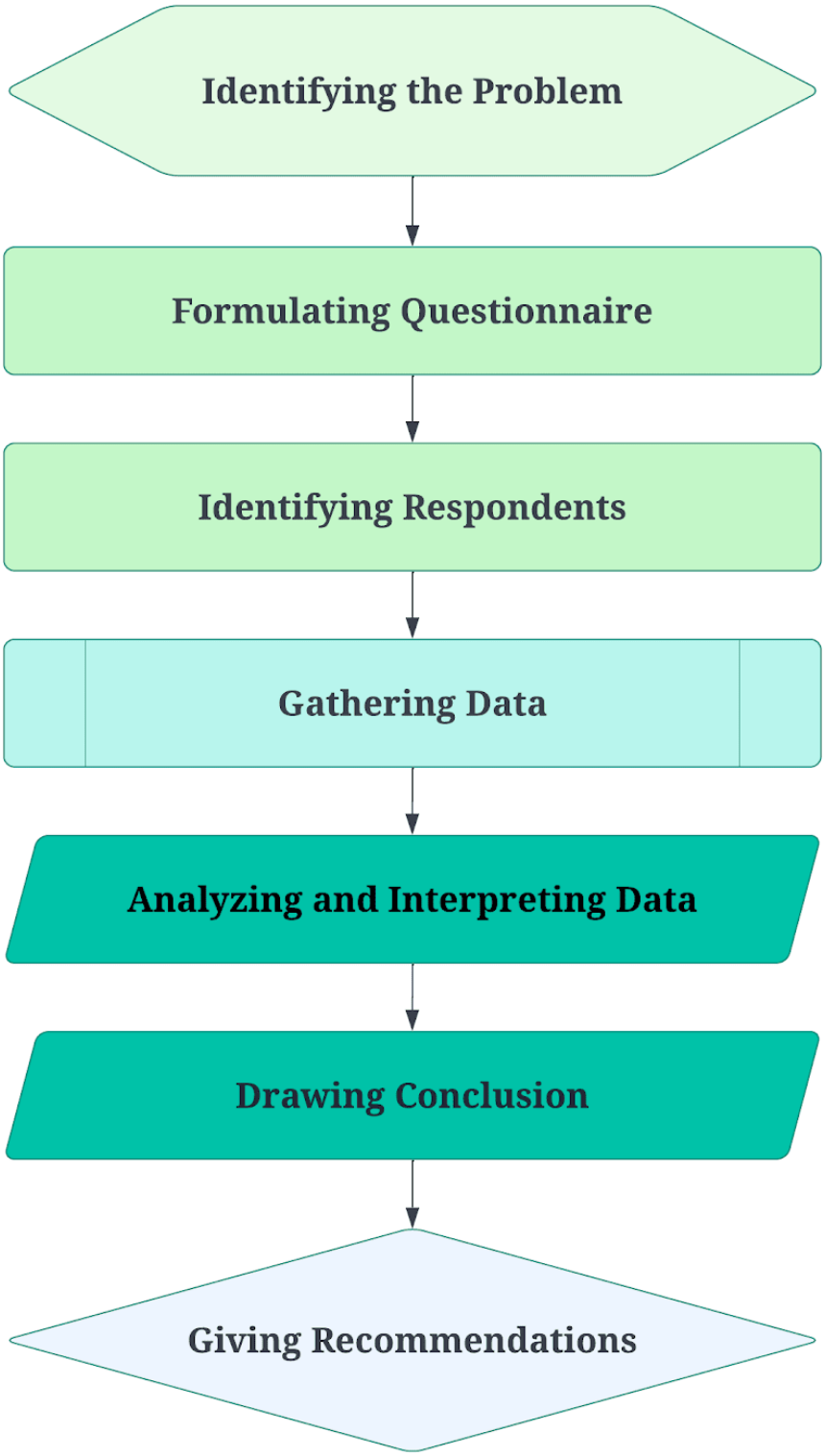

Figure 1. Flowchart of the Research Process

CHAPTER III

RESULTS AND DISCUSSION

At the start of COVID-19 pandemic more than two years ago, staying at home and physically distancing from others became mandatory precautions to ease down the spread of the virus and to keep everyone safe. Now, as people are re-adjusting to the "new-normal" life, returning to reality after lockdown can lead to a range of feelings—from excitement and relief to stress, worry, and discomfort. According to Jessica Caporuscio, Pharma. D (2020), physical distancing may provide relief for people with mild social anxiety, but the lack of interaction can also maintain mild social anxiety. This chapter deals with the presentation, interpretation, and analysis of data gathered from the online interview.

Nine themes were created based on the results gathered from the respondents. These are "Restrictions of COVID-19," which talks about the urge to go out and socialize with other people during the time of pandemic. Next is "Craving for Human Interaction," it discusses how mild social anxiety was manifested during the pandemic and if lack of in-person interaction affected social behavior. While "Uncertainty in the Chains of Fear" discusses the changes in life routines during the pandemic due to mild social anxiety. "Fragility of the Comfort Bubble" talks about the feelings of the respondents whenever they go out and they have to socialize with other people. In this segment, it also describes their experiences in socializing after the prolonged isolation. Then "Cultivating Self-Awareness" elaborates the feelings of the respondents about the need of socializing again. "A Splash of Cold Water: Back-to-School" talks about the reactions of the respondents

when limited face-to-face classes were announced. While “Delving Deeper into the Effects of Mild Social Anxiety” expounds the other struggles aside from socializing that the respondents are suffering from. Then “Not all Doom and Gloom” tackles the ways or things the respondents consider in able to overcome the said struggles. And lastly, “Eluding from Reality,” this section explains the barriers that hinder the respondents in seeking the help they need.

Restrictions of COVID-19

People have always been adaptive in nature, proven several times throughout human history as they emerged back from severe changes more adaptive and innovative (Massey, 2013). However, the sudden wave of COVID-19 forced them to immediately adapt to the new change. Along with health concerns, people have had conflicts within themselves when going out. Some preferred going out and some have just decided to stay at home according to the data gathered from the survey conducted by The Reach Approach in 2020 saying that 60% of people surveyed preferred to stay at home and 52.6% said they don’t want to go back to the new normal.

“*I still have the urge, meron pa rin sa akin ‘yong kagustuhan na bumalik na tayo sa dating sitwasyon. Almost every day dati nakaka-usap ko mga friends ko, nakikipag-interact ako sa ibang tao, nakakapag-participate nang maayos sa class with other people. Although mahirap ngayong may time ng pandemic, gusto ko pa rin makipag-socialize with other people*,” three of the respondents explained, pointing out their priorities and their need for interaction. (I still have the urge, I still have this will to go back to our previous situation. Almost everyday back then, I got to talk to my friends, I interacted with other

people, I participated well in class with other people. Although it's hard during the time of the pandemic, I still want to socialize with other people.)

On the other hand, two of the respondents expressed that they did not have even the slightest urge to go out during the time of the pandemic as stated, "*Compared to before the pandemic, I wanted to socialize more with people. Parang in my mind, I knew I wanted to try but after the strike of the pandemic along with the thought of being around with people, it feels draining for me.*" (Compared to before the pandemic, I wanted to socialize more with people. In my mind, I knew I wanted to try but after the strike of the pandemic along with the thought of being around [with] people, it feels draining for me.)

As the researchers finished the interview, it was found out that they had their own views and feelings regarding going out during the time of the pandemic and that they eventually found comfort inside their own homes and/or rooms. It is also evident that they acknowledge the virus and they prioritize their health. However, they also had different views on socializing—needing it and feeling drained because of it.

Craving for Human Interaction

Social isolation and loneliness are related concepts and often coexist—loneliness can lead to isolation, and vice versa (Shankar et al., 2006). People have been confined to their homes since the pandemic began, being forced to isolate themselves even from their close friends and loved ones. Craving for human interaction is nearly similar to craving for food.

Even though there is frequent and near-regular engagement with others over the screen and via social media platforms, most individuals are experiencing touch hunger

from not being able to physically socialize with friends, family, and their colleagues (Golaya, 2021). People were so used to the companionship that when the sudden emergence of COVID-19 caught them off-guard, changes began to arise as well. "*Hindi ako yung overly takot sa ibang tao, pero nung nagsimula na pandemic, parang gusto ko nang umiwas sa tao,"* three of the respondents answered. (I wasn't afraid of socializing with other people until the start of the pandemic. It's like I wanted to isolate myself from others.)

Although one respondent answered, *"To be honest, relieved ako kasi socializing alone felt too draining."* (To be honest, I was relieved because socializing alone felt too draining.)

All of them also shared the changes they noticed in their way of interacting, *"Napapansin ng mga kausap ko, umiiwas ako tingin, ayaw ko makipag-eye contact. The number of people I talked to or interacted with at least were lessened. So, parang, I was already used to only interacting with them in person."* (I noticed and even the people I interacted with noticed that I started to avoid eye contact while communicating with them. The number of people I talked to or interacted with at least were lessened. I was already used to only interacting with them in person.)

As the researchers finished the interview, a respondent shared their thoughts about the importance of social interaction, *"Mahalaga ang constant at regular interaction with people kasi na-lelessen 'yong anxiety mo na mag-create ng connection with other people and kapag kasi constant at regular 'yong interaction, parang doon mo na-bubuild din 'yong confidence mo na makipag-usap at 'yong comfortability mo sa maraming tao.*" (Constant and regular interaction with people is important because it can lessen your

anxiety to create connections with other people, and it can help you build your confidence and comfortability around people.)

With these, the researchers discovered that the respondents becoming used to isolation became the root of their mild social anxiety to different changes, the way they interact, their behavior, and also their routine.

Uncertainty in the Chains of Fear

The COVID-19 pandemic has significantly influenced the lifestyle and identity of young people. The community quarantine and other measures implemented to curb the spread of the virus have changed the lifestyle of young people tremendously. The impacts include a decline in their self-esteem, anxiety about physical appearance, and judgment (*Plan International Organization–Girl promotes mental wellbeing during pandemic*, 2020).

The rapid growth of social media and the sharing of information online has meant that many young people are exposed to global events such as the COVID-19 pandemic more intimately than ever. Increased stimuli to a person's emotional state can lead to heightened stress levels that can easily worsen pre-existing mental health issues such as anxiety or depression.

In order to ensure the safety of everyone, a lockdown was declared. After two years of the lockdown, people gradually got used to staying inside the comfort of their homes. A lot of people changed their habits and developed new and different routines from their previous routines before the lockdown happened. Teens who used to be extroverted and out-going became anxious to go out and socialize with friends and neighbors, while others

have become more introverted and stopped participating in activities that would get them out of the house.

Five of the respondents shared the same experience, and one of them stated, "*Kung dati parang I like going out, doing things I want that involves the outside world e, ngayon dahil sa social anxiety, natatakot na akong gawin lahat ng ginagawa ko before dahil nasa kwarto na lang ako lagi. Kahit may bisita, hindi naman ako lumalabas kung 'di nila ako sinasabihan na lumabas naman.*" (If before I used to like going out, doing things I want that involve the outside world, now because of social anxiety, I'm afraid to do everything I did before because I'm just in the room. Even if there is a visitor, I don't go out if they don't tell me to go out.)

A sense of comfort is important to one's ability to interact successfully with others. Worrying about embarrassing oneself will not help them overcome any feelings of anxiety. One respondent expressed their discomfort in expressing themselves and indicated that they were worried about socializing. This respondent said the following: "*Syempre, I don't get to express myself easily [in a] comfy way. I worry that I might simply say something embarrassing. Kapag may kakausapin ako na di ko kilala, nagbabasa yung kamay ko, feeling ko mali yung sasabihin ko."* (Of course, I don't get to express myself easily [in a] comfy way. I worry that I might simply say something embarrassing. When I talk to someone I don't know, my hand gets sweaty, I feel like what I'm going to say is wrong.)

Fear is an emotion that is very powerful and overwhelming when accumulated, yet it is something that we are able to feel but never really comprehend. It is also the feeling of unknown and uncertainty about what is in the future. These chains of fear are what hold

a person from happiness and growth. Once these chains of fear are broken, freedom will come out from that release.

Fragility of the Comfort Bubble

According to Dr. Potter (2021), many times, people are going to feel more comfortable if they're in a social situation with somebody that they're close to. As what the respondents said, socializing again after the lockdown was comfortable only with the people they are comfortable with. However, when interacting with new people, they feel uncomfortable in a sense that they feel like they are being judged even if they are not. Three of the respondents answered the same thought: "*When I am around people I know, I am comfortable but when I have to be around people who I barely know, I get anxious especially when I get into a conversation. I get anxious about what they think of me, what will they think of me when I say this or that.*"

In addition to the responses of the respondents, they felt confused with their feelings about going out to a point where they will make excuses just for them not to go out and gather with other people especially with people they are not comfortable with. *"And if yung time naman na lalabas ako na pupunta sa mga gathering, and may mga ibang tao na meron, ayoko. Hindi ako lalabas ng bahay to the point na may time na gumawa na lang ako ng reason and excuse para hindi makapunta,"* two of them shared the same answers. (There are times when I have to join gatherings and there will be people who I barely know, I wouldn't leave the house to the extent that I will make excuses not to attend.)

As the researchers finished interviewing, an answer from one of the respondents made them discover more about their experiences—that it is not just about being

uncomfortable with other people nor the fear of being judged, but it is also about the constant overthinking that restrains them in adapting to the new normal. *"Constant overthinking is what is restraining me, because I try to predict what will happen and try to contradict it."* The root of their worries and anxiousness is overthinking. They are overlooking the possibilities thus making them uncomfortable in socializing and going out. According to the late Susan Nolen-Hoeksema, a professor of Psychology at Yale University, these are draining and distressing ideas. They can affect anyone who is stressed. However, if the worries and ideas are preventing one from doing what they want to do — from enjoying their life to the fullest — then they must take action.

Cultivating Self-Awareness

Socializing and having an interactive relationship with people are essential to a person's well-being and social skills in order to work and grow as part of society (Cohut, 2018). At the same time, knowing oneself and realizing one's limit and own feelings also contribute to their well-being. These have been observed in the answers of the respondents.

Two of them stated that they are aware of the importance of social interaction and that they're afraid their social anxiety might worsen if they don't get themselves used to socializing again. "*Kapag hindi [bumalik sa dating pakikipag-interact], baka lumala talaga 'yong takot ko sa mga tao lalo na 'yong mga 'di ko pa naman nakikilala or ka-close, gano'n*," they explained. (If I don't go back to how I used to interact [with people], my fear of [interacting with] people might get worse, especially around strangers or people I'm not that familiar with.)

On the other hand, the other two respondents have found their comfort in isolation and thus have rejected the thought of socializing with other people. They have also developed their self-awareness as they mentioned that they're sure they cannot go back to how they used to socialize. One of the respondents said, "*As much as possible, ayoko pa sana. Parang nasanay na ako na nasa bahay lang and wala masyadong tao na nakakahalubilo*." (As much as possible, I don't want to. It's like I got used to just being at home with not a lot of people to interact with.) While the other one stated that, "*Instead of trying again [to rebuild friendships], I just focus on the friends that I have right now*," also mentioning that socializing gets them anxious and uncomfortable.

With regards to the last respondent, they specifically mentioned having to socialize due to compulsory interactions. In this case, the respondent has no choice but to comply and interact as needed. Self-encouragement and calming techniques were also observed in coping up with the attack which were proven helpful according to Romano (n/a)—it helps in boosting self-confidence and outweighs the effect of criticism and judgment. Seeing someone they know in the event also helped as stated: "*Siguro yung isang bagay na nagpakalma sa'kin is noong nalaman kong may kakilala akong nandoon*." (Maybe one thing that calmed me down was when I found out someone I know was there as well.)

Based on the answers of the respondents, they have developed a sense of self-awareness—knowing they need to go back to socializing to become part of the society, knowing their own limits in socializing, and knowing they need to socialize for compliance in some cases.

A Splash of Cold Water: Back-to-School

The youth experienced disruptions and challenges during the crisis which affected their mental well-being (Williams, 2021). After more than a year of COVID-related upheaval, a return to the classroom would be celebrated by many children and adults who are eager to regain a sense of normalcy but for other children, going back to school five days a week will fill them with anxiety (Irving MC, 2021). There were various reactions by the respondents when they heard about the announcement on the limited face-to-face classes. *"At first, to be honest, na excite ako, kasi I get to meet my new teachers, makakausap, I get to hug my friends,"* answered by three of the respondents. (At first, to be honest, I felt the excitement of being able to see, socialize and hug my friends after two or almost three years, and also meet my new teachers.)

In contrast to these positive reactions of the respondents, they also had a different perspective. *"Hindi talaga ako sure sa desisyon ko. Medyo nag-woworry din ako knowing na new environment na naman kasi new school tas panibagong classmates ulit,"* three of the respondents answered. (I wasn't sure about my decision. I was worried, knowing that I have to be in a new environment again and I get to meet new people.) *"I was anxious when I realized that I need to meet my new teachers and classmates whom I only met online and the thought of not living up to their expectations worried me,"* said a respondent.

Thinking about socializing with new people was not the only concern of the respondents, there is still a part of them being afraid of the pandemic. *"Since nagstart na yung school namin na magcollect ng vaccine information, medyo natakot ako kasi aside sa medyo takot pa ako sa COVID, kinakabahan ako kasi everyday yun, kahit na every other week yun, five times a week pa ring lalabas, so that means hindi lang yung mga kaklase*

mo yung mga nasa school yung makakasalamuha," two of the respondents answered. (Since our school started to collect vaccine information, I began to worry because I am still afraid of the possible transmission of COVID-19. I was nervous about going out 5 times a week, which means I am not only exposed to my classmates and to other school personnel but also to other people.)

As the researchers finished the interview, it was found out that going back to school was unusual and emotional for them. There is still uncertainty circling around going back to school amidst the new normal.

Delving Deeper into the Effects of Mild Social Anxiety

Although mild social anxiety mainly affects a person's social aspect, it doesn't entirely mean that it cannot affect anything else. All of the respondents have elaborated ways on how mild social anxiety affected them besides the most common one—socializing. With the constant and mild fear of social interactions and judgment, people with mild social anxiety often try to avoid these stressful situations (Brennan, 2020).

Being with people can sometimes be difficult and challenging. When socially anxious, it's natural for a person to feel afraid of what others might think about them. This fear can make them feel like they need to watch every word that comes out of their mouth in order to protect themselves from judgment, and that's why instead of speaking, they avoid situations that can put them in the spotlight. Of the five respondents, four expressed their concern over their speech because of the possibility that others would judge them based on what they said. One respondent stated, "*I have trouble voicing out my opinions because I often dwell on what others think of me rather than how I want to think of myself."*

One of them also said, "*Next to socializing, pinakamalaking struggle ko with mild social anxiety is to be judged, ayaw ko na magleave ng negative impression sa ibang tao."* (Next to socializing, my biggest struggle with mild social anxiety is to be judged, I don't want to leave a negative impression on other people.)

A respondent said that, "*Naaapektuhan yung relationship ko sa isang tao. Mas napapalayo ako or nagkakaroon ng gap yung relationship kasi nga nagiging aloof or dinidistansya ko yung sarili ko."* (It affects my relationship with someone. I get more distant or there is a gap in the relationship because I become aloof or I distance myself.) It's natural to want to distract the mind when feeling anxious as this may help to avoid panic attacks and feeling stressed. However, doing this could affect relationships with friends and family because people become uncomfortable with the lack of communication and they will react, causing agitation and uncertainty.

Not All Doom and Gloom

Help can come in many forms. Although treatment is available and effective for mild social anxiety, it is estimated that only 35% of people with the disorder ever receive treatment (Chapdelaine et al., 2018). While not an alternative treatment for professional treatment, for those that may otherwise receive no help, self-help is a good starting point (Berger T et. al., 2019). There are ways to overcome one's struggles and everyone has their own ways. As with any mental health struggle, this is a sustained process over time, not a quick-fix solution. However, the good news is that there is hope for victory over social anxiety. People who you are comfortable with are great help in overcoming social anxiety, based on the responses of the respondents. *"Nakikipag-usap ako sa mga taong ka-close ko.*

'Yong parang sa actual na communication na, tina-try kong makihalubilo sa mga kaibigan ko. Ngayon, tina-try ko na rin lumabas nang mag-isa pero hindi ko pa naman binibigla." (I try to personally communicate with my close friends. I try to communicate my feelings to them and now I try to boost myself again by going out alone but I don't rush myself into doing so.) These are the common answers of the five respondents.

And in addition, one respondent said, "*Iniiisip ko paano ko papakalmahin ko yung sarili ko sa harap ng ibang tao."* (I think of ways on how to calm myself whenever I am having a conversation with people.) Breathing techniques or relaxation techniques are helpful in calming physical reactions like sweating, pounding heart, and nausea. According to Dr. Potter (2021), they need to work more on their relaxation and distraction techniques so they can tolerate the next social situations.

Small progress is still progress and making progress—slowly opening up yourself with the new normal, trying to communicate and trying to engage yourself with other people—is a progress worth celebrating for. *"Inuunti-unti ko yung pakikipaginteract sa iba. Baby steps kumbaga,"* two of them answered. (I step forward, little by little I am trying to open up myself with other people, trying to interact and socialize.)

An answer from the respondent made an impact on the researchers as she said, *"Sa totoo lang, gusto ko ng professionally pero natatakot ako kasi kapag professionally, bagong tao na naman, mag-oopen up ka sa ibang tao kahit na sabihin mong makatutulong sa'yo."* (As much as I want to seek professional help, I can't because that would mean I need to open myself up to a new person again even if that would mean it'll help me.) Some people may be worried about the process they'll go through—tackling their problem,

sharing their feelings, and talking to professionals—fearing that it will be upsetting or invasive, or that they'll be forced to do things they are not comfortable to do. Whatever their concern is, the most essential thing to realize is that they are not alone. They won't be wasting anyone's time if they ask for help; they are just as valuable as everyone else.

As the researchers finished asking questions, one of the respondents said that, *"Letting go of my worries helped me overcome the struggles of having mild social anxiety. It is a bit hard because I am an overthinker but I try to engage myself with people, I try to interact with people online."* Challenging negative thoughts through positive thinking is helpful in managing thoughts. Reframing negative thoughts to a healthier one will reduce overthinking and worrying. And lastly, it is fine to start with little changes.

Eluding from Reality

Young people also reported a preference for relying on themselves when facing difficulties, and issues with committing fully to the process of help-seeking (Ashworth et al., 2020). Dismissing and suppressing became a habit. This habit actually becomes an issue, that suppressing our emotions is neither natural nor healthy. Our emotions are important indicators of what's going on in our lives, even though we want comfort from our loved ones there are still barriers that hinder us from doing so.

Judgment actually paralyzes and prevents the people from fully comprehending the situation. To be honest, most judgements about people are based on insufficient information. A common response from the respondents helped the researchers realize that they share the same fear. *"I am afraid of judgements. Feeling ko kapag nag seek ako ng help is ijujudge ako na, "Halla, nag-iinarte ka lang," or kaya gumagawa lang ng rason para hindi pumunta sa mga gathering o mga ganap. I remember nung isang time nun sabi*

ko parang may na-develop ang anxiety sa akin ngayon nag-pandemic pero ang sabi nila nasa isip ko lang daw 'yon at umaarte lang ako." (I am afraid of judgements. I feel like if I seek help, they would judge me and say, "You're only acting like you have anxiety," or that I'm only making excuses to not attend gatherings or events. I remember, one time, I said that it seems like I have developed anxiety during the pandemic but their response to me was that it is all in my head and I'm just acting.)

Growing up in a household where one needs to consider their family when making a decision can also be difficult while dealing with their mental health. Money is also a concern in seeking professional help, but the sad truth is it still becomes a hindrance to people. One respondent said, *"Siguro one factor na din na hindi ko maano 'yong tulong na kailangan ko kasi nasa broken family ako. Ang hirap i-open kapag both parents mo ay mentally unstable din. Meron pa—looking for therapists, ganun, is somewhat nakakatakot at expensive, to be honest. With everything that's happening around my family, gusto ko na lang i-keep sa sarili ko 'yong nararamdaman ko para kahit papano, hindi ko iisipin na I am a burden*." (Another factor that hinders me from seeking help is that I am from a broken family. It's hard to open up when both of your parents are also mentally unstable. Also, seeking professional help is somewhat terrifying and expensive too. With everything that's happening around my family, I'd rather keep my feelings to myself so that I won't think about being a burden to my family.)

"Takot pa rin akong makipagsocialize. Second yung kung pa'no i-approach yung ibang tao," said one of the respondents. (I am still afraid of socializing and I'm worried about how I will approach other people.) The fear of interacting with other people is another factor where anxiety arises, which is considered as a barrier by another respondent.

"Anxiety itself and what causes it. Seeking help would mean that I have to let my guards down." In addition, *"And staying within my comfort zone became too comforting."* Because of the prolonged isolation, people became used to being around themselves and they already found comfort among themselves.

As the researchers finished the interview, a common response from three of the respondents also showed that even in their darkest times, they still find themselves in a situation where self-encouragement is also an option. Young people prefer to rely on themselves, rather than seeking outside help for the problems they are facing (Guillver et al., 2010). *"Feeling ko din kakayanin ko since I am trying to socialize with my friends na komportable ko, great help sila. 'Di ko binibigla yung sarili ko na makipag-usap agad to those who I don't really know that much. Hindi ko din maisip na maghanap ng tulong kasi I feel like I can handle myself at hindi naman 'to malala compared sa pinagdaraanan ng iba."* (I feel like I can handle myself and I know that I'll be able to overcome it since I am trying to socialize with my comfort people and I'm taking small steps in socializing with other people. I never thought of seeking help because I feel like I can handle myself and that my feelings are not that severe compared to what others are experiencing.) These responses from the respondents showed how much they want to seek help but there are barriers that hinders them from doing so.

Information Dissemination Campaign

With the result of the study, the researchers have formulated an information dissemination campaign that will empower the public with knowledge about Mild Social Anxiety and will serve as an eye-opener for the public about the importance of Mental Health.

The researchers created infographics that can be utilized for information campaigns. The infographics was posted in the researcher's page entitled "You Talk, We Listen" for a greater number of audiences to be enlightened about Mild Social Anxiety and also it was sent to the respondents through messenger.

The contents of the infographics are the following:

1. Definition and symptoms of mild social anxiety,
2. the effects on social life,
3. the effects of lockdown on everyone,
4. the barriers to mental health care; and
5. how to break the stigma associated with it.

MILD
It is the fear and cautiousness of being linked in a social setting.
Often considered as non-significant however,it still has a possibility to become worse.
SOCIAL
ANXIETY
FOUR LEVELS
MILD
MODERATE
SEVERE
PANIC
What are the symptoms of Mild Social Anxiety ?
rapid heartbeat
sweating
blushing
nausea
trembling
dry mouth
EFFECT on Social Life.....
It makes it hard for a person to develop self-confidence, second-guessing actions and words which eventually makes the person more self-conscious.
Being afraid to try new things and take opportunities.
Over-think about trivial matters.
AFTER LOCKDOWN...
The pandemic and lockdown have had adverse psychological impacts with people experiencing:
SEPARATION
ISOLATION
BOREDOM
UNCERTAINTY
People might have forgotten how to act around other human beings, feel anxious about how social patterns have shifted, or find that conversation that used to flow easily is now exhausting.
BARRIERS TO MENTAL HEALTH CARE
COMMON BARRIERS TO MENTAL HEALTH CARE ACCESS :
Limited Availability
Affordability
Unavailability of Essential Medicines
Restricts Access
LAW COMPLIANCE
LEGAL PROTECTION
The insufficient mental health care policies prevent these people in seeking the help they need because there are no laws that offer legal protection of the human and civil rights of people with mental illnesses.
The lack of education about mental illness, and stigma that surrounds it becomes harder for people to seek the help they need.
We can all do things to raise awareness, and what is most important is that we try. Change only happens when people take action, and raising mental health awareness is an important action that almost everyone can take.
MENTAL HEALTH AWARENESS
HOW?
Others' judgments almost always stem from a lack of understanding rather than information based on facts. Learning to accept your condition and recognize what you need to do to treat it, seeking support, and helping educate others can make a big difference.
BREAK THE STIGMA
Rekindle Your Sparkle : End Self-Stigmatization

Figure 2. Information Dissemination Campaign (Infographics)

CHAPTER IV

CONCLUSION AND RECOMMENDATIONS

Based on the results and findings, the following conclusions and recommendations were derived. The pandemic will eventually come to an end and people have already started adapting to the new normal in order to prevent another abrupt change from happening thus this made people create different perspectives about socializing and going back to the life of everyday interaction. Transitioning to the new normal may not be easy for everyone, especially with those people who are experiencing mild social anxiety. Having mild social anxiety has had adverse effects on different people, they share different struggles and different coping mechanisms but what they have in common is that they want to overcome these struggles and be able to cope with it. The COVID-19 pandemic made them hyper aware of their surroundings and the people they come into contact with due to the fear of virus transmission.

The hardest to control is the mind and the hardest to understand is the thoughts, thus constant overthinking is what is restraining these people with mild social anxiety from interacting with other people and to adapt to the new normal. The pandemic has hindered them in improving themselves because of the lack of interaction which eventually leads to limit in opportunities, changes in the way they act around other people, struggles in socializing, and changes in their preferences and routines. The isolation brought them into

a new reality wherein they were only comfortable in their own comfort zone—fearful in going out of it—thus making it hard for them to adapt with new changes.

It isn't just a conflict within themselves but people around them also affect their behavior. The respondents evidently mentioned their fear of being judged and leaving a bad impression on people they interact with. Relationship gaps were also observed in their answers, due to having mild social anxiety they created a wall around themselves where they distanced themselves from people to avoid judgment and to avoid the feeling of not being out of place within their social groups.

Everyone has different ways to overcome one's struggle, help comes in many forms and ways. And with everything that was happening around them, they found peace and comfort in their circle of friends. Friendship plays an important role in one's mental health state, they serve as a backbone and a great support system. The limited face-to-face also served as their training ground in overcoming the struggle of socializing, making them interact with people they are familiar and comfortable with, as well as new people like their Senior High School teachers and transferees in a smaller scale of interaction instead of a large unfamiliar place.

Mild social anxiety is a serious medical problem, but some strategies can be done to control it. Those who experience mild social anxiety should seek help through visiting groups or attending meetings which will provide them with an understanding of those who share their common condition. Whether they join a physical support group or an online support group, they will find solace in the company of others who understand them and what they've been going through.

Many people who are suffering from mild social anxiety are hesitant to open up to their parents. Children with mild social anxiety should not be left alone. It is recommended for parents to understand that their children need more understanding about their mild social anxiety. This will be helpful for them to open up on what they feel, and feel comfortable asking their parents some questions regarding their condition. This will also help parents to know more about what's going on with their child.

Self-help strategies are also an option, this incorporates socializing which can help them practice their social skills and exposure to situations that might provoke their anxiety triggers. Accepting invitations to go to places and do the things that make them uncomfortable is a progress on overcoming their anxiety.

To also help them treat and avoid their mild social anxiety from getting worse, they are advised and recommended to seek medical treatment from a psychiatrist or a psychologist. There are many different forms of treatment. Generally, the most common way is Cognitive Behavioral Treatment (CBT), which is designed to change thoughts that can worsen your symptoms. You may also meet with a therapist who will help them learn relaxation techniques and other coping strategies. By seeking professional help, they can learn effective ways to reduce their symptoms and treat their problems. In some cases, antidepressant drugs or anti-anxiety pills could be helpful too, but make sure to take it if prescribed by doctors only.

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APPENDICES

APPENDIX A

Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

RESEARCH INSTRUMENT
VALIDITY TESTING TOOL

Research Title:	Towards the End of the Covid-19 Pandemic: An Investigation to Teenager Mild Social Anxiety
Proponents:	Cabasag, Stephanie Anrie F. Manzano, Reyann L. Lorente, Samantha Q. Quintay, Leira Gehm F.
Research Problem with Specifics:	This research aims to explore and understand learners with mild social anxiety in adapting to the new normal and to examine how the lockdown aftermath or the prolonged isolation influenced social behavior in adapting to the new normal. Specifically, it sought to answer the following questions: 1. How is mild social anxiety manifested after the prolonged isolation of learners? 2. What is the impact of mild social anxiety to learners towards the end of the COVID-19 pandemic? 3. How do learners cope with their struggle of having mild social anxiety?

	4. What intervention can be proposed with the result of the study?
Interview Questions	1. During the time of the pandemic, did you still have the urge to go out and try to socialize with other people? Why or why not? 2. What do you think about the lack of in-person social interaction during the prolonged isolation during the pandemic? Have you noticed changes in your way of interacting? Explain these changes. 3. How did having mild social anxiety interfere with your life routine during the pandemic? 4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people? 5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again? 6. What was your initial reaction when they released an announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing again with different people? Why do you think you feel anxious in doing so? 7. Aside from socializing, what other struggles are you facing due to having mild social anxiety? 8. What are the ways you do or things you have to consider in order to overcome these said struggles? 9. What are the barriers that hinder you in seeking the help you need?

Rate the Research Interview Questions according to its Content Validity. Put a check (√) mark as your rating for the instrument.

Criteria		5	4	3	2	1
		Very highly valid	**Highly Valid**	**Valid**	**Somewhat Valid**	**Not Valid**
Content Validity	The test fully represents what it aims to measure.		/			

Comments & Suggestions:

Kindly include the meaning of mild social anxiety in your questionnaire in the context of prolonged isolation in order for the respondents (there are probably respondents who are not aware that they are already experiencing mild social anxiety) to better give correct, enough and more accurate response.

Validator:

JERWIN M. TELACAS
Signature over printed name Date Validated

Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

RESEARCH INSTRUMENT
VALIDITY TESTING TOOL

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Rate the Research Interview Questions according to its Content Validity. Put a check (√) mark as your rating for the instrument.

Criteria		5	4	3	2	1
		Very highly valid	**Highly Valid**	**Valid**	**Somewhat Valid**	**Not Valid**
Content Validity	The test fully represents what it aims to measure.		/			

Comments & Suggestions: Make sure that all the interviewees are really experiencing mild social anxiety. Provide evidence for how we can say a person has mild social anxiety.

Validator:

LEONARD LEVI L. SUGUITAN — 05-06-2022

Signature over printed name — Date Validated

APPENDIX B

Region I
La Union Schools Division
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I
Bangar, La Union

Interview Questions

1. During the time of the pandemic, did you still have the urge to go out and try to socialize with other people? Why or why not?

2. What do you think about the lack of in-person social interaction during the prolonged isolation during the pandemic? Have you noticed changes in your way of interacting? Explain these changes.

3. How did having mild social anxiety interfere with your life routine during the pandemic?

4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people?

5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again?

6. What was your initial reaction when they released an announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing again with different people? Why do you think you feel anxious in doing so?

7. Aside from socializing, what other struggles are you facing due to having mild social anxiety?

8. What are the ways you do or things you have to consider in order to overcome these said struggles?

9. What are the barriers that hinder you in seeking the help you need?

APPENDIX C

Table 1: Level of Validity of Interview Questions

Point Value	Statistical Range	Descriptive Equivalent Rating
5	4.51-5.00	Very High Validity (VHV)
4	3.51-4.50	High Validity (HV)
3	2.51-3.50	Moderate Validity (MV)
2	1.51-2.50	Poor Validity (PV)
1	1.00-1.50	Very Poor Validity (VPV)

Scores of the validators: 4, 4, and 5
Avearge Score: 4.3

APPENDIX D

zsj-adjn-bxo
Samantha
Stephanie

APPENDIX E

Table 2: Repertory Grid

Respondent 1			
Questions	**Response**	**Descriptive Codes**	**Themes**
1. During the time of the pandemic, did you still have the urge to go and try to socialize with other people? Why or why not?	I still have the urge, meron pa rin sa akin 'yong kagustuhan na bumalik na tayo sa dating sitwasyon. Almost every day dati nakaka-usap ko mga friends ko, nakikipag-interact ako sa ibang tao, nakakapag-participate nang maayos sa class with other people. Although mahirap ngayong may time ng pandemic, gusto ko pa rin makipag-socialize with other people.	Willing to go out	Restrictions of COVID-19
2. What do you think about the lack of in-person social interaction during the pandemic? Have you noticed any changes in your way of interacting? Explain these changes.	Hindi ako yung overly takot sa ibang tao. Somehow kahit hindi ko kilala, kaya ko pa rin siyang kausapin pero nung nagsimula na pandemic, parang gusto ko nang umiwas sa tao. Dumating din yung time na di ko malaman kung paano ko kakausapin mga kaibigan ko, paano ko sila i-aapproach. I try how to act how I act before pero nanlalamig kamay ko, pinagpapawisan. Napapansin ng mga kausap ko, umiiwas ako tingin, ayaw ko makipag-eye contact. Kapag makakameet ako ng	Used to isolation Unwilling to interact to unfamiliar people Uncomfortable Behavioral change Avoidance (eye contact)	Craving for Human Interaction

	ibang tao sobrang kinakabahan ako, meron pa yung time na meron akong bibilhin sa store pero nung nakita kong maraming tao yung dadaanan ko nag-iiba ako ng path. Kapag maraming tao, umiiwas ako. Kapag sa class naman, natatakot ako na baka mapahiya ako sa mga sinasabi ko, kapag magrerecite ako parang baka mali yung sasabihin ko, baka ma-trap ako sa awkward moment.		
3. How did having mild social anxiety interfere with your life routine during the pandemic?	Syempre I don't get to express myself easily [in a] comfy way. I worry that I might simply say something embarrassing. Kapag may kakausapin ako na di ko kilala, nagbabasa yung kamay ko, feeling ko mali yung sasabihin ko. Kapag may bisita kami, nagtatago ako sa kwarto, iisipin ko, "Hala, bakit may ibang tao?" It's not normal to have someone else in your house. Maraming beses akong nahirapan.	Fear of judgment Unexpressed opinions and feelings In comfort zone	Uncertainty in the Chains of Fear
4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people?	Hindi pa ako totally okay, pero trinatry ko pa naman lalo na't nagsimula na ang face-to-face classes, I am trying to be myself before the pandemic, yung maingay sa klase, yung sino-sino yung nakakausap pero at some point, hindi ko na siya	Awkwardness Seeks distractions Difficulty in holding a conversation	Fragility of the Comfort Bubble

	nagagawa and yung way to avoid that situation is to make myself occupied. During the second day of face-to-face [classes], I tried talking to old friends na mas matanda kesa saakin, pero maraming beses na napuno ng dead air yung conversation naming. Siyempre ang awkward naman kung titignan ko sila sa eyes so nakayuko at thinking kung anong pwede ko pang sabihin sa kanila just to avoid the dead air. It's not too difficult but it is difficult.		
5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again?	Syempre need ko yun and I need to accept that kaya nga I am trying to engage myself just like what I am doing before.	Engaging themselves Understand the need of social interaction	Cultivating Self-Awareness
6. What was your initial reaction when they released an announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing again with different people?	Initial reaction, to be honest sabi ko, "OMG." Because I get to meet my new teachers, makakausap, I get to hug my friends na di ko nakita for two years but then tinanong ko sa sarili ko na how will I approach them, I should I act before them. Nag-worry talaga ako kasi I'll get to meet my new classmates and teachers. Nung bago mag-pasukan, late ako natulog, late din ako nagising kasi nag-woworry talaga ako.	Mixed feelings Negative feelings triumph Overthinking Worried about meeting new people	A Splash of Cold Water: Back-to-School

7. Aside from socializing, what other struggles are you facing due to having mild social anxiety?	Negative thought to the point na napaparanoid ako. Kapag may kaharap akong intimidating na tao ganun. Next to socializing, pinakamalaking struggle ko with mild social anxiety is to be judged, ayaw ko na magleave ng negative impression sa ibang tao.	Negative Thought Paranoid of meeting intimidating people Leaving a bad impression	Delving Deeper into the Effects of Mild Social Anxiety
8. What are the ways you do or things you have to consider in order to overcome these said struggles?	During, iniisip ko na since hindi naman madami yung pag-uusapan namin, pagkatapos nun iniisip ko paano ko papakalmahin ko yung sarili ko sa harap ng ibang tao, paano ko prapraktisin ung socializing. Next to socializing, pinakamalaking struggle ko with mild social anxiety is to be judged, ayaw ko na magleave ng negative impression sa ibang tao.	Constant practice of socializing Calming Techniques	Not All Doom and Gloom
9. What are the barriers that hinder you in seeking the help you need?	Fear of being judged, yung negative thoughts and fear of higher authority, mga situation na nakakatrigger sa social anxiety ko. Feeling ko din kakayanin ko since I am trying to socialize with my friends na komportable ko, great help sila. Di ko binibigla ung sarili ko na makipagusap agad to those who I don't really know that much.	Fear of judgements Fear of higher authority Negative thoughts Triggering situations Self encouragement	Eluding from Reality

		Comfort people Small steps	

Respondent 2			
Questions	**Response**	**Descriptive Codes**	**Themes**
1. During the time of the pandemic, did you still have the urge to go and try to socialize with other people? Why or why not?	During the pandemic, yes, at some point nagkaroon ako ng slightest urge to go out. Pero sobrang takot talaga akong lumabas that time, natatakot ako na makihalubilo at lumabas sa comfort zone (kwarto) ko. I am anxious of going out kasi takot ako sa thought na, "Baka mamatay ako kapag lumabas ako." Natatakot ako na napaka-outgoing kong tao but being isolated for years, naging distant ako sa mga tao. Even my family—napapansin nila na kapag nasa public places na kami, nanghihina na ako or I am not the usual na nakikita nila. Mahalaga ang constant at regular interaction with people kasi na-lelessen ‘yong anxiety mo na mag-create ng connection with other people and kapag kasi constant at regular ‘yong interaction, parang doon mo na-bubuild din ‘yong confidence mo na makipag-usap at ‘yong comfortability mo sa maraming tao.	Willing to go out Safety Overthinking	Restrictions of COVID-19

2. What do you think about the lack of in-person social interaction during the pandemic? Have you noticed any changes in your way of interacting? Explain these changes.	Yes kasi before hindi naman ako masyadong natatakot sa tao, I am the extroverted kind of person so before talaga ng isolation napakadaldal at napaka-outgoing kong tao but being isolated for years, naging distant ako sa mga tao. Even my family—napapansin nila na kapag nasa public places na kami, nanghihina na ako or I am not the usual na nakikita nila. Mahalaga ang constant at regular interaction with people kasi na-lelessen 'yong anxiety mo na mag-create ng connection with other people and kapag kasi constant at regular 'yong interaction, parang doon mo na-bubuild din 'yong confidence mo na makipag-usap at 'yong comfortability mo sa maraming tao.	Used to isolation Uncomfortable Behavioral change	Craving for Human Interaction
3. How did having mild social anxiety interfere with your life routine during the pandemic?	Having mild social anxiety is somewhat heavy in a sense na tatawagin kang KJ (kill-joy) just because ayaw mong lumabas at makipag-interact. With regards with my routine, napakalaking pagbabago talaga ang nangyari dahil nga sa social anxiety na nararanasan ko. Kung dati parang I like going out, doing things I want that involves the outside world e, ngayon dahil sa	Behavioral change Change in preference Fear of judgment	Uncertainty in the Chains of Fear

	social anxiety, natatakot na akong gawin lahat ng ginagawa ko before dahil nasa kwarto na lang ako lagi. Kahit may bisita, hindi naman ako lumalabas kung ‘di nila ako sinasabihan na lumabas naman, ganoon.		
4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people?	Medyo nasisiyahan pero at the same time natatakot. Nasisiyahan in the sense na at some point, parang ma-oovercome ko na ‘yong takot na makipag-halubilo ulit pero natatakot kasi baka kapag nakipag-interact na ako eh may masabi ako na hindi niya magugustuhan, gano’n, or baka mapahiya ako kapag may sasabihin ako sa kanya.	Mixed feelings Fear of judgment Fear of interaction	Fragility of the Comfort Bubble
5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again?	Kapag hindi (bumalik sa dating pakikipag-interact), baka lumala talaga ‘yong takot ko sa mga tao lalo na ‘yong mga ‘di ko pa naman nakikilala or ka-close, gano’n.	Anxious	Cultivating Self-Awareness
6. What was your initial reaction when they released an announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing	Nung nag-announce sila ng face-to-face, hindi talaga ako sure sa desisyon ko pero the first reaction was me overthinking and being scared about it.	Mixed feelings Negative feelings triumph Overthinking	A Splash of Cold Water: Back-to-School

again with different people?			
7. Aside from socializing, what other struggles are you facing due to having mild social anxiety?	Nung first time ko sumakay sa jeep ulit after two years na hindi ko na-try na sumakay. At first, I was okay kasi kami lang ng tita ko 'yong nasa jeep pero nung napupuno na ung jeep at paalis na, doon na nagsimula na manginig 'yong katawan ko and nagpapanic na 'yong loob ko. I keep on saying sa utak ko 'yong word na kumalma kasi nililihis nung utak ko 'yong sinasabi ko—parang nag-fofocus 'yong sarili ko sa pagpapanic ko, gano'n	Panic Attacks Trembling Fear of seeing a lot of people	Delving Deeper into the Effects of Mild Social Anxiety
8. What are the ways you do or things you have to consider in order to overcome these said struggles?	Kwan, nakikipag-usap ako sa mga taong ka-close ko, gano'n. 'Yong parang sa actual na communication na, tina-try kong makihalubilo sa mga kaibigan ko. Ngayon, tina-try ko na rin lumabas nang mag-isa pero hindi ko pa naman binibigla kasi talaga na hindi pa kaya ng sarili ko na i-bukas ang sarili ko sa outside world.	Conversation and interaction with comfort people Small steps towards complete recovery	Not All Doom and Gloom
9. What are the barriers that hinder you in seeking the help you need?	I am afraid of judgements. Ayun ang isa sa hindi ko kayang i-take sa totoo lang. I tried to tell my parents about what was going on sa	Fear of judgements Misconceptions Broken family	Eluding from Reality

	akin at sa mental health ko pero hindi sila naniniwala sa akin. I remembered nung isang time nun sabi ko parang may na-develop ang anxiety sa akin ngayon nag-pandemic pero ang sabi nila nasa isip ko lang daw ‘yon at umaarte lang ako. Siguro one factor na din na hindi ko maano ‘yong tulong na kailangan ko kasi nasa broken family ako. Ang hirap i-open kapag both parents mo ay mentally unstable din. My parents try to convince me na pare-pareho lang kami ng pinagdadaanan ngayon kaya as much as possible, hindi ko na inoopen sa kanila ‘yong mga ganitong scenarios na nangyayari sa akin. Next is feeling ko ay kaya ko at kakayanin ko kaya siguro hindi ko din maisip na maghanap ng tulong kasi I feel like I can handle myself at hindi naman ‘to malala compared sa pinagdaraanan ng iba—ayun ang nasa isip ko. Meron pa—looking for therapists, ganun, is somewhat nakakatakot at expensive to be honest. With everything that's happening around my family, gusto ko na lang i-keep sa sarili ko ‘yong nararamdaman ko para kahit papano, hindi ko iisipin na I am a burden.	Self encouragement Financial concerns	

Respondent 3			
Questions	**Response**	**Descriptive Codes**	**Themes**
1. During the time of the pandemic, did you still have the urge to go and try to socialize with other people? Why or why not?	No. Kahit wala pa naman akong nafifeel na mild social anxiety nung nag start ang pandemic, mas pinili kong magstay na lang sa bahay kasi priority ko yung safety ng family ko and of course yung sarili ko.	Not willing to go out Prioritizes safety	Restrictions of COVID-19
2. What do you think about the lack of in-person social interaction during the pandemic? Have you noticed any changes in your way of interacting? Explain these changes.	Yung bad side, mahirap kasi hindi makalabas-labas para mag unwind or mag relax with friends. Idagdag pa na hindi mo sila makausap especially kung may problem ka na need mo ng kausap. Indeed, merong Messenger as an alternative means of communication, pero iba pa rin yung personal mo na nakakausap yung isang tao. Pero yung good side naman, mas nagkaroon ako ng time with my family. And dun naman sa changes, nahalata ko lang na minsan pag may kumakausap sakin na tao, kakilala ko man or hindi, minsan hindi ko gustong makipag eye contact. And I have no idea kung ba't ganon.	Used to isolation Avoidance (eye contact)	Craving for Human Interaction
3. How did having mild social anxiety interfere with your	Mas gusto ko na lang talagang magstay sa bahay instead of going	Change of preference	Uncertainty in the Chains of Fear

life routine during the pandemic?	out. Kung meron mang time na lumalabas ako, hindi ganon kadalas and sa simbahan lang yung punta ko. Either magpraractice or magseserve. Pero kahit sa bahay lang ako nag stastay, sinisigurado ko naman na productive yung araw ko.	Used to isolation	
4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people?	If ever na lalabas man ako ng bahay and yung mga taong kasama ko mga kakilala ko and close ko talaga, may part na ayaw kong lumabas pero mas lamang yung gusto ko knowing na makakapag unwind ako together with my comfort people. And if yung time naman na lalabas ako na pupunta sa mga gathering, and may mga ibang tao na meron, ayoko. Hindi ako lalabas ng bahay to the point na may time na gumawa na lang ako ng reason and excuse para hindi makapunta. Pero kung need talagang lumabas, as much as possible, hindi dapat ako magtagal.	Comfortable and familiar with close friends Comes up with excuses Cannot stay out for too long	Fragility of the Comfort Bubble
5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again?	As much as possible, ayoko pa sana. Parang nasanay na ako na nasa bahay lang and wala masyadong tao na nakakahalubilo.	Used to being at home Fewer people to interact	Cultivating Self-Awareness
6. What was your initial reaction when they released an	Dito na sa announcement na merong limited face-to-face classes medyo	Mixed feelings	A Splash of Cold Water: Back-to-School

announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing again with different people?	natakot ako. Since nagstart na yung school namin na magcollect ng vaccine information. Medyo natakot ako kase aside sa medyo takot pa ako sa covid, medyo nagwoworry din ako knowing na new environment na naman kase new school tas panibagong classmates ulit.	Anxious about being in a new environment and meeting new people	
7. Aside from socializing, what other struggles are you facing due to having mild social anxiety?	Naaapektuhan yung relationship ko sa isang tao. Mas napapalayo ako or nagkakaroon ng gap yung relationship kasi nga nagiging aloof or dinidistansya ko yung sarili ko. Aside from this, nafeel ko na parang hindi na ako ganon ka-carefree gaya ng dati lalo na sa paglabas. Nacoconscious na ako sa tingin and sasabihin ng tao.	Relationship gaps Behavioral change Fear of judgements	Delving Deeper into the Effects of Mild Social Anxiety
8. What are the ways you do or things you have to consider in order to overcome these said struggles?	Kadalasan umiiwas ako lalo pag di rin naman ako napansin, pero pag napansin naman, short lang yung interaction. Inuunti-unti ko yung pakikipaginteract sa iba. baby steps kumbaga. tinatry kong lumabas pero kadalasan, yung mga kasama ko yung mga tao ring komportable ako. Tapos, if ever man na lalabas, hindi dun sa mga masyadong maraming tao or enclosed na space.	Small steps towards complete recovery Comfort people Specific places only	Not All Doom and Gloom

9. What are the barriers that hinder you in seeking the help you need?	Takot majudge. Since walang diagnose from a doctor, there might be an instance na sasabihin ng iba na arte lang or kaya gumagawa lang ng rason para hindi pumunta sa mga gathering o mga ganap. Tapos, kung yung help from a specialist naman yung tinutukoy, ayoko kase alam ko naman sa sarili ko na matatapos din and maoovercome ko 'to	Fear of judgements Misconceptions Excuses and reasonings Self encouragement	Eluding from Reality

Respondent 4			
Questions	**Response**	**Descriptive Codes**	**Themes**
1. During the time of the pandemic, did you still have the urge to go and try to socialize with other people? Why or why not?	In the first few months, actually, I was afraid, maybe I still am, because of the existence of the virus, and we all know this virus is reported to be dangerous and is a threat to our lives, and it was easily transferred from one person to another so yun. However, after months of lockdown I feel like I'm losing my mind. I need people around me like I am used to interacting with other people lalo na sa school because yun nga, I miss the company.	Willing to go out	Restrictions of COVID-19
2. What do you think about the lack of in-person social interaction during the	I think it changes the way I interact with other people lalo na dito. Konti lang kami dito sa bahay -	Used to isolation Change in	Craving for Human Interaction

pandemic? Have you noticed any changes in your way of interacting? Explain these changes.	ako si mama, si papa, yung lola ko, saka yung kapatid ko. So parang I was already used only interacting with them in person and talagang kapag lumalabas ako kahit dyan lang sa tapat, and kapag nakakainteract ako ng tao is iwas agad ako.	interaction Change in routine	
3. How did having mild social anxiety interfere with your life routine during the pandemic?	So yung naging routine ko dito is like first parang nag-iba talaga siya like dati nakikipag-usap pa ako ganyan pero usually gusto kong nakakulong na lang ako sa kwarto most of the night. Parang hindi ko na nasusunod yung everyday na dapat kong gawin dahil nga mas gusto ko na lang magkulong sa kuwarto.	Change in routine Change in preference	Uncertainty in the Chains of Fear
4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people?	Honestly, medyo naeexcite ako na makakapaginteract na ako with other people. However, kapag unfamiliar ako sa taong makakainteract ko parang "hmm ano yan?". Ayaw ko, ayaw kong lumapit ganon, and kapag may gatherings lalo na kapag may birthday ditto malapit sa'min usually sinasabi ko na lang na "ay may gagawin pa po ako" and "next time na lang po ako pupunta. Kapag sa mga public transportations, mas gusto ko yung mag-isa ko sa sasakyan. Ayaw kong	Uncomfortable with unfamiliar people Comes up with excuses Most comfortable alone	Fragility of the Comfort Bubble

	mag bus or jeep lalo na marami akong makakainteract doon, and hindi ko alam kung sino-sino yung mga nakasalamuha nila. At least kapag solo ko yung sasakyan, yung driver lang yung makakainteract ko doon.		
5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again?	Ako, if urgent talaga yung pupuntahan ko na kailangan kong makiinteract or makisocialize. Ilang beses pa na pamimilit yung gagawin ko sa sarili ko bago ako makapunta doon sa pupuntahan ko. For example, sa meetings sa may munisipyo noon, hindi ako familiar sa mga taong makikita at makakasalamuha ko pero kailangan kasi, so ilang hours akong nag-isip bago nag decide na "mabiit lang datoy, kayak, pagbalik ko na lang ng bahay magdidisinfect ako nang maayos" ang noong nakarating ako sa venue super tahimik ako. Siguro yung isang bagay na nagpakalma sa'kin is noong nalaman kong may kakilala akong nandoon. And noong tinawag nila akong mag salita, hindi ko mapigilan yung pagshake ng paa ko and ng kamay ko. Feeling ko nahalata pa nila kasi super yung tingin nila sa	Self-encouragement Compulsory Interactions Health-Conscious Stage Fright	Cultivating Self-Awareness

	kamay ko that time. Ayun lang. Dagdag ko. Para sa akin as much as possible hindi ako lalabas hanggat hindi kailangan, pero may times kasi na hindi ko mapigilan na hindi lumabas lalo na nakakamiss ako ng tao. Pero kapag naman alam kong may iba pa kaming makakasalamuha besides sa mga namimiss ko, naghohold back pa rin ako.		
6. What was your initial reaction when they released an announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing again with different people?	At first, to be honest, na excite ako, kasi after so many months, after how many years na rin almost two years, or almost three. Ayun na excite ako, pero kinakabahan ako kasi everyday yun, kahit na every other week yun, five times a week pa ring lalabas, so that means hindi lang yung mga kaklase mo yung mga nasa school yung makakasalamuha. So ayun, nag-iisip ako na itutuloy ko ba, pero ang ginawa ko na lang is hayaan ko sila mamang mag decide. So yun, pinayagan ako pero noong pinayagan ako tinatanong ko siya "Ma, kayat kon sa agback out," sinasabi ko, pero wala akong masabing rason. Hindi ko kayang sabihin na natatakot akong humarap sa ibang tao. Hindi ko lang talaga	Mixed feelings Negative feelings triumph Overthinking Having doubts	A Splash of Cold Water: Back-to-School

	maexplain kung bakit ayaw kong makiharap, like, ayaw ko lang. Basta ayaw ko, pero noong nando'n naman na ako, okay naman. Pero kapag uuwi na ako, maliligo agad ako tapos makakatulog na 'ko. Makakatulugan ko na lang yung mag-iisip kung sino-sino yung mga nakasalamuha ko asides sa mga kaklase ko, mga schoolmates ko.		
7. Aside from socializing, what other struggles are you facing due to having mild social anxiety?	Siguro i-relate ko 'to sa experience ko sa munisipyo, like ang daming kong gustong sabihin pero konti lang yung lumabas sa bunganga ko. Yung communication skills ko, yun siguro. Like noong nakauwi na ako, naiisip ko na "Ah, dapat sinabi ko pala 'to, ganito, ganyan." Parang mas nasasabi ko na lang sya kapag mag-isa na lang ako, pero noong nandoon wala akong masabi kahit ano. Yung communication skills ko, yun.	Communication skills Trouble in voicing out	Delving Deeper into the Effects of Mild Social Anxiety
8. What are the ways you do or things you have to consider in order to overcome these said struggles?	Sa totoo lang, gusto ko ng tulong professionally pero natatakot ako kasi kapag professionally, bagong tao na naman, mag-oopen up ka sa ibang tao kahit na sabihin mong makatutulong sa'yo. Pero yung lang	In need of professional help Overthinking Peer support	Not All Doom and Gloom

	talaga feeling ko. Aside from that, I think kailangan ko din ng open conversation sa ibang tao. Yun lang.		
9. What are the barriers that hinder you in seeking the help you need?	First of all, takot pa rin akong makipagsocialize. Second yung kung pa'no i-approach yung ibang tao. And siguro isa pa is takot akong majudge, like feeling ko kapag nag seek ako ng help is ijujudge ako na "Halla, nag-iinarte ka lang." Ayun lang yug feeling ko na barriers na hindi makakatulong, na pinipigilang akong humingi ng tulong sa iba.	Fear of interaction Fear of judgements Misconceptions	Eluding from Reality

Respondent 5			
Questions	**Response**	**Descriptive Codes**	**Themes**
1. During the time of the pandemic, did you still have the urge to go and try to socialize with other people? Why or why not?	Compared to before the pandemic, I wanted to socialize more with people. Parang in my mind, I knew I wanted to try but after the strike of the pandemic along with the thought of being around with people, it feels draining for me. Lalo na kapag mag-isa in a foreign place. The pandemic made me paranoid to the point na ayaw kong masagi ng ibang tao kahit onti lang, sa utak ko naiimagine ko yung spread at transmission ng virus. So	Not willing to go out Overthinking	Restrictions of COVID-19

	during the pandemic, I didn't have the urge to go out and socialize kahit na I believe I can.		
2. What do you think about the lack of in-person social interaction during the pandemic? Have you noticed any changes in your way of interacting? Explain these changes.	To be honest, relieved ako kasi socializing alone felt too draining, mas masaya yung nasa kwarto lang. In terms of interacting, the number of people I talked to or interacted with at least were lessened, and I did have specific friends that I became closer and open too. Since it is easier to communicate through phones or screens mas comfortable ako in sharing my thoughts pero kapag call, I get too awkward or conscious.	Relieved due to isolation In comfort zone Prefers online communication	Craving for Human Interaction
3. How did having mild social anxiety interfere with your life routine during the pandemic?	I became paranoid and conscious about sa mga nahahawakan ko and the people around me. I feel safest kapag nasa kwarto lang or nasa bahay.	Conscious Paranoid Change of preference	Uncertainty in the Chains of Fear
4. Now that we are slowly transitioning to the new normal, what do you feel when you go out and you have to socialize with other people?	Kapag when I am around with people I know, I am comfortable but when I have to be around people who I barely know, even mga relatives ko I get anxious especially when I get into a conversation, I get anxious about what they think of me, what will they think of me when I say this or that. Will it be okay, what will be their reaction of me? Constant overthinking is	Comfortable and familiar with close friends Uncomfortable with unfamiliar people Interaction anxiety Constant overthinking	Fragility of the Comfort Bubble

	what restraining me, kasi I try to predict what will happen and try to contradict it.		
5. As we adapt to the new normal, how do you feel about the need of interacting/socializing again?	The thought of having to socialize again gets me anxious and uncomfortable. Especially this time of pandemic a lot has changed, even I had changed. I feel like the people before whom I rarely talked to are not the same people that I talked to anymore. It is like my relationship with them is back to square one. Instead of trying again, I just focus on the friends that I have right now.	Comfortable and familiar with close friends Uncomfortable with unfamiliar people Interaction anxiety Constant overthinking	Cultivating Self-Awareness
6. What was your initial reaction when they released an announcement that there will be limited face-to-face classes? Do you feel anxious about going back to school and socializing again with different people?	Initially I was excited to see my friends but again the thought of the need to meet and get to know new people was tiring. I was anxious and I realized I need to meet my new teachers and classmates whom I only met online and the thought of not living up to their expectations was what worried me, that they will be disappointed that I wasn't the person they thought I was.	Mixed feelings Negative feelings triumph Overthinking Fear of judgment	A Splash of Cold Water: Back-to-School
7. Aside from socializing, what other struggles are you facing due to	I have troubles in voicing out my opinions because I often dwell on what will other think of me rather than how I want to think	Fear of Judgements No Sense of Belongingness	Delving Deeper into the Effects of Mild Social Anxiety

having mild social anxiety?	of myself. And being a part of a whole, trying to fit myself with a circle I don't feel belong, which happens when I have to be with people I don't know that much, it makes me feel awkward, parang theres no sense of belongness at kapag di ako komportable sa mga kasama ko naiisip ko na parang they would be better off without me or mas magiging komportable sila kapag wala ako.	Trouble in voicing out Overthinking	
8. What are the ways you do or things you have to consider in order to overcome these said struggles?	For me it is letting go of my worries, which I find it hard kasi overthinker ako I constantly think a lot even things that don't involve me. Even kapag may kaharap ako, may initial reaction would be to think what they think of me. But I try to engage myself with, I try to interact with people online kasi mas madali since I wouldn't meet them pero minsan natatakot ako na baka makilala ko sila in person or kilala nila ako.	Letting go of worries Overthinking Engagement in socializing Negative perception Virtual conversation	Not All Doom and Gloom
9. What are the barriers that hinder you in seeking the help you need?	Anxiety itself and what causes it kasi I can't even control my thoughts and even seeking help would mean to me, it would mean that I have to let my guards down and someone would try to understand me or	Anxiety Used to staying in comfort zone Doesn't see the prupose of socializing	Eluding From Reality

	criticize me. And staying with my comfort zone became too comforting kasi I think I am better alone and keeping a few friends and I didn't have the feeling of trying to socialize or I don't even see the purpose of doing so.		

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EDUCATIONAL BACKGROUND

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