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Social Anxiety, Self-Esteem and Alcohol Expectancy Among Problem Drinkers

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Abstract – *This study explored the social anxiety, self-esteem and alcohol expectancy of problem drinkers. It sought to determine the social anxiety, self-esteem and alcohol expectancy of the respondents, tested if there is a significant difference on the variables of the study when grouped according to profile such as age, sex, socio-economic status, educational attainment, and level of alcohol consumption and if there is a significant relationship between social anxiety, self-esteem, and alcohol expectancy and proposed an intervention program. The researchers employed the mixed method of research using Sequential Explanatory Design where questionnaires and interview as the main tools in gathering data involving 150 problem drinkers. Results showed that the respondents have little or no social anxiety but with severely low self-esteem. This study also showed that there is significant relationship between social anxiety and self-esteem. As for alcohol expectancy, the respondents have positive and negative expectations when it comes to alcohol. In addition to this, the intervention plan was proposed to be evaluated by the guidance counselor and the psychologist.*

__Keywords__ – social anxiety, self-esteem, alcohol expectancy, young and middle aged problem drinker

INTRODUCTION

Alcohol is one of the most used substances among problem drinkers. There are a few factors, and consequences that liquor may bring into one's lives. It is commonly abused by individuals and makes use of it as their past time whenever they are bored, stress reliever when they are stress and their means of exile whenever problems occur to them. Individuals frequently start drinking to look "cool" or worthy with their associates. They need to make great compatibility with others not taking into consideration the negative consequences it may bring. Liquor is an allowed substance for individuals. However, it is normally abused among people of any age, following

in noteworthy wellbeing, legitimate and financial harm [1]. Being inclined to alcohol use, individuals may have a greater probability of being dependent on alcohol. This could probably result in negative effects not only to the individual but also to the society. It is very important that individuals may have awareness about the factors and consequences of alcohol abuse may bring into one's lives. According to study [2], alcohol has an effect that contributes to the increase of self-esteem and emotional state while reducing anxiety. Thus, these aforementioned variables such as social anxiety, self-esteem and alcohol expectancy will be the focus of this study.

Social anxiety is the dread of being judged and surveyed adversely by other individuals, prompting passionate condition of inadequacy, mediocrity, disappointment, embarrassment, and dejection [3]. Social anxiety imprints critical comorbidity alcohol use and liquor-related issues. Researchers have started to assess particular drinking-related variables, like liquor, it's utilize intentions among socially anxious people. As indicated, liquor intake decreases edge sentiments, helps discussion and lifts self-esteem [4]. Whereas it determined that social anxiety demonstrated a mediated role part between self-esteem and dejection [5].

People experiencing low self-esteem improve the possibility that will utilize liquor to oversee increments in contrary emotions. People undergoing low self-esteem are ordinarily portrayed as powerless, on edge, and forlorn and discouraged. These people may likewise encounter larger amounts of pressure and lesser levels of self-esteem as a backhanded consequence of utilizing liquor to deal with their feelings of anxiety. These consumers with low self-esteem are successive to drink more liquor with their companions [6]. Self-esteem and enslavement go as one. Low self-esteem is viewed as the main factor for causing a medication or liquor compulsion and could be durable to alcohol outcome expectancy.

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According to consumers, alcohol outcome expectancy is a conviction about the apparent results of drinking. An extensive assemblage of study has stayed devoted to exactly how alcohol outcome expectancies, particularly positive hopes, might be related to consequent drinking conduct [7]. Normal people are identified with increased affectability to liquor and can fill in as a defensive factor against liquor issues.

In this study, the researchers focused on the social anxiety, self- esteem and alcohol expectancy that lead to alcohol consumption of problem drinkers. The significance and impact of this study had enlightened and equiped the respondents a proper knowledge as to the factors that lead to their alcohol consumption. This study encourages individuals to have self- realization for them to be aware of what positive and negative outcomes alcohol could bring into their lives. Also, this research contributed to some new learning and could probably be a big help for those institutions who are giving aids and assistance for alcohol dependents. Conducting this kind of study helped individuals to be aware of the factors that lead to alcohol use and the possible intervention that will help them develop social awareness as to effects of alcohol that affects their psychological well-being.

OBJECTIVES OF THE STUDY

This current academic undertaking aimed to assess relationship between social anxiety, self-esteem and alcohol expectancy of the respondents towards the development of an intervention program that will help problem drinkers to have social awareness and realization of the factors that lead to alcohol consumption. Specifically, it aimed to determine the social anxiety, self-esteem and alcohol expectancy of the respondents; tested if there is a significant difference on the variables of the study when grouped according to profile such as age, sex, educational attainment, civil status and level of alcohol consumption; examined if there is a significant relationship between social anxiety, self-esteem, and alcohol expectancy; and proposed an intervention program that was design based on the results of the study.

MATERIALS AND METHODS
Research Design

A mixed method research was used in this study with the Sequential Explanatory Design, as model which as specified by John Creswell (2003) is characterized by group and analysis of quantitative and qualitative data. This was employed by collecting the quantitative data followed by the qualitative data. Qualitative results were used in interpreting and validating the results of the quantitative part.

Participants

The respondents of this research were one hundred fifty (150), young (19-40) and middle (40-65) aged problem drinkers from Batangas Province using purposive sampling technique which is most effective when one needs to study a certain cultural domain with knowledgeable experts within. The researchers also used criterion sampling technique which involves selecting cases that meet some predetermined criterion of importance. In terms of respondent's profile, majority were males ranging from 19-40 years of age, college graduate and single individuals.

Measures

The Michigan Alcoholism Screening Test (MAST). This was the screening tool that used by the researchers in selecting the respondents of the study who qualified to participate. It has 22 questions and was established to screen for alcohol problems in general population. This is a simple self- scoring test that helps the individual if he has problems with drinking alcohol. The MAST is answerable by yes or no. The score will be one point to every yes answer except to number 1 and 4 (one point if the answer is no). This screening test is said to have a high-level of internal consistency with a Cronbach's alpha of 0.95 (See Appendix D for the questionnaire, scoring and interpretation).

The Liebowitz Social Anxiety Scale (LSAS). This was the instrument that measured the way social phobia and social anxiety showed part of life across a variety of conditions. LSAS is a 24-item scale and it measures the social anxiety of a person. This questionnaire is also designed to assess both fear and avoidance of social and performance situations. Respondents answered two questions about the condition. The first question asks how anxious or fearful the respondent feels in the state. The respondent will rate on a 4-point scale in the range of 0(none) to 3(severe). The second question asks how often you avoid a situation. The respondent rated on a 4-point scale in the range of 0 (never) to 3 (usually). The two scores were added as their final score. The LSAS offered outstanding internal uniformity (a =

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0.90-0.96) and test-retest reliability (Intraclass Correlation Coefficient = 0.81; Pearson's = 0.82) (See Appendix E for the questionnaire, scoring and interpretation).

The Sorensen Self-Esteem Test. This was the scale for measuring the self-esteem of the selected respondents. This questionnaire holds 50 questions and cover subjects including fears, challenges, differing perspectives, and self-perception. The respondents will answer the questions by putting a check on the boxes in each question that you feel comfortable with. Sorensen is a valid and reliable tool for assessing the level of self- esteem and this questionnaire is also designed to help you find which areas you can improve in. The test is not designed to judge you on your character or to discourage you from continuing your daily routine in your life and business. Your responses will help you identify how to enhance your strengths. Sorensen self-esteem scale had a Cronbach's Alpha and was found to be 0.764 (See Appendix F for the questionnaire, scoring and interpretation).

The Comprehensive Effects of Alcohol (CEOA). This was the questionnaire that measured a person's outcome expectancy of drinking alcohol on a variety of domains: Sociability (#1,3,5,14,24,31,34,38), Tension Reduction (#18,27,29), Liquid Courage (#19,20,21,22,37), Sexuality (#7,12,16,32), Cognitive and Behavioral Impairment (#2,6,8,9,11,13,15,23,26), Risks and Aggression (#10,17,25,35,36), and Self-Perception (4,28,30,33). It was developed through the use of exploratory and confirmatory factor analyses. The questionnaire assesses both positive and negative expected effects of alcohol as well as the subjective evaluation of those effects. It has been appeared to be helpful for both youthful grown-up and pre-adult populace. The respondent will rate on a 4-point scale in the range of 1(disagree) to 4(agree). CEOA covers seven-factor analytical scales. There are four positive effects of drinking alcohol measuring its sociability, tension reduction, liquid courage, and sexuality. There are three negative effects of drinking alcohol measuring cognitive and behavioral impairment, risk and aggression and self-perception. CEOA valuations factors verified suitable to good internal consistencies, with alphas ranging from .70 to .86 (See Appendix G for the questionnaire, scoring and interpretation).

Interview Guide. The researchers constructed five (5) open-ended questions for each variable. For social anxiety, the questions formulated reflect their fear and avoidance feelings when under the influence of alcohol. For self-esteem, the questions formulated consider their self-esteem while drinking. For alcohol expectancy, the questions produced reflect their positive and negative expectations during drinking alcohol. It is also used to uncover trends in thought and opinions, and dive deeper into the problem. The questions constructed were based on the subscales of each variables of the study. It has an estimated time of 15 minutes per interview (See Appendix H for the interview guide).

Procedures

The researchers prepared the questionnaires and interview questions for the respondents to answer before searching for the selected respondents. They located the selected respondents around Batangas City and presented a consent form for the respondents. After the researchers established a good rapport to the respondents, the researchers gave the respondents a screening test to know who the qualified respondents are then another three (3) scales given for the said variables of this study. After answering all the questionnaires, the researchers interviewed the respondents for the qualitative data. Before ending the interview, the researchers thanked the respondents for their active cooperation. After collecting all the data, the researchers tallied all the data and sent the quantitative data to the statistician for computation. For the qualitative data, the researchers did a thematic analysis and transcribed all the responses of the selected respondents.

Data Analysis

In this research study, the researchers used different statistical tools like frequency which was used for the demographic profile. Also, mean was utilized to get the overall average and t-test in measuring the level of respondent's social anxiety, self-esteem and alcohol expectancy. ANOVA was also used by correlating the variables of the study. Test of differences and relationship are utilized in interpreting the results of this study.

Data from the interview were analysed using thematic analysis from Smith (2004) that focused on trying to understand the experiences that an individual has in life, how they made sense of them and what meanings those experiences hold. It is concerned with the meanings which those experiences hold for the participants. The researchers

transcribe the answers of the respondents per variable of the said study. Transcription statements were analysed then formulated emerging concepts classified to sub categories and formed categories that led to themes per variable.

Ethical Consideration

The researchers were the students of Psychology who followed the guidelines given by the Code of Ethics of Psychological Association of the Philippines (2008) which stated on Article X regarding Research that an informed consent should be duly signed by the respondents. Upon signing the said consent form which indicated their willingness to participate on this administration of the questionnaire was facilitated and results obtained from the study were guaranteed to be kept with strictest confidentiality.

RESULTS AND DISCUSSION

Table 1. Social Anxiety Among Problem Drinkers (N = 150)

	Mean	Verbal Interpretation
Social Anxiety	51.2067	Little or no social anxiety

Legend: 0-54: Little or No Social Anxiety 55-65: Moderate Social Anxiety 66-80: Marked Social Anxiety 81-95: Severe Social Anxiety 96-144: Very Severe Social Anxiety

The table shows the respondents' social anxiety level. It can be seen in the table that the respondent's social anxiety is little or no social anxiety at all with a computed mean of 51.2067. This means that the problem drinkers do not experience social anxiety.

This result clearly suggests that problem drinkers do not experience fear and avoid social situations. As supported study [8], individuals drink to socialize. They regularly obtain states of mind, desires and aims about and this learning is firmly affected by the liquor and drinking society of the general public to which they have a place. Liquor socialization is the procedure by which a man approaches and acclimates with liquor and finds out about the qualities associated with its utilization and about how, when and where s/he can or cannot drink.

The results implicate that the respondents have little or no social anxiety. The respondents drink alcohol not for the reason of having social anxiety but for the sake of their own reasons like socialization, having sadness and the like. In line with this, people who often drink alcohol are those who are sociable to others. They are drinking alcohol not because they have the feeling of fear or social anxiety but to have pleasant camaraderie or fun with others. Furthermore, the respondents may be aware that alcohol could just worsen anxiety.

In addition, problem drinkers do not experience social anxiety when they are drunk. Individuals tend to become more sociable, talkative and they show sign of loss of inhibition leading to their ability to be free from worries and fear. They drink alcohol to also have fun and entertainment with others in their lives.

Table 2. Emergence of the Manifestations of Insecurities in the aspect of Social Anxiety among Problem Drinkers (N = 15)

Resp. No.	Transcripts of Statements	Emerging Concept	Sub-Categories	Categories	Theme
8	I am not confident enough with my skills and abilities.	Lack of self-confidence	Negative view of the self	Feeling of Inferiority	Manifestations of Insecurities
10	―Hindi ko kasi alam ang iniisip nila. Baka mapahiya lang ako hahaha‖	Fear of rejection			
8	I feel conscious. I think they will judge me negatively.	Fear of other people's reaction			
8	Hmm, by remaining silent hahaha, most of the times I don't want to mingle to people I am not close to.	Avoiding People	Social Withdrawal		
13	I prefer to isolate myself to others than to talk with a lot of strangers.				
1	―Nakakakaba yun syempre. Medyo hindi sanay. Nag-slatter lang pag naimik and kinakabahan.‖	Nervousness and difficulty in speaking	Communication Problem		

Table 2 displays respondent's manifestation of insecurities among problem drinkers. The data gathered by the researchers showed that the qualitative data contradict to the results of the quantitative data. It is showed that problem drinkers have social anxiety. The respondents are also having difficulty in speaking and they also tend to avoid people. The respondents also have negative view of self like lack of self-confidence, fear of rejection and people's reaction. The respondents may experience social withdrawal and communication problem that causes them to have social anxiety. Problem drinkers have feelings of inferiority in social situations but they do not exhibit social anxiety.

As supported by study [9], when dealing with stressful days or nervous situations, you may be tempted to have a glass of wine or a beer to calm your nerves. However, drinking alcohol, especially heavily and over a long period of time, can actually increase your anxiety. Alcohol changes levels of serotonin and other neurotransmitters in the brain, which can worsen anxiety. Individuals may feel more anxious after the alcohol wears off.

In order not to sense the worriedness in other circumstances such as social happenings, the individual's uncomfortable feeling, and the understanding that other individuals will notice their fear in public environment became the reason why individuals are having a routine in drinking alcohol [4].

The results implicate that when people have social anxiety, they tend to drink alcohol. This showed that alcohol can make people feel calm and it also reduces their nervousness and uneasiness. They have a habit of withdrawing themselves to the people and also to the environment to avoid having feelings of inferiority. One of the reasons why people are having conflict in drinking alcohol is that they have this uncomfortable feeling especially in public environment and drinking alcohol is their way of escaping the negative feeling. Most of the people are finding ways to lessen their worriedness and drinking alcohol is their way of solution.

Table 3. Level of Self-Esteem Among Problem Drinkers (N = 150)

	Mean	Verbal Interpretation
Self-Esteem	23.240	Severely low self-esteem

Legend: 0-4: Fairly Good Self-Esteem 5-10: Mild Low Self-Esteem 11-18: Moderately Low Self-Esteem 19-50: Severely Low Self-Esteem

The table shows the scale of the respondents' level of self-esteem. It shows a computed mean of 23.240 and with a verbal interpretation of severely low self-

esteem. As indicated in the study [10], the suggestion that both belongingness needs and self-esteem may impact alcohol consumption can be seen in the results of two daily diary studies examining drinking in response to interpersonal interactions. Thus, individuals with low explicit self-esteem may be motivated to spend time interacting with other friends and find themselves in situations in which alcohol is being consumed. Individuals with low explicit self-esteem consumed more alcohol on days in which they had more negative interactions. Furthermore, individuals who were low in implicit self-esteem reported increased alcohol consumption and were more likely to drink with friends on nights when they had experienced more negative interpersonal interactions during the day.

The results showed that problem drinkers have severely low self-esteem. They have feelings of inferiority, being judged by others and lacking of confidence. The respondents may have experience rejection and disapproval to others that cause them to have low self-esteem. Drinkers tend to be uncomfortable with this situation and also cause them to drink alcohol. The respondents tend to hide their feelings in drinking and they tend to suppress the feeling when drinking alcohol.

Table 4 displays respondent's mindfulness among problem drinkers. The data gathered by the researchers showed that the qualitative data supported the results of the quantitative data. It was shown that problem drinkers have severely low self-esteem. The respondents have disposition in life such as personal, positive and negative thoughts as presented in Table 4 above. The respondents experience self-conscious, fear of rejection and they are justifying one's self. However, they also accepted their mistakes in a positive way. The respondents are mindful of the causes of their severe low self-esteem.

Person who has low self-esteem may feel like they are not ethically or morally a good person. They may feel like they are unloved, unappreciated, and unwanted.

Those who have low self-esteem are normally driven by their self-destructive moods; such as, anger, fear, sadness, and doubt. These emotional drives cause the person to continue to damage their relationships [11].

The results showed that the reason why individuals are drinking alcohol is because they have low self-esteem. They may feel negative thoughts and alcohol is their way of escape to reduce the thoughts.

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Table 4. Emergence of the Mindfulness in the aspect of Self-Esteem among Problem Drinkers (N = 15)

Respondent No.	Statements of Transcripts	Emerging Concept	Sub-Categories	Categories	Theme
12	—Minsan, dinadaan ko nalang din sa inom. Sabi nga —you only live once‖ hahahaha‖	Justifying of one's self	Personal Thoughts		
10	—Pag alam kong di ko kaya ang pinapagawa sakin. Nakakababa talaga ng pagtingin yun sa sarili.‖	Feeling inefficient			
1	—Uhh.. Gawa ng mga taong nakapaligid sakin. Feeling ko may mapapansin sila na mali sakin, sa itsura ko, sa suot ko ganun.‖	Being self-conscious	Negative Thoughts	Disposition in Life	Mindfulness
12	—Ayaw ko mapahiya sa iba. Di naman kasi pantay pantay ang pag tingin ng bawat isa, kaya minsan di mo maiiwasan mapaisip pa din huhu.‖	Fear of rejection			
2	—Edi ano.. Isipin mo lang na mali yung.. mali ka, tanggapin mo yung katotohanan. Mag-adjust ka nalang. Para sa susunod, alam mo na ang gagawin mo.‖	Acceptance of one's mistake	Positive Thoughts		

Table 5. Comprehensive Effects of Alcohol Among Problem Drinkers (N = 150)

	Mean	Verbal Interpretation
Positive Factors	2.708	More positive reinforcement quality
Negative Factors	2.571	More negative reinforcement quality

Legend: scores above 2 in the positive factors: more positive reinforcement quality; scores above 2 in the negative factors: more negative reinforcement quality

Table 5 shows the respondent's comprehensive effects of alcohol among problem drinkers. Based on the table 5 above, the respondents have positive and negative expectations when it comes to drinking alcohol. The table shows that the respondents has more positive reinforcement quality with a mean of 2.708 and also has more negative reinforcement quality with a mean of 2.571.

This result is supported [12], who said that alcohol has positive effects. You can get livelier, easier and relaxed. You can talk more easily and feel less tired. Socially, some people claim that it also has positive effects. It provides a lot of employment in the production, catering and retail of products and services in which alcohol plays a part. Also, people claim that alcoholic beverages help people socialize. Excessive alcohol use increases the risk of a number of diseases. Alcohol plays an important role in aggression. Violence on the streets and domestic violence while under the influence of alcohol happen often. Also at work, alcohol has big consequences and it can make people irresponsible.

With the results showed, it can be noted that the respondents have their different positive expectations but they also have their different negative expectations when drinking alcohol. The respondents became more talkative to other people around them and they also became active in their social environment. When the respondents are drinking alcohol, it can also give them relaxation in life.

Aside from that, even though the respondents have positive expectations, they are also experiencing negative expectations that they have the feeling of aggression and drinking alcohol can also really affect their health. Individuals that are being irresponsible, impulsive and careless in their life can also be one of the factors and reasons why they are experiencing negative feelings and thoughts even though they are aware of the situation.

Table 6 shows the respondent's attitude in life among problem drinkers. The data gathered by the researchers showed that the qualitative data supported the results of the quantitative data. It was shown that problem drinkers have more positive and more negative

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expectations when it comes to alcohol. They have sense of courage, freedom, calmness and sense of happiness.

The respondents also have the ability to get along with friends and they can articulate ideas also. Problem drinkers also have professional and personal concerns in their life. Even though they have positive feeling, the respondents also have no inhibitions and physical discomfort in life.

Expectancies are beliefs about positive and negative consequences that will result from drinking, specifically, effects on one's behaviour or experience, such as increased sociability or tension reduction. Alcohol outcome expectancies reliably predict both frequency and quantity of alcohol consumption as well as risk for alcohol-related harm. Although some alcohol expectancy measures focus solely on expectations of positive or negative drinking outcomes, several others incorporate expectancies of both kinds of outcomes. Including a variety of both positive and negative expectancies enables the examination of the predictive effects of individual expectancies like people to feel more relaxed, have a hangover, be more sociable, become aggressive, and be in a better mood and the likes [13].

The table showed that individuals have their own different positive and negative expectations when it comes to drinking alcohol. Individuals, especially the problem drinkers have positive disposition and they also have interpersonal skills. The respondents also have individual difficulties in their lives when they are drunk. Aside from that, problem drinkers also have their own different negative expectations such as having physical discomfort and inability to work at the same time. They are still determined to drink and enjoy the alcohol even though these people are aware that they have positive and negative expectations while drinking alcohol.

Table 6. Emergence of the Attitude in Life in the aspect of Alcohol Expectancy among Problem Drinkers (N = 15)

Respondent No.	Statements of Transcripts	Emerging Concept	Sub-Categories	Categories	Theme
10	—Para sa akin, maganda ang naidudulot nito lalo na sa aking pakikiisa sa aking mga tropa.	Ability to Get Along with Friends	Self-Disclosure	Interpersonal Skills	Attitude in Life
14	It gives me opportunity to express and engage in deeper conversations.	Ability to Articulate Ideas			
10	—Mas nagiging honest ako, yun nga lang minsan pati secrets nabubunyag ko na hahahaha‖	No Inhibitions			
1	—Uhh.. Nakakarelax. Sobrang chill ko ganun. Nawawala yung iniisip ganun.	Calmness	Positive Disposition	Personal Trait	
4	—Uhmm.. Pag nakakainom ako, parang go lang ng go. Lumalakas yung loob ko kapag nakakainom.	Sense of Courage			
9	I feel free from my problems and know how to overcome it easily.	Sense of Freedom			
9	It gives me happiness.	Sense of Happiness			
12	—Di na nakapasok sa trabaho kahit alam kong madaming gagawin pa o tatapusin.	Inability to Work	Professional Concerns	Individual Difficulties	
15	When I wasted myself- literally I didn't take care of myself and just enjoy drinking those times.	Carelessness	Personal Concerns		
8	I think it will affect me negatively. My health will suffer.	Physical Discomfort			

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Table 6 shows the respondent's attitude in life among problem drinkers. The data gathered by the researchers showed that the qualitative data supported the results of the quantitative data. It was shown that problem drinkers have more positive and more negative expectations when it comes to alcohol. They have sense of courage, freedom, calmness and sense of happiness. The respondents also have the ability to get along with friends and they can articulate ideas also.

Problem drinkers also have professional and personal concerns in their life. Even though they have positive feeling, the respondents also have no inhibitions and physical discomfort in life.

Table 7 shows the difference on social anxiety when grouped according to profile variables. As shown in the table, the differences on social anxiety when grouped according to profile variables are not all significant. The results above showed that the age and educational attainment are the only significant of said variable.

Adults with lower educational attainment have a higher prevalence of anxiety. Furthermore higher level of social anxiety was significantly higher among adults with high school and primary school with delayed completion relative to Individuals who are professionals or in Masters/PhD level education [14]. Anxiety levels peak among individuals who are matured and 40 to 60 years old, new measurements appear, proving there may be more to the much-referenced 'emotional meltdown' than meets the eye. Individuals matured somewhere in the range of 45 and 54 revealed low normal evaluations of life fulfilment and satisfaction, which harmonized with a sharp ascent in anxiety levels. It demonstrated that between the ages of 40 and 60 years of age, anxiety levels peak with individuals who are matured and 50 to 54 years old and enduring the most. It is also stated that anxiety issues are something she goes over more with middle-aged individuals [15].

Table 7. Difference on Social Anxiety when grouped according to Profile Variables (N = 150)

	t/F	p – value	Verbal Interpretation
Age	2.443	0.016	Significant
Educational Attainment	3.183	0.026	Significant

For interpretation: Mean difference is significant at 0.05 level

With the results above, the given age range may have a fear of receiving negative thoughts to others and with social pressure and it can lead to social anxiety that it should be the start of having a better life. The problems that these respondents are facing are in terms of their works and their being stable in life that it can be resulted to be one of the factors that lead to social anxiety. As for educational attainment, there are significant difference on grade school in which these respondents may have insecurities with the fact that they did not finish studying and master's degree in which they have more experience and challenges in real life.

Table 8. Difference on Self-Esteem when grouped according to Profile Variables (N = 150)

	t/F	p –value	Verbal Interpretation
Sex	-2.285	0.024	Significant
Age	2.804	0.006	Significant

For interpretation: Mean difference is significant at 0.05 level

The table displayed that the differences on self-esteem when grouped according to profile variables are not all significant. It shows that sex and age are the only significant in the said variable of the study.

As indicated in study [16], age-related increases in self-esteem from late youthfulness to middle adulthood and significant sexual orientation gaps, with males reliably announcing higher self-esteem than females. Self-esteem is generally high in youth, drops during adolescence, and rises steadily all through adulthood before it tends to decrease in maturity. Various examinations have graphed the advancement of self-esteem during particular life stages, especially in the times of generally pre-adulthood and early adulthood.

Self-esteem in young adulthood may assume a role in deciding one's misery during the later life stages. Furthermore, there are sexual orientation contrasts in the level of self-esteem. Men will probably have larger amounts of self-esteem, particularly physical appearance, vanity, and athletic ability, and additionally worldwide confidence. Liquor and substance use during young adulthood intercedes the impact of self-esteem on discouragement among men. Besides, self-esteem during young adulthood remains a determinant of high sadness in middle adulthood [17]. Chronological age influenced self-esteem and demonstrated a difference between chronological age for those matured 20 years and more youthful and those 21 to 30 years of age and between those matured 20 years and more youthful and those 31 years of age and more established on self-esteem [18].

The table results showed that females are more likely to have low self-esteem than the males. Males are assumed to have higher level of self-esteem because they are more strong and confident enough when it is about their appearance and have the characteristics of being athletic than females. As for the age, as the respondents grow older, the level of their self-esteem also increases

based on their age. As the age of the respondents grow, the problems and challenges in life also grow with low self-esteem.

Table 9. Differences on Alcohol Expectancies when grouped according to Profile Variables (N = 150)

	Positive Factors			Negative Factors		
	t/F	p –value	VI	t/F	p –value	VI
Age	-2.795	0.006	S	-2.083	0.039	S
Educational Attainment	3.705	0.013	S	0.575	0.632	NS
Civil Status	4.34	0.006	S	2.55	0.058	NS

For interpretation: Mean difference is significant at 0.05 level
VI = Verbal Interpretation, S = Significant, NS = Not Significant

The table indicated that the differences on alcohol expectancies when grouped according to profile variables are not all the same in the positive and negative factors. It shows that in the positive factors, it is significant when it comes to the respondent's age, educational attainment and civil status while in the negative factors, the respondent's age is the only significant.

As indicated by study [19], when it is about the substance of the liquor, middle-aged individuals have as much to ingest as the younger people. Middle-aged and older respondents, matured 40 to 60 years old were most expected that would think little of the quantity of units in these two beverages with 15 for every penny of 18 to 25-year-olds. Those matured 40 to 60 years old seemed to know the same amount, if not more on events, about the unitary substance of liquor as other age gatherings, despite the fact that the effect of liquor on this age assemble is critical with higher rates of confirmation for individuals of this age because of liquor related issues than other age gatherings.

It is consistently shown to the previous study that married people drink less than single people, with the anti-drinking association stronger in married men than women. Men and women also responded differently to divorce in terms of their drinking. Recently divorced men drank significantly more than men in long-term marriages, while women's alcohol consumption fell sharply after the dissolution of a marriage. Most women reported starting to drink or drinking more during marriage because their husbands drank, and some of them said they enjoyed drinking together as a couple [20].

The table showed that when it comes to age, individuals have their different point of view about positive and negative effects of drinking alcohol. Middle adults have more experiences and they have more value about drinking alcohol and may encounter

different conditions and it makes them more aware of the situations in their life than the young adults.

Every individual has their own way on how and when they will consume alcohol. It is also stated that drinking alcohol can also affect your civil status. Individuals, specifically divorced people tend to drink more alcohol due to their relationship situations with their partner than those who are single persons. They are also consuming alcohol during the trauma of divorce, when men drink significantly more and women drink significantly less than they did during marriage.

Table 10. Correlation Matrix for the Variables of the Study (N = 285)

	rxy	Social Anxiety p –value	VI	rxy	Self - Esteem p – value	VI
Social Anxiety	1	-	-	.299	.000	S
Self Esteem	.299	.000	S	1	-	-

Correlation is significant at 0.05 alpha level VI – Verbal Interpretation, S – Significant. NS – Not Significant

Table 10 displays the correlation matrix for the variables of the study. The table results showed that social anxiety and self-esteem is correlated to each other.

Social anxiety shows an intervened role between self-esteem and loneliness. It is expressed that individuals with high social anxiety have brought down levels of self-esteem. Social anxiety is thought to be one noteworthy reason for socially pulled back and evasion conduct, which are essential for prompting miss open doors for typical socialization encounters, and this is one of the critical reasons that is why forlorn emotions were created. Low self-esteem is a predecessor reason for loneliness and a hazard factor for social anxiety, and that social anxiety specifically assumed a noteworthy part in adding to dejection. It is likewise expressed that those with bringing down self-esteem have higher social anxiety, which was steady with past research [5].

Besides, the person's poor relational connections and absence of trust in social circumstances and also social cooperation issues are represented by the low self-esteem, and this is believed to be one specific reason that is why individuals created social anxiety.

The table showed that social anxiety and self-esteem are connected. Respondents tend to have social anxiety and it makes their level of self-esteem low. Having low self-esteem is one of the reasons why respondents tend to have social anxiety. The respondents with high social anxiety have a low self-esteem because of the situations they are encountering in their social life.

With the given results, it is evidently stated that social anxiety and self-esteem are significantly correlated with each other. However, the respondents resulted to have little or no social anxiety in the quantitative data but they have social anxiety in the qualitative data. The respondents tend to have fear to self and to others and also avoiding situations to evade having social anxiety. The level of self-esteem of the respondents resulted to have severely low self-esteem and they experience inferiority complex and self-doubt.
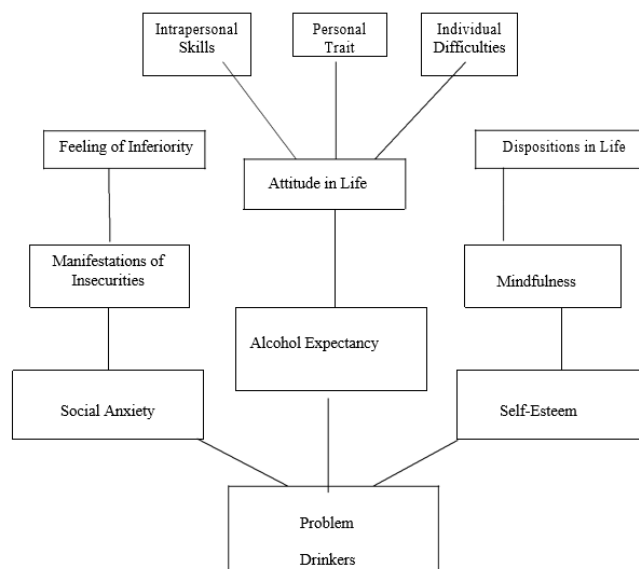

Figure 2. Framework of Social Anxiety, Self-Esteem and Alcohol Expectancy among Problem Drinkers

Figure 2 which can be seen on the next page is the framework of the qualitative data. According to the data gathered by the researchers, it is evident that the theme of social anxiety is manifestations of insecurities. Self-Esteem has the theme of Mindfulness and lastly, it showed that having a work-life balance is the theme for alcohol expectancy.

Drug and alcohol awareness seminar is a program which seeks to enhance the awareness and realizations of every problem drinker to the factors and consequences of drinking alcohol. The person responsible for this activities and strategies would be a representative from the Philippine National Police and a representative from Department of health and the participants of the said seminar would be the problem drinkers. It is advisable to have this seminar in the barangay hall of each barangay and scheduled it as one day seminar. After a month, the researchers will go back to the participants to check if the intervention program is effective.

Table 11. Drug and Alcohol Awareness Seminar

Objectives	Participants	Facilitators	Location	Schedule
To implicate realizations and awareness to the factors and consequences of drinking alcohol.	The target participant of the proposed intervention is the problem drinkers.	The facilitators of the program are the representative of the Philippine National Police and representative of Department of Health.	The target location for this intervention is in the barangay hall of each barangay.	The researcher proposed a one day seminar.

CONCLUSION AND RECOMMENDATION

Problem drinkers have little or no social anxiety, with severely low self-esteem and have more positive and negative reinforcement quality. The researchers concluded that age is the only one that has an effect in the entire variable in the study. However, the profile variable educational attainment is significant to social anxiety while the profile variable sex is significant to self-esteem. Moreover, educational attainment and civil status is also significant to alcohol expectancy in which it is the positive factor. The researchers concluded that social anxiety and self-esteem are significantly correlated to each other. A framework for social anxiety, self-esteem and alcohol expectancy was created based on the results of the qualitative data. A proposed intervention plan is designed intended for problem drinkers to develop their self-esteem.

The researchers recommended improving the respondent's self-esteem and also recommended on decreasing the respondent's number of alcohol use to avoid problems while drinking. Results of the study may be addressed in conducting seminars to every barangays of the respondent about alcohol awareness. Future researchers may add adding another factor to have stronger results of the study like risk taking and decision making to further validate the results of the study. The

proposed framework may be evaluated by counsellors and psychologists before its approval. Results of the study may be merged in teaching professional subjects in Psychology like Developmental and Social Psychology respectively.

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