Examination of Discrimination and Social Anxiety Prevalence in Minorities and Whites

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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There exist a wide range of hypothesized theories to explain the relationship between discrimination and anxiety disorders. However, the conducted research reflected contrasting results. For instance, the results conclude social anxiety was neither prevalent in whites or people with other colors. It was a challenging task to determine whether or not discrimination is mostly faced by white people or colored people. All these results were derived after assessing the students by giving them a survey. It is critical to deliberate the absence of a potential relationship between social anxiety and discrimination. Since the study struggled to explicitly manifest if white or colored people faced more discrimination, the measurement and comparison with social anxiety were not accomplished.

**Limitations**

Several limitations impeded the progress of the research. For instance, a majority of the white people were not incorporated in the study. The minorities were part of the study in increased numbers. Irrefutably, it is one of the most detrimental aspects of research and none of the studies can manifest in productive or viable result in its absence(“The Importance of Research - Research Methodology Course,” n.d.). The availability of a vast range of subjects is the key to conduct a thorough study devoid of errors and flaws. Second, the research was focused on City College located in New York. It is a very diverse campus where most of the black student is likely to experience less SAD. For instance, diversity makes them feel less discriminated and it is another limitation of the study. As per the views of experts, the variables and subjects ought to be in an appropriate, standard and critical environment to reach the best results to be utilized in future research. Third, the number of women in the study was greater in comparison to that of males. It is essentially one of the key limitation of the research as it creates a wide gender gap and manifests gender disparity. The results of the study can never be ethically, morally or procedurally correct based the methodology which inadvertently includes a stark difference between the male and female population.

**Future Directions**

The future directions and recommendations call for the incorporation of an equal range of male and female to keep a balance between the outcomes of the study. For instance, when any research study uses unequal participation intentionally, the results do not get affected. However, the unintentional occurrence of such action inflicts detrimental consequences on the results(“Blacks with college experience more likely to say they faced discrimination | Pew Research Center,” n.d.). Second, the research studies conducted this particular context harness an equal presence of whites and minorities as observed in other researches. The future studies must aim at pursuing a similar path to conclude with integral and balanced results. Third, the future researches ought to conduct experiments which successfully elaborate on the relationship between social anxiety and discrimination. Instead of surveys, interviews need to be conducted with the participants. It will remove the communication gap and limitations. The dependent variable should aim at determining the prevalence of social anxiety while the independent variable can be the trait best suited for the study.

**Conclusion**

The study assessed the prevalence of discrimination and social anxiety in the white population and minorities. A college in New York was the place where the subjects were surveyed. The study yielded contrasting results than other studies as social anxiety was neither prevalent in white nor colored people. Thus, it was not evaluated whether or not the white or colored people suffered from greater discrimination.

References

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