

## RECOGNIZING SOCIALLY AWKWARD STUDENTS: CHALLENGES, FUNDAMENTAL CAUSES, AND COPING MECHANISMS

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Students that are socially awkward frequently struggle in social situations, feeling uncomfortable or misinterpreted in environments that emphasize group dynamics and communication. These children may come across as hesitant, nervous, or uneasy with social expectations, which might hinder their capacity to interact with others, take part in class discussions, or create enduring bonds with classmates. It is essential for peers, parents, and teachers to comprehend the root causes of social awkwardness and how to help these students.

The term "social awkwardness" describes a collection of actions or emotions that occur in social settings and are usually typified by uneasiness, self-consciousness, and trouble interpreting social cues. These children could find it difficult to strike up a conversation, mistakenly say something improper, or feel overpowered in social situations. The word "awkward" is frequently used to describe someone who struggles to follow the many social norms that regulate interpersonal relationships.

Students' social discomfort can be caused by a number of things. It is possible to address the requirements of socially uncomfortable students in a more effective and sympathetic manner by being aware of these issues. It's possible that some pupils are just more nervous or introverted. Social engagements often deplete introverts, who may find comfort in isolated activities. For these children to feel at ease in group situations, they frequently need extra time and space. Their hesitation may be a natural tendency toward reflection rather than a symptom of social incompetence.

A common mental illness that can cause severe social discomfort is social anxiety disorder (SAD). Pupils with SAD could worry about being scrutinized, humiliated, or making a mistake in front of other people. They may shun participation, retreat from social situations, or come across as aloof or uneasy while speaking to others as a result of this phobia.

It's possible that some pupils lack the social skills needed to function well in group situations. These abilities are frequently picked up from practice, observation, and feedback. A student may find it challenging to recognize verbal and non-verbal clues like tone of voice, body language, and facial expressions if they have little opportunities for social engagement, either as a result of past social difficulties or a lack of peer interaction outside of school.

Social contact might be difficult for students on the autistic spectrum or with certain learning impairments. Students with autism, for example, could struggle to recognize social signs or comprehend the exchange of ideas during conversations. These difficulties result from neurological variations in how social information is processed, not from a lack of intelligence or empathy.

Students who are socially awkward may experience a number of difficulties that affect their mental and academic health. Socially awkward students may avoid social situations, which might result in loneliness. Feelings of isolation and exclusion may arise from their reluctance to engage in extracurricular activities, group projects, or lunchroom discussions.

A student's confidence might be weakened by repeated social mistakes or by feeling that they are "different" from their peers. Their sense of social uneasiness may worsen if they start to believe that they don't belong or that they can't build lasting relationships. Academic achievement can occasionally be impacted by social issues. Students may struggle to concentrate in class if they are distracted by anxiety or worried about how

others see them. Furthermore, a lack of peer interactions can restrict opportunities for teamwork and collaborative learning, two things that are frequently essential to a well-rounded education.

It's important to keep in mind that social awkwardness is a challenge that can be lessened with the correct assistance rather than an innate weakness. Teachers, parents, and peers can use a variety of techniques to assist socially shy adolescents feel more at ease and self-assured in social settings.

It is crucial to establish a classroom atmosphere where each kid feels respected and safe. Promote inclusive activities like group projects, icebreaker games, and peer mentorship programs that let students engage in relaxed environments. To help kids appreciate and comprehend one another's differences, celebrate diversity and place a strong emphasis on empathy.

It's essential to support pupils in developing self-compassion and reflecting back on their social experiences. Help them in realizing that social mistakes are common and an essential part of learning. Students may gradually develop confidence in their capacity to handle social situations by increasing their self-awareness and resilience.

Students who are socially awkward frequently encounter specific challenges that could affect their academic, emotional, and social growth. Parents and educators might help the children in gaining confidence, improving their social skills, and forming deep bonds with their classmates by identifying the underlying factors of social awkwardness and offering targeted support. The ultimate objective is to enable socially awkward students to grow intellectually and personally by giving them the confidence to be genuine in social situations.

*References:*

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