Self-discrepancies and its relationship to both social anxiety and depression of students at the University of Damascus

Dr. Riyad Naiel Al-Asemi
Faculty of Education
Damascus University

Abstract

The present study aimed to identify the correlation between self-discrepancies and social anxiety and depression among a sample of students from the University of Damascus, in addition to knowledge of the differences between males and females.

The sample consisted of (230) students from the college of education and science (94) males and (136) females. The tools that were used were: Higgins`s self -discrepancies Questionnaire (HSDQ), a scale of social anxiety by the researcher, and Back`s Depression Inventory. The researcher has to verify validity and reliability of the tools on the exploratory sample.

The results showed that actual-taught self discrepancy (own other) were related to social anxiety; whereas ideal self –discrepancy (own, other) were related to depression. In addition, the results also indicate that females showed more discrepancies in most dimensions on the self-discrepancies questionnaire. The results indicated that students who received high scores in actual- ideal self discrepancy received high scores on a scale of depression, while those who received high scores in actual / taught self discrepancy received high scores on a scale of social anxiety, as compared to students who got low scores. The researcher presented a series of recommendations and proposals on the utility of self-discrepancy theory in synthesizing the growing collection of studies, contributing to our understanding of the importance of self-discrepancies in many applied literatures.