

**LEVELS OF SHYNESS AND SOCIAL SKILLS OF SELECTED HIGH SCHOOL  
STUDENTS OF TANZA NATIONAL TRADE SCHOOL S.Y 08-09**

Undergraduate Thesis  
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## ABSTRACT

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This study was conducted to find out the relationship between the level of shyness and the social skills of selected high school students of Tanza National Trade School.

It also aimed to determine the level of shyness of the respondents in terms of: (a.) behavioral; (b) physiological; (c) cognitive; and (d) affective; the level of social skills of the respondents in terms of: (a) empathy; (b) assertiveness; (c) problem-solving skills; and (d) self-expression and determine, if the level of shyness is significantly related to the social skills of the respondents.

This study was conducted from August 2008 to March 2009, which focused mainly on level of shyness and social skills of the respondents of high school students of Tanza Trade National School.

This study involved a total of 300 students chosen as respondents for the study with 75 students every year level.

The result shows that the level of shyness of the respondents is low which means they don't experience much tension, worry and anxiety. While it appears that the respondents have high social skills, they show empathy, assertiveness, problem-solving skills and self-expression. It shows that they have the ability to communicate well, express what they feel, and compassionate and able to solve conflict. The result also reveals that the level of shyness and social skills of the respondents are significantly related.



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