

The Biological and Environmental Causes of Shyness

Cause: Shyness

Introduction – What are the causes of shyness?

1st cause – biological

Transition paragraph – There are also environmental causes

2nd cause – home and family life

3rd cause – culture

4th cause – technology

Effects – good listeners, high achievers, and altruistic

Conclusion – If you are shy, you have lots of company.

I. Introduction

Thesis Statement: They have found that shyness can result from both biological and environmental factors.

II. Body

A. 1st cause – biological: Recent research shows that some individuals are born shy.

1. **Statistic** – Between 15 and 20 percent of newborns have signs of shyness.
 - a. Babies – quieter and more watchful
 - b. Some evidence as early as two months old
2. **Case study** – Study of shy 2-month-olds – signs of stress to moving mobiles and voice recordings – increased heart rates and jumpy movements
3. **Fact with proof** – Parents and grandparents link (Henderson and Zimbardo)

B. Transition paragraph: Both facts point to environmental causes.

C. 1st cause – environmental: The first environmental cause may be a child's home and family life.

1. List of factors

- a. A difficult relationship with parents and older siblings
- b. Growing up in smaller families
- c. Growing up in single-parent homes or both parents work
 - i. No frequent visits by neighbors or friends
 - ii. Less interaction with people = cause of shyness before school

D. 2nd cause – environmental: The second environmental cause of shyness may be one's culture.

1. **Study:** A large study of shyness (Henderson and Zimbardo)
 - a. USA – reported 40% shy
 - b. Japan – reported 57% shy
 - c. Taiwan – reported 55% shy
 - d. Israel – reported 31% shy
2. **Explain study:** Attributing credit for success or failure
 - a. Japan – failure attributed to individual, success to group
 - b. Israel – failure attributed to group, success to individual
 - c. Result = Israelis take more risks than Japanese

E. 3rd cause – environmental: Technology may play a role.

1. **Fact with proof:** A growing dependence on technology

- a. USA – young people shy, risen from 40% to 50%
- b. Watching TV, playing video games, surfing the Web – displaced face-to-face interaction
- 2. **Fact with proof:** Adults becoming more isolated
 - a. Face-to-face interactions no longer necessary
 - b. Use machines to do banking, fill gas, order merchandise, take courses, and make friends
 - c. Result 1 = less opportunity to socialize in person
 - d. Result 2 = awkward at socializing, avoiding it, becoming shy
- F. **Effects** – While being shy has some negative consequences, it has some positive aspects, too.
 - 1. Better listeners
 - 2. High achievers (according to a university professor), not just in research and writing
 - 3. Long to make connections with others, altruistic behavior (Benton)

III. **Conclusion**

(Restate causes and effects + final comments)

Point: If you are shy, you have lots of company.