

- PREPARING STUDENTS:

FADIA SLIMANI

SABRIN BOUZIDI

## SOCIAL WITHDRAWAL

### Introduction

Social phobia is one of the most common forms of withdrawal from society. One of us may experience a feeling of fear or dread while speaking in front of a crowd of people or even in front of a small group of people. There is no doubt that this matter may confront many of us at some point in our lives, but this is a normal condition in At first, it turns into a disease and disorder for some, which is called “social phobia” or social anxiety disorder, which is one of the most common psychological disorders in the world.



### Definition

Social withdrawal is avoiding people and activities you would usually enjoy. For some people, this can progress to a point of social isolation, where you may even want to avoid contact with family and close friends and just be by yourself most of the time. You may want to be alone because you feel it's tiring or upsetting to be with other people. Sometimes a vicious cycle can develop where the more time you spend alone, the less you feel like people understand you. And

the less you feel like people understand you, the more time you want to spend alone.

### Symptoms of social withdrawal

Social behaviour and relationships contribute to healthy development. It teaches us much about ourselves and our identities and influences our social and cognitive skills.

Social withdrawal can lead to a person developing a pattern of solitary activities. In turn, their interpersonal skills may suffer.

Social withdrawal can be associated with shame, low self-esteem, and fear of rejection. In addition, lack of social interaction can lead to feelings of loneliness, isolation, and physical, cognitive, and mental health issues

### Causes Social Withdrawal

There are many theories on what contributes to social withdrawal. Research suggests that withdrawal is associated with mental health conditions such as:

- ✓ Anxiety disorders
- ✓ Dépressive
- ✓ Child and adolescent autism spectrum disorders
- ✓ Schizophrenia
- ✓ Child and adolescent autism spectrum disorders

In these cases, social withdrawal is sometimes viewed as a sign or symptom of a mental health disorder. OTHER FACTORS That Can lead to social withdrawal are:

- LOW SELF-ESTEEM
- SHAME
- SADNESS
- VULNERABILITY
- Anger
- PERCEIVED IS ISOLATION
- FEAR OF REJECTION

### Social WITHDRAWAL RisK Factorise

There are risk factors that can increase your likelihood of becoming socially withdrawn. Research identifies the following factors as possible influences:

National Academies of Sciences, Engineering, and Medicine: Division of Behavioural and Social Sciences and Education. Risk and protective factors for social isolation and loneliness. National Academies Press (US)

- BIOLOGICAL
- ENVIRONMENTAL
- PARENTING
- Peer RELATIONSHIPS
- Age, particularly in older adults who experience cognitive decline
- Mental health conditions like ADHD, anxiety, depression, and schizophrenia

Interactions among these factors can lead to increased social withdrawal.

### How to Overcome Social Withdrawal

Some ways to overcome social withdrawal include:

1. Learning coping skills to manage anxiety and depression
2. Rediscover hobbies and interests
3. Talk to a healthcare provider or schedule an appointment with a mental health professional
4. Practicing self-compassion and self-care

### Conclusion

Social withdrawal can significantly impact a person's ability to develop relationships with others and influence their sense of self and mental well-being. Therefore, it's essential to seek help if you find yourself withdrawing or notice your child or other loved one doing so.

<https://www.verywellhealth.com/social-withdrawal-5220449#toc-social-withdrawal-symptoms>

<C:\Users\pc\Documents\Social withdrawal.docx>

<C:\Users\pc\Documents\Social withdrawal.docx>

<C:\Users\pc\Documents\Social withdrawal.docx>