

Interpretation of Correlation Results

Correlation Matrix:

	SPIN_T	GAD_T	SWL_T
SPIN_T	1.000000	0.433217	-0.303185
GAD_T	0.433217	1.000000	-0.392579
SWL_T	-0.303185	-0.392579	1.000000

The correlation matrix provides valuable insights into the relationships between social anxiety (SPIN_T), generalized anxiety (GAD_T), and life satisfaction (SWL_T).

Key Observations:

SPIN_T & GAD_T - Positive Correlation (0.43): A moderate positive correlation, meaning individuals with higher general anxiety (GAD_T) tend to have higher social anxiety (SPIN_T). The correlation is not extremely strong, indicating that some people with generalized anxiety may not have social anxiety, and vice versa.

SPIN_T & SWL_T - Negative Correlation (-0.30): This suggests that higher social anxiety is associated with lower life satisfaction. The relationship is weak to moderate, meaning other factors also influence life satisfaction.

GAD_T & SWL_T - Negative Correlation (-0.39): This is a stronger negative correlation compared to SPIN_T & SWL_T (-0.30). General anxiety (GAD_T) appears to have a greater impact on reducing life satisfaction than social anxiety alone.

So, Both social and general anxiety negatively impact life satisfaction. General anxiety (GAD_T) is a stronger predictor of lower life satisfaction compared to social anxiety (SPIN_T). Social anxiety and general anxiety are related but not identical – some individuals with high social anxiety may not experience generalized anxiety, and vice versa.

Reducing general anxiety (GAD_T) could have a greater positive effect on improving life satisfaction than focusing solely on social anxiety (SPIN_T). Interventions targeting anxiety management could play a crucial role in enhancing overall life satisfaction.