

SOCIAL PHOBIA AT CHILDREN AND ADOLESCENTS

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Abstract

Social phobia is an anxiety disorder characterized by excessive fear of ongoing social relationships, which can easily be confused and shame that is associated with taking oral or other reactions also associated with a negative evaluation of social situations. Epidemiological data show that anxiety disorders are among the most common disorders of childhood. To children and adolescents who suffer from social phobia, this disorder can affect their future lives as adults. Thus, although social phobia may be widespread within the community, the precise diagnostic boundaries for social phobia are difficult to determine. The purpose of this paper is to summarize the current status of research with respect to the clinical features, course, and prognosis of social phobia; also other purpose of this material tries to give some diagnostic criteria for social phobia in children and teenagers, trying to rely on detailed analyses of the national literature studies on social phobia disorder. A comparison of these studies and extraction of specific elements are and objective of this paper, which aims at the same time and pave the way for a study of further quantitative. The paper also to provide information for parents and teachers to know the symptoms of social phobia in children and adolescents. The difference in symptoms of social phobia may serve to prevent social phobia in the initial stages, starting from the need to prevent aggravation of a possible disorder in children and adolescents. The paper attempts to present some methods and therapeutic techniques, psychotherapy and pharmacotherapeutics to children and adolescents with social phobia, at the same time the paper tries to shed light on the reality on the study of the phenomenon in Albanian, at the end also end up several research questions valid for a future research study.

Keywords: *Social phobia disorder, children, teenager, families, school, prevention*