

70

# DE LA SALLE UNIVERSITY

RELATIONSHIP BETWEEN SOCIAL ANXIETY  
AND IRRATIONAL BELIEFS AMONG  
SVD SEMINARIANS ACCORDING  
TO THEIR AGE AND YEARS  
OF STAY IN THE  
SEMINARY

---

A Thesis

Presented to

The Faculty of the Graduate School  
De La Salle University

In Partial Fulfillment

of the Requirement for the Degree  
Master of Arts in Education

Major in Guidance and Counseling

---

by

Fr. Daniel Moa, SVD

January 1989



# DE LA SALLE UNIVERSITY

## ABSTRACT

Statement of the problem. This study is to investigate the relationship between social anxiety and irrational beliefs among SVD seminarians. Furthermore the study attempts to find out whether variables like age and the years of stay in the Seminary are contributory factors to social anxiety and irrational beliefs.

Procedure. The research design made use of in this study is descriptive comparative-correlation in nature. The subjects of this study are 72 SVD seminarians at Tagaytay Seminary, in Tagaytay City, Philippines, in the school year of 1988-1989.

The instruments used for this study are: Anxiety Scale Questionnaire (ASQ) to measure the degree of social anxiety and Irrational Beliefs Test (IBT) to measure the degree of irrational beliefs among the seminarians.

Treatment of data. To analyze the data of this study the researcher made use of two-way anova and the Pearson Product Moment Correlation Coefficient.

Findings. The age of the subjects of this study range from 21 years old to 35 years old. The length of their stay in the Seminary ranges from 1 to 8 years. Most of the seminarians were found to have moderate level of



# DE LA SALLE UNIVERSITY

social anxiety and irrational beliefs. And categorically, they scored high in apprehension and tension in social anxiety and in dependency, perfectionism and demand for approval in irrational beliefs.

The present study found out that the variables, age and years of stay in the Seminary did not determine the seminarians' level of social anxiety and irrational beliefs.

Conclusions. Most of the seminarians under the study have social anxiety and irrational beliefs, specifically in the area of apprehension and tension in social anxiety and in dependency, perfectionism and demand for approval in irrational beliefs. There is a significant relationship between social anxiety and irrational beliefs among the seminarians, but it was not determined by their age and years of stay in the Seminary.

Recommendations. The results of this study will be submitted to the proper superior for consideration and further study. Findings will be suggested to be incorporated in the seminary programming, specially in the individual as well as in group guidance and counseling. Attention should be given to lessen the irrational beliefs in order to reduce the seminarians' social anxiety.



# DE LA SALLE UNIVERSITY

For future studies, it would be better to investigate the main contributory factors to social anxiety and irrational beliefs among the seminarians, particularly in the area in which they scored high. And also it is recommended to have a big sample which would include several religious congregations, male and female as well, in order to develop a local norm for such instruments.

