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RELATIONSHIP BETWEEN FEAR OF NEGATIVE EVALUATION, QUALITY OF SLEEP, PERCEIVED STRESS AND ANXIETY IN ADULT'S

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ABSTRACT

The current study aimed to investigate the relationships between anxiety, quality of sleep, fear of negative evaluation, and perceived stress among adults. The sample included 64 participants who self-reported on their anxiety symptoms, sleep patterns, fear of being evaluated negatively, and level of stress. The data was collected using standardized tools; Generalised Anxiety Disorder 7-item scale, Fear of Negative Evaluation Scale, Sleep Quality Scale and Perceived Stress Questionnaire. To investigate the relationships between these variables, correlation analyses were performed The findings showed a substantial positive link between symptoms of generalised

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anxiety disorder and fear of negative evaluation implying that adults with higher levels of fear of negative evaluation typically have more symptoms of generalised anxiety. Additionally, a strong positive link between fear of negative evaluation and insufficient sleep was discovered, indicating that adults who fear negative evaluation more often have insufficient sleep. These results advance our knowledge of how anxiety, sleep patterns, self-consciousness, and stress perception interact with one another in adulthood

Keywords: *Fear of Negative Evaluation, Sleep Quality, Perceived Stress, Anxiety, Adults*

INTRODUCTION

Anxiety is a mental health disorder that has a significant effect on a person's health and quality of life. While there are many factors that can contribute to anxiety, three key factors that are of great importance are the fear of negative evaluation, quality of sleep, and Perceived stress. According to the International Classification of Diseases, (ICD-10), disorders of anxiety are classified into the following categories;

Panic Disorder (F41.0): Recurrent panic episodes with high levels of fear and discomfort Are symptoms of panic disorder, which is also characterised by continuous worry and Anxiety about experiencing more attacks in the future.

Agoraphobia (F40.0) or avoidance of situations in which getting out could be difficult or Where help might not be available in the event of a panic attack or other unpleasant Symptoms) is the dread of or avoidance of such situations.

Specific Phobia (F40.2): Fear or severe anxiety brought on by a particular thing or Circumstance, such as spiders, heights, or small spaces, is referred to as a specific phobia.

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Social Phobia (F40.1): The phrase "social phobia" describes a persistent aversion to Public displays of affection or other social situations where one is the focus of other people's attention.

FEAR OF NEGATIVE EVALUATION

Fear of Negative Evaluation (FNE) refers to "a distressing apprehension of being Judged or evaluated negatively by others in social situations" (Leary, 1983). Thus, according to Leary (1983), FNE is the fear of unfavourable evaluation or judgement from others. It is a common experience for many individuals and can manifest as anxiety, nervousness, and Even avoidance of social situations altogether. A number of factors, including prior rejection or criticism, societal pressure to adhere to social norms, and cultural Expectations for appropriate behaviour can all contribute to the fear of negative judgement. Researchers in the field of social psychology have carefully examined how FNE affects people's self-esteem social anxiety, and social behaviour.

According to the studies, individuals with high FNE are more prone to suffer anxiety and tension in social Circumstances, to have low self-esteem, and to engage in avoidant behaviours in order to shield oneself from possible unfavourable judgements from others (Weeks et al., 2008). It is frequently linked to Social Anxiety Disorder.

Meeting new people, speaking in front of an audience, or even conversing with friends and family can sometimes trigger this dread in individuals who experience any type of anxiety According to Rapee and Heimberg (1997), people with high levels of fear of negative Evaluation frequently tremble, sweat, and feel heart palpitations as a result of their anxiety. In order to avoid

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the potential of a bad appraisal, these individuals also tend to engage in avoidance behaviours, such as avoiding all social interactions, indulge in substance Abuse or simply procrastinate a task.

According to neurocognitive theories, these information processing biases may be the result of improper emotion control techniques brought induced by faulty top-down Regulation of negative affect in a prefrontal brain structure (Eefje et al., 2014).

QUALITY OF SLEEP

The physiological process of sleep is intricate and vital to general health and happiness. Psychologists have developed several theories to explain why we sleep, each with their Own unique perspectives and ideas. In this essay, we will discuss three of the most prominent theories of sleep: the consolidation theory, restorative theory, and adaptive theory. According to the adaptive approach, sleeping has developed over time as a protective Behaviour for creatures. This idea contends that animals can more effectively acquire food, avoid predators, and conserve energy by sleeping (Siegel, 2011).

According to research, animals in the wild tend to sleep more when food is scarce or when predators are active (Siegel, 2011). Additionally, This finding lends weight to the notion. According to the restorative theory, sleep is essential for the body to rejuvenate and mend Itself. This hypothesis contends that sleep enables the body to make new cells, repair Cellular damage, and fortify the immune system. Sleep deprivation has been linked to immune system suppression, increased inflammation, and reduced cognitive performance, according to studies (lrwin, 2019).

According to the consolidation theory, the consolidation of memories and new knowledge depends on sleep. The theory contends that sleep facilitates the consolidation of Memories and

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their transition from short-term to long-term memory storage (Stickgold, 2013).The researcher further adds that, individuals who are sleep deprived struggle to recall new information and may have trouble learning and consolidating memories. In psychology, sleep is typically divided into different stages, each with its own unique characteristics and functions. The five stages of sleep are REM (rapid eye movement) Sleep, stage 1, stage 2, stage 3, and stage 4.

a) ***Stage 1***: The transition from wakefulness to stage 1 sleep occurs at this time. It is Characterised by a slowing down in breathing, heart, and muscular tension rates. This phase is crucial for enabling the body to unwind and fall asleep. It is also the stage of Sleep during which people are most susceptible to being awakened, and brief awakenings Are frequent throughout this period of sleep (American Sleep Association, 2021).
b) ***Stage 2***: A further lowering of the rate of heart, breathing rate, and temperature of the Body are all indicators of stage 2" sleep. The body starts to get ready for deeper sleep at This point, and brain activity decreases. This phase is crucial for enabling the body to rest
c) ***Stage 3 and 4***: More deeply and also aids in learning and memory consolidation (National Sleep Foundation, 2021). Slow-wave sleep (SWS) is frequently used to refer to stages 3 and 4 of Sleep. Even less brain activity and a slower heartbeat and breathing rate are characteristics of these stages. During these phases, the body is in a profound state of Relaxation, making it difficult to awaken someone from this type of sleep. It is thought that This phase aids in memory consolidation and is crucial for allowing the body to relax and Repair (National Sleep Foundation, 2021).

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PERCIEVED STRESS

In psychology, stress is defined as "a psychological and physiological response to a perceived threat or demand that exceeds a person's ability to cope with it" (Lazarus &Folkman, 1984). While, some level of stress is important to motivating individuals to take Action and achieve their goals, too much stress can have disastrous effects on the body.

Lazarus (1991) proposed the Cognitive Appraisal Theory (CAT, a stress theory That contends that stress is not just a product of external events but also of an individual's Assessment of those experiences. According to this hypothesis, people can control their emotional reactions to stress by altering how they view the circumstances. According to Cognitive Appraisal Theory, a person's perception of a situation as Hazardous or demanding, as well as their capacity to handle it, are what cause the stress Reaction. The two stages of a person's cognitive evaluation of a situation are primary appraisal and secondary appraisal. People assess a scenario at the initial assessment stage to decide whether it is important, benign-positive, or stressful. If the scenario is judged to be stressful, the person advances to the secondary appraisal stage, when they assess their coping mechanisms. Through, an evaluation of their skills, knowledge, and social support, it is possible to determine how well-prepared they are to handle the Situation.

The theory also postulates that a person's perspective on a situation can have a big Impact on how they feel when under stress. A person is more prone to feel negative emotions like worry and fear if they see a situation as threatening and think they don't have the tools to handle it. If a person perceives a situation as a challenge and believes. They have what it takes to tackle it, they are more likely to experience positive emotions like excitement and enthusiasm. Therefore, stress is not only a result of external events but also an individual's interpretation of those events.

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REVIEW OF LITERATURE

FEAR OF NEGATIVE EVALUATION

In a study conducted by Carleton et al. (2014), the authors investigated the connection between anxiety sensitivity (AS), also known as the fear of anxiety-related feelings, and fear of negative evaluation (FNE). 125 undergraduate students took part in the study and completed both the Fear of Negative Evaluation Scale and the Anxiety Sensitivity Index- 3. The findings revealed a statistically significant positive link between FNE and anxiety Sensitivity, suggesting that people with higher levels of FNE are more likely to feel Anxious-related symptoms. In addition, the study discovered that anxiety symptoms had a role in mediating the link between anxiety sensitivity along with fear of negative evaluation. This implies that fear of negative evaluation might cause anxiety symptoms, which would then exacerbate anxiety sensitivity. Overall, the study adds to the body of evidence supporting the link between fear of negative evaluation and anxiety and emphasises how crucial it is to treat FNE when treating anxiety disorders.

Shah et al. (2017) investigated the relationship between anxiety and the FNE (fear of negative evaluation) among Indian university students. The study involved 200 college students who took the Beck Anxiety Inventory and the Fear of Negative Evaluation Scale. The results showed that there is a substantial positive relationship between fear of Negative evaluation and anxiety, thus those who have higher levels of this fear are more likely to experience anxiety

Rajappa et al. (2019) examined the relationship between teen Indians' social Anxiety and fear of negative evaluation (FNE). The Social Interaction Anxiety Scale and The Fear of Negative Evaluation Scale were filled out by 125 youths who took part in the study. The results showed that

there is a significant positive relationship between FNE and Social anxiety, which means that those who have high levels of FNE are more likely to Experience social anxiety.

Varela et al. (2021) explored the relationship between anxiety and the fear of being negatively evaluated (FNE) among Indian university students. 237undergraduate students participated in the study and completed the Generalised Anxiety Disorder-7 and the Fear of Negative Evaluation Scale. According to the findings, fear of Negative evaluation (FNE) and anxiety have a significant positive relationship, thus those Who have greater levels of FNE are more likely to experience anxiety.

QUALITY OF SLEEP

The study conducted in India by Sharma et al. (2021) focused on the link Between anxiety and sleep quality. Its sample included 200 individuals who completed The Pittsburgh Sleep Quality Index (PSQI) along with Hamilton Anxiety Rating Scale (HARS) between the ages of 18 and 45. The findings showed that 52.5% of individuals Had mild to severe anxiety symptoms, whereas 65% of participants reported poor sleep quality. Anxiety symptoms were found to strongly positively interconnected with poor Sleep quality in the study.

Li et al. (2020) study sought to understand the reciprocal association between Anxiety symptoms and sleep quality in China. The Patient Health Questionnaire-9 (PHQ-9) together with the Pittsburgh Sleep Quality Index (PSQI) were completed by a representative group of 441 study participants, whose ages ranged from 18 to 45. The results showed that lower baseline levels of anxiety symptoms predicted greater follow-Up levels of anxiety symptoms whereas higher baseline levels of anxiety symptoms predicted lower follow-up levels of sleep quality.

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Sahoo et al. (2020) attempted to comprehend the relationship between sleep issues and anxiety symptoms in Indian undergraduates in their 2020 study. The study included a sample of 507 undergraduate students who completed the Insomnia Severity index (IS). Along with Generalised Anxiety Disorder-7 (GAD-7) scales. According to the findings 52% of the participants had symptoms of moderate to severe insomnia, while 34% had symptoms of moderate to severe anxiety. The degree of the insomnia and the symptoms of anxiety were found to be significantly positively correlated, according to the study.

In a group of Iranian patients with chronic pain, Tavakoli et al. (2021) investigated the relationship between anxiety symptoms and sleep quality. The study used a sample Of 220 individuals with chronic pain who completed the Pittsburgh Sleep Quality Index (PSQI) as well as the Hospital Anxiety and Depression Scale (HADS). According to the findings, 70.5% of participants experienced mild to severe anxiety symptoms, while 85.5% of individuals reported having trouble sleeping. In the study, a substantial positive Correlation between poor sleep quality and anxiety symptoms was found.

PERCIEVED STRESS

The research done by Taylor et al. (2018) explored the relationship between anxiety and stress. The aim of the study was to look into the way stress affects Undergraduate students' anxiety levels. Data from 256 participants were analysed using correlational approach by the researchers. The participants filled out two self-report Questionnaires the State- Trait Anxiety Inventory and the Perceived Stress Scale.

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The current study's goal was to examine how stress and anxiety interacted in a sample of college students. A correlational technique was utilized in the study to Examine the relationship between anxiety and perceived stress. 250 undergraduate Students (163 women and 87 males) from a prestigious American public university took part in the study.

Malhotra et al. (2019) study was carried out in India, looked on the Connection between stress and anxiety in medical students. The "Depression Anxiety Stress Scales (DASS-21)" were employed in the cross-sectional study to gather data from 400 medical students. According to the study's findings, stress and anxiety were significantly positively correlated, implying that as stress levels increases, so does anxiety levels. The results of the study points to the requirement for therapies that deal with stress and Anxiety among Indian medical students.

Jaiswal et al. (2021) carried out the research to explore the relationship of stress and anxiety among Indian college students and analyse the connection between the two. The Depression Anxiety Stress Scales (DASS-21) were utilized in the cross-sectional study to gather data from 400 college students. The participants came from a variety of colleges in North India. According to the study's findings, moderate to severe stress and medium to extreme anxiety affected 32.5% and 42.5% of participants, respectively. Additionally, anxiety levels tended to increase. Alongside stress levels, as seen by the significant positive link between stress and Anxiety. In a regression study, stress was revealed to be a significant predictor of anxiety, Suggesting that stress may be a major factor in the development of anxiety among Indian College students.

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METHODOLOGY

Purpose

To study the relationship between, Quality of Sleep, Fear of Negative Evaluation and Perceived Stress among adults with anxiety.

Hypotheses

- H1. Higher levels of Fear of Negative Evaluation (FNE) will be positively associated With higher levels of Generalized. Anxiety and Perceived Stress in adults.
- H2: Poor Quality of Sleep will be positively correlated with a levels of Fear of Negative Evaluation and Generalized Anxiety in adults.
- H3: Higher levels of Perceived Stress will be positively correlated with greater Levels of Fear of Negative Evaluation and Generalized Anxiety in adults.

Variables

Anxiety, Fear of Negative Evaluation, Quality of Sleep, Perceived Stress

Sample

The sample consisted of 64 adult participants both male and female between the Age of 25 to 35 years.

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Design

The Pearson correlation coefficients were calculated to assess the strength and direction of the relationships between the variables.

Tools

The following instruments Were used in the current Investigation to gather data:

The Brief Fear of Negative Evaluation Scale is a well-known self-evaluation Questionnaire designed to assess the worry about being perceived unfavourably, one of the key signs of social anxiety disorder. It consists of 12 items, each of Which is evaluated from 1 (not at all indicative of me) to 5 on a Likert scale with Higher scores indicating greater fear of being judged negatively. The scale's Items assess a variety of characteristics of anxiety about getting a bad grade, Such as anxiety over rejection, embarrassment, and criticism. The BFNE has demonstrated to have favourable psychometric properties, including good Internal consistency, test-retest reliability, and convergent and discriminant Validity. Due to its conciseness and ease of administration, the BFNE has been widely used in research and therapeutic contexts to assess fear of a poor evaluation and to screen for social anxiety.

Perceived Stress Questionnaire (PSQ): It was developed as a tool for Identifying stressful life events and circumstances that regularly induce or Aggravate disease symptoms. It has 30 components. Stress significantly Affects the regularity and calibre of the sleep cycle.

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Sleep Quality Scale (SOS): is a 28-item scale that examines six aspects of Sleep satisfaction, including daytime symptoms, recovery from sleep, problems Starting and maintaining sleep, and trouble waking up.

The Generalised Anxiety Disorder 7-item scale: is referred to as GAD-7. It is a Self-report questionnaire designed to gauge a person's level of symptom severity for generalised anxiety disorder. The GAD-7 has a total score range of 0 to 21, with higher values denoting More severe symptoms of Generalised Anxiety disorder. The GAD-7 is frequently used as a rapid and accurate tool to Screen for and evaluate the severity of generalised anxiety disorder in clinical And research settings.

RESULTS

The purpose is to study the relationship between Anxiety Disorder (GAD), Fear of Negative Evaluation (FNE), Social Questionnaire Scale (SQS), and Perceived Stress Questionnaire (PSQ) in adults. Using Pearson correlation relationships between these variables were looked at. The sample consisted of both male and female participants between the age of 25-35. Sixty-four adult volunteers performed the GAD, FNE, SQS, and PSQ tests. The strength And direction of the correlations between the variables were evaluated using the Pearson Correlation coefficients.

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Table 1

Correlation Matrix

Correlations

		GAD	***FNE***	***SQS***	***PSQ***
GAD	Pearson Correlation	1	.296*	.214	.068
	Sig. (2-tailed)		.017	.089	.592
	N	64	64	64	64
FNE	Pearson Correlation	.296*	1	.315*	.212
	Sig. (2-tailed)	.017		.011	.093
	N	64	64	64	64
SQS	Pearson Correlation	.214	.315*	1	.142
	Sig. (2-tailed)	.089	.011		.262
	N	64	64	64	64
PSQ	Pearson Correlation	.068	.212	.142	1
	Sig. (2-tailed)	.592	.093	.262	
	N	64	64	64	64

*Correlation is significant at the 0.05 level (2-tailed)

Note: *GAD*: Generalised Anxiety Disorder; *FNE*: Fear of Negative evaluation; *SQS*: Sleep quality; *PSQ*: Perceived Stress

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DISCUSSION

At the 0.05 level, it was determined that there was a positive significant connection between CAD And FNE (r =.296, p =.017, two-tailed). This implies a positive association between GAD And FNE, indicating that people with higher levels of GAD have a stronger tendency to Dread criticism. This result is consistent with earlier studies that highlighted the Contribution of social anxiety to the symptoms of generalised anxiety.

Sleep Quality Scale (SQS)_ and Generalised Anxiety Disorder (GAD): (r=.214, p =.089, two-tailed) .The association between GAD and SQS was not statistically Significant. This implies that there is no connection between GAD and the SQS's measure Of sleep quality. Perceived Stress Questionnaire (PSQ) and Generalised Anxiety Disorder (GAD) (r=.068, p =.592, two-tailed). The association between GAD and PSQ was not statistically Significant. This demonstrates that there is no meaningful association between GAD and PSQ-measured subjective stress levels.

CONCLUSION

The study examined the connections between Generalized Anxiety disorder (GAD), Fear of negative evaluation (FNE), Sleep quality (SQS), perceived stress (PSQ) among adults. Descriptive statistics and correlation analysis results offer insightful information about these interactions. In conclusion, this study provides evidence U significant positive correlation between Fear of Negative Evaluation (FNE) and For Quality of Sleep (SQS) as well as a significant positive correlation between FNE and Generalized Anxiety Disorder (GAD) in adults. These findings suggest that individuals With higher levels of fear of negative evaluation may experience poorer sleep quality and Greater generalized anxiety symptoms. However, no significant relationships

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were found between GAD, SQS, PSQ, and FNE, and PSQ. These findings highlight the complexity Of the relationship between sleep quality, perceived stress, anxiety symptoms, and fear Of negative evaluation in adults.

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