

The Interplay of Personality Traits and Social Anxiety in College Students

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Abstract. This study explores the relationship between personality traits and social anxiety among college students. By analyzing how traits like introversion and neuroticism correlate with social anxiety levels, the research aims to identify patterns that contribute to anxiety management. A survey of 400 college students reveals significant associations between certain personality traits and social anxiety. The findings offer insights into personalized interventions for reducing social anxiety in academic settings.

Keywords: personality traits, social anxiety, college students, psychology, introversion

Introduction

Social anxiety is a prevalent issue among college students, often influenced by underlying personality traits. This study examines the interplay between personality characteristics and social anxiety, focusing on traits such as introversion, neuroticism, and openness. By surveying 400 college students, we aim to uncover patterns that contribute to the development and management of social anxiety in academic environments. The research provides valuable insights into how personality traits can inform personalized interventions and support strategies for students struggling with social anxiety, ultimately enhancing their academic and social experiences.

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