

Social Anxiety in Indian Tourists: A Comparative Study Across Gender

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Abstract—*Social connection is an important human need. A social dealing grows fear and worry leads to anxiety. The anxiety is usually caused by the fear of being judged, criticized by others, or embarrassing oneself. Being the centre of attention such as receiving an award or having others acknowledge your birthday can also be anxiety provoking. The present study deals with assessing social anxiety among male and female tourist in India. Literature review argues about causes of why females have more responsibilities and emotional attachments than male in all conditions. The data was collected from India through random sampling technique. Data have collected using a structured questionnaire Liebowitz Social Anxiety Scale (LSAS) especially designed to measure social anxiety disorder. When travelling with anxiety causing unorganised tours and stressful journeys resulting individual to enjoyment to frustration and malfunctions in everyday tasks.*

The result indicates that female tourists have higher fear than male for exploring new places and meeting new people. Also higher the fear leads to avoidant behaviour in females. This has been particularly observed in Indian context that female tourist avoids (27.67%) participating in group activities and performance. Whereas male tourists were less fearful (22.26%) towards social interaction as well as participations. That maybe due to low avoidant (16.83%) behaviour on compare to female respondents.

The study also suggests some recommendations to female tourist to reduce fear and avoidant behaviours while travelling.

Keywords: *Social Anxiety, traveller, Indian tourists, Gender, Safety, perceived risk.*