

# CHAPTER I

## INTRODUCTION

### A. Background of the Study

Some people often assume that children who rarely speak are just shy. Sometimes, people do not realize that there could be a problem with shy children. Some children really are just shy, but some others are painfully shy. These children who are painfully shy can be categorized as having social anxiety disorder. According to Markway and Markway, social anxiety disorder is “the experience of apprehension or worry that arises from the possibility, either real or imagined, that one will be evaluated or judged in some manners by others” (3). From what has been stated, social anxiety disorder happens not because of the real situations faced, but because of somebody’s own feeling.

The problem of social anxiety disorder happens to some children who seem to be very shy. At school, they rarely talk. Given some questions, they answer in a very soft voice. Asked to do something in groups inside the class, they stand still. They think that their classmates do not want to play with them. These problems bring some bad effects to the children themselves, such as they get bad scores for class activities because they

are passive, they tend to have low self-esteem, and they may also have physical distress. When I was doing my apprenticeship in Creative Learning, I taught some painfully shy children. They could not communicate well either with the teachers or with other students.

However, the teachers in Creative Learning often said that they were just shy children. Based on my observation, these children are not just shy. They have social anxiety disorder and it is very important for children with social anxiety disorder to be treated. It is stated that “if left untreated, social anxiety can lead to increased risk of: alcoholism, drug abuse, developing further psychological problems, and even suicide” (“Social Phobia” par.1). According to that statement, I believe social anxiety disorder is a problem.

This problem is interesting to discuss because some people are not aware of having children with social anxiety disorder among them. Therefore, I would like to give a thorough explanation of the causes and effects of social anxiety disorder based on library research and observation during my apprenticeship. At the end I will also present the possible solutions that the teachers in Creative Learning can apply to help the students with social anxiety disorder.

## B. Identification of the Problem

The problems I am going to discuss in this paper are formulated in these questions:

- How can social anxiety disorder happen?

- What are the effects of social anxiety disorder?
- What are the best solutions to deal with children having social anxiety disorder?

### C. Objectives and Benefits of the Study

By writing this paper, I will identify the causes and the effects of social anxiety disorder. In addition, I will also find out the best solution to deal with children having social anxiety disorder. Thus, people, especially parents, will be able to prevent it from happening. Moreover, parents will be able to recognize if they have children with this disorder. Therefore, they can get some help for the children as quickly as possible.

For Creative Learning teachers, I hope this term paper can be an additional form of psychological knowledge, especially to deal with those who have social anxiety disorder. Accordingly, I hope they can teach better by understanding children's psychological condition.

As the writer, I hope this term paper can help me if someday I have to deal with this kind of children again. I want to be able not only to teach but also to make children show their maximum ability.

### D. Description of the Institution

Creative Learning was established in June 2005. It was first located at Taman Kopo II, Ruko 2A no 55, Bandung. Then Creative Learning opened a branch at Setrasari Plaza A2, Bandung. It is a one stop education center

where children can learn English creatively. Its manager is Mr. Setiabudi Teja, who is also the owner.

Creative Learning itself has a vision to become an education center with a new fun way of learning English. According to the administration staff of Creative Learning, its missions are to make children like learning English and to make the process of learning become fun. Nowadays, Creative Learning is becoming more and more popular. It is proven by the significant increase in the number of students every month.

#### E. Method of the Study

To gather the information needed, I use my internship journal which I wrote when I was doing my forty-five days internship in Creative Learning. I also asked the nannies who always accompanied the children to Creative Learning. I read some books and articles from the Internet to have a valid theory about social anxiety disorder for the basis of my analysis.

#### F. Limitation of the Study

The subject of my research is three kindergarteners studying English at Creative Learning who have social anxiety disorder. In this term paper, I will discuss the causes, the effects, and the solutions of the problem. I will limit the discussion to psychological issues. I will not discuss about taking medication as a solution.

## G. Organization of the Term Paper

The main content of this term paper consists of four chapters. The first chapter is the Introduction. It is divided into seven parts. The first part is Background of the Study. This part presents the explanation of the topic discussed and the reason for choosing the topic. The second part is Identification of the Problem. It explains the problems analyzed in the paper. The third part is Objectives and Benefits of the Study. In this part, I will explain the aim that I want to reach at the end of the writing of this term paper. The fourth part is Description of the Institution. This part gives a brief description about the institution. The fifth part is Method of the Study. In this part, I explain the process of data gathering. The sixth part is Limitation of the Study. It gives the limitation of the topic discussed. The seventh part of the first chapter is Organization of the Term Paper. It explains the chapters and the parts of this term paper briefly. The second chapter is Problem Analysis. In this chapter, I will analyze the causes of the problem and the effects of it. It also contains theories and data I have obtained from my apprenticeship to support this term paper. The third chapter is Potential Solutions. It gives some solutions to deal with this problem together with the analysis of both the positive and negative effects of each solution. The last chapter is Conclusion. In this chapter, I will point out the best solution and some suggestions on how to apply the solution.