Attraction and Social Shyness

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EN202-02

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Feb 15, 2018

 One might agree that people are currently in an age where social interaction is very common amongst others and a time where people have better opportunities to meet other people. College is a great place to find new friends or possibly a future partner. People are also at an appropriate age to truly be in relationships and handle all the responsibilities that come with it. Meeting new people, in terms of interest, other than platonic relationships, is easier said than done. This poses a questions as to what exactly is the correlation between social shyness and attraction? Why do some people find it difficult to talk to someone they find attractive? By being able to understand this and how it can benefit the Northern Mariana Islands, a ten-week research proposal must be made.

What stops a person from being able to approach a person they find interesting and just breaking out of their shyness? How does a person’s behavior change when faced with this situation? Knowing the reasons to these questions is important because it can give insight and help to those who struggle and gain a better understanding towards those who don’t. Many times a person would find someone attractive and would want to know their name. But when it comes to the point of actually going up to the person and asking, he/she would be too shy to ask eventually just letting it go. This closes many opportunities to make a new friend. A person can never know where a simple hello could lead. Of course not everyone may face this situation and characteristics of an attractive person vary by a person’s preferences. Researching about this topic would not only help the researcher but also others who are faced with similar difficulties and situations. It is important to know the reasons of difficulty and finding ways to overcome them. Learning this knowledge doesn’t necessarily have to be towards the concept of finding love, but can be used as a bridge in the gap of human interaction. In an era of technology it is becoming much easier to express oneself through social media and more difficult in person.

 In order to successfully answer and complete the essay, literature has been gathered through Ebsco and gathered from the Northern Marianas College library. When searching up key words such as anxiety and shyness, both of which can help aid my research, has generated over 84 results in the Borja Main Collection. Searching the very same keywords has also generated one thousand results on Ebsco all of which can help bring more background information to the issue of shyness and social anxiety, and also give explanation on attraction and how it affects our behavior and decisions. Over one thousand titles of academic journals can be used. With the amount of literature available, this essay will surely be able to provide not just new information but an in depth view of each topic.

 Gathering information can also be done through surveys and interviews. In class surveys will be given out, as well as to other college students. Questions will vary depending on if a person finds it difficult or doesn’t. Interviews will also be done with three different age groups in order to get a bigger perspective. The age groups include 18-24 years old (college students), 25 years old to 30, and 31 to 40 years of age. The data gathered will be compared side by side to see if there is a trend as age increases. Interviews can also be done with regards to sex, sexual orientation, cultural background, ethnicity, and if the person has been in a relationship before or not as this can affect a person’s confidence or outlook. Questions will slowly change during interviews and will slightly be different for a survey on different groups. The information gathered will sure help answer the research question. With the combined amount of literature and data the essay will have a broader perspective.

 In order to complete this assignment a schedule can be seen below to show when things will be done and how long each would take to be accomplished.

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|  | Weekly Focus |
| Week 1 | Information will be gathered from all literature sources |
| Week 2 | More information gathered, Interviews will be scheduled with people |
| Week 3 | Surveys and Interviews |
| Week 4 | Surveys and Interviews |
| Week 5 | Surveys and Interviews, Rechecking literature |
| Week 6 | Surveys and Interviews |
| Week 7 | Data from surveys and interviews will be organized and filtered |
| Week 8 | Research Report and any last minute changes or interviews |
| Week 9 | Research Report  |
| Week 10 | Finalizing all work for review, Week of suggestions from instructor |
| Week 11 | Last changes if needed |

 Overall, this research will help answer and give insight to a question a person may have asked and felt at a certain time in his/her life. Academic journals and books will serve as a guide to provide more background information and knowledge. Surveys and interviews will provide a more personal touch about the difficulties not just affecting the people of the CNMI but also other people around the world. This will be valuable knowledge to those who seek help and understanding concerning the possible difficulties of social interaction and shyness in regards to attraction and also hopefully give those who do not face the same challenges, a better understanding of how others feel. Over the course of eleven to twelve weeks this essay will slowly but surely be made and can be done on time.

References

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