

Social Withdrawal: A Systematic Review of the Influencing Mechanism, Forming Reason and Discussing the Affected Groups

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Abstract. As societal awareness and understanding of mental health knowledge gradually increase, the impact of various psychological issues on individuals has garnered growing public attention. Symptoms associated with social withdrawal, such as depression, anxiety, and loneliness, are increasingly prevalent among adolescents according to data. The consequences of social withdrawal extend beyond physical problems and can lead to severe mental illnesses. This article presents a systematic literature review on social withdrawal across different age groups to explore the challenges and pressures faced by individuals during this stage of life. The findings indicate that individual shyness, peer rejection, social anxiety, and excessive use of technological platforms like social media are key factors contributing to social withdrawal. For adolescents specifically, peer relationships, academic achievement, and parental attachment play significant roles in either choosing or being compelled into a state of withdrawal from society. In adults, high societal pressure and familial expectations also contribute to their tendency for isolation. Furthermore, inevitable aging processes coupled with self-perceptions related to old age have emerged as primary causes for contemporary elderly individuals' retreat from society. Social withdrawal significantly impacts both mental and physical well-being while hindering the development of essential social skills; however supportive relationships along with healthy lifestyles and targeted interventions aimed at improving these skills can effectively address individual struggles with social withdrawal.

Keywords: Social withdrawal, social anxiety, adolescent, peer, social expectation.

1. Introduction

Social interaction is an indispensable part of human beings in a social collective environment, and when people choose not to or deliberately refuse and avoid interacting with others, they are experiencing social withdrawal. According to the World Health Organization (WHO), depression is the third leading cause of disease in the world, and its incidence is increasing year by year worldwide. The incidence of depression is greatest during adolescence. Several of the hallmarks of this type of depression are often intense feelings of loneliness and decreased social interaction [1]. In social environments, individuals who experience social withdrawal are more likely to be rejected and ostracized by their peers, and people with psychological disorders are considered to be unpopular with the mainstream [2]. In fact, individuals who actively or passively choose social withdrawal need more widespread attention and understanding from society. The reasons why individuals experience social withdrawal include the following points, shyness, social anxiety, the fear of rejection, and widespread use of social media. This article also conducts a brief discussion of group exploration and investigation for individuals of different age groups. The problem of experiencing social withdrawal at the three ages of adolescence, adulthood and senescence was analyzed, and it was concluded which problems faced by individuals at different ages lead to social withdrawal.

This study is based on recent investigations into social withdrawal across different age groups and aims to analyze the factors influencing social withdrawal among individuals in these three age groups, as well as summarize the physical and psychological consequences of social withdrawal on the human body. During adolescence, individuals may encounter challenges related to peer relationships, academic achievement, and parental attachment. The analysis of these three factors highlights the significance of peers, family environment, and school for adolescents. In adults, social withdrawal is

often triggered by stress reactions such as anxiety, depression, self-blame, and neuroticism resulting from high social pressure and expectations. As for older adults, their age-related changes in self-perception can contribute to social withdrawal due to perceptions of being out-of-touch with societal developments or outdated.

This study stratifies the three age groups, examines their respective factors, and subsequently synthesizes the data. Firstly, it explores the determinants influencing the emergence of socially withdrawn individuals, followed by an in-depth analysis of these mechanisms across different age groups and the contemporary challenges faced by individuals within each group. Secondly, this study provides a comprehensive overview of the long-term consequences and detriments associated with social withdrawal on individuals. Specifically, it highlights mental health disorders, impaired social skill development, alienation from peers and society at large, as well as adverse effects on physical well-being. Lastly, this research proposes potential solutions to ameliorate social withdrawal through promoting individualized social skills training programs alongside fostering healthy lifestyles and supportive relationships. These three recommendations aim to empower individuals experiencing social withdrawal by enhancing their self-assurance in interpersonal interactions while facilitating meaningful connections with others that can counteract feelings of rejection, anxiety, and fear.

2. Impact Factors for Social Withdrawal

To begin with, this section provides a contextual background on social withdrawal. What are the influential factors that contribute to social withdrawal? Numerous factors instigate varying degrees of social withdrawal, such as shyness, social anxiety, fear of rejection, and the widespread use of social media. For the social withdrawal phenomenon, individuals who are shy are inclined to exhibit social withdrawal in interpersonal relationships. Shy individuals often experience anxiety and discomfort in social situations involving unfamiliar people. Furthermore, when an individual experiences social anxiety due to concerns about interpersonal compatibility and potential harm, they may opt for self-protection through avoidance and rejection, thereby contributing to social withdrawal. In addition, when individuals experience feelings of apprehension and exclusion in social relationships, it impedes their ability to engage with others effectively. Fear of being rejected by others is also a major reason why modern people face social withdrawal. In the contemporary era, propelled by the rapid advancements in social media and internet communication, individuals are increasingly inclined towards the virtual world while distancing themselves from reality, which also contributes to social distancing and social withdrawal among individuals.

2.1. Shyness and Social Withdrawal

First of all, the factors of shyness contribute to individuals' social withdrawal phenomenon. Due to their introverted nature and limited social skills, shy individuals may be perceived as unapproachable or rejected by others, thereby exacerbating their tendency towards social withdrawal. Previous research has advocated the relationship between shyness and social-emotional development among children, according to Zhang et al.'s research, by using meta-analyses and moderator analyses on the three studies of SED areas (social competence, asocial behaviors, peer relationships, internalizing problems, and externalizing problems). Shyness and the ability of individuals' interpersonal skills and assertiveness are negatively correlated and have a positive relationship with asocial behaviors. Shy individuals tend to have negative perspectives on social relationships and simply difficulty having suitable responses to social activities [3]. Correspondingly, individuals with a high dimension of shyness also were less likely to initiate or respond to peer interaction [4]. On this issue, Bullock et al. and Zhang et al. have similar views. Likewise, Bullock et al. have established shyness highly contributes to peer exclusion, which causes individuals to have difficulty in the present social contact and turn prompts to aggravate social withdrawal [3, 5]. Thus, individuals with shyness characteristics often experience difficulties in initiating and maintaining social interactions. Shy individuals tend to be more self-conscious and worry about being judged by others, which further

hinders their ability to engage in social activities. Furthermore, individuals' presence of shyness traits and a tendency to refrain from active participation in social activities can exacerbate the exclusion by others, thereby increasing individuals' likelihood of engaging in social withdrawal.

2.2. Social Anxiety, the Fear of Rejection, and Social Withdrawal

Simultaneously, social anxiety is related to the fear of rejection, which incurs individuals' social withdrawal. In S. A. Barzeva et al. research, they hypothesize the terrible loop between social anxiety and social withdrawal. Social anxiety is positively correlated with social withdrawal, and individuals who experience social anxiety are more inclined to engage in social withdrawal behaviors to reduce the fear of rejection [6]. Afterwards, such behaviors will aggravate the individual's social anxiety over time, because social withdrawal behavior will lead to a decline in the individual's social ability, and then the negative social evaluation of others will produce more intense social anxiety. However, after the researcher used the random-intercept cross-lagged panel models to investigate. Whether and the extent to which social withdrawal could forecast social anxiety in different age levels, the final result that actually cannot be predicted is controversial. There is indeed a vicious cycle of social withdrawal and social anxiety among individuals, but in the comparison of different age groups, it was found that the strength of the relationship between these two exists in different age groups. The feedback loop of social withdrawal and social anxiety in different age levels is inconsistent. The pathway from social withdrawal to social anxiety happens from the defect of social skills, then the individual will evaluate negatively sociability and deteriorate social fears and withdrawal. Additionally, Coelho and Romão in "The relation between social anxiety, social withdrawal and (cyber) bullying roles: A multilevel analysis" investigate the relationship between students' involvement in bully and social anxiety and withdrawal [7]. Victims of school bullying often experience social withdrawal, and those who receive school bullying usually face peer rejection, resulting in high levels of social anxiety. This social anxiety can create greater difficulties with interpersonal performance in relationships with others, leading to the individual being rejected and ignored by others.

2.3. Widespread Use of Social Media and Social Withdrawal

Parallely, the abuse of social media contributes to individuals being addicted to the virtual world and is also one of the significant factors in inducing social withdrawal. As an illustration, Tateno et al. noticed that a large number of people in Japan are at risk of Internet addiction, and connected to social withdrawal (Hikikomori), one of the most serious problems in Japan [8]. Tateno et al. investigate the relationship by using the "Smartphone Addiction Scale" and "The 25-Item Hikikomori Questionnaire", and then statement that individuals who use the Internet for longer are more likely to experience social withdrawal [8]. For instance, Internet users who play games assert a preference for virtual gaming over offline socializing. Moreover, the presence of Internet addiction and Hikikomori can potentially give rise to various mental disorders, impeding social interaction and ultimately resulting in social withdrawal. Similarly, Adamski provides an account of a depiction about how serious Internet addiction among young people in Poland and provides an explanation of the Hikikomori syndrome, the individual who spends most of the time on the Internet and desocialization, shifting social behaviors from reality to a virtual world [9]. Briefly, a series of recent studies have indicated that the abuse of social media has a nonnegligible influence on social withdrawal.

3. A Brief Discussion of Why People Experience Social Withdrawal Based on Three Different Age Groups (Early Adolescent Age, Adulthood, Old Age)

Simultaneously, the research makes a thorough inquiry about the discrepancy of social withdrawal in respective age groups, such as early adolescents, adulthood, and senescence.

3.1. Early Adolescents

In the first place, individuals in early adolescence may be confronted with peer relationships, school bullying, and parental attachment relationships.

3.1.1 Peer Relationships

Peer relationships are always a nonnegligible interpersonal issue for teenagers or adolescents. Peers may exert a negative influence on social-emotional development through the perpetration of bullying, engagement in exclusionary behaviors, and involvement in deviant peer processes. Negative social-emotional development can advance into social withdrawal or serious mental health problems. Ladd's research uses multiple variable data to explore the role of peer rejection, aggression, or withdrawal behavior on children's psychological adaptation. The Researcher tracks children's development from ages 5 to 12 and the impact of their peers' behavior. By employing the "maladjustment" model to examine the internalizing or externalizing difficulties that may arise in adolescents exposed to negative peer interactions, this study aims to elucidate their behavioral and emotional responses [10]. In terms of externalizing problems, adolescents lacking robust regulatory skills are prone to exhibiting aggressive or violent reactions when confronted with peer or interpersonal challenges. Conversely, those experiencing internalizing problems tend to adopt a withdrawal strategy by distancing themselves from peers and displaying anxious and withdrawn behaviors. Both of these problems can contribute to peer rejection and ostracism, which potentially lead to long-term psychological problems in adolescents. The reciprocal relationship between these psychological problems and peer rejection may perpetuate a cycle that exacerbates the development of children's mental health issues.

Besides this, Syakarofath et al. have a similar conclusion on this perspective, that the research result and data analysis illustrate that negative peer issues have an influence on the teenager's internalizing [11]. Internalizing problems is a pervasive issue during adolescence, it needs to be handled well instead of developing further psychological problems. Meanwhile, in Li and Wong's argument, the place of school was mentioned when exploring the social factors of adolescents who are socially avoidant. The study reported a prevalence of bullying in school social settings, encompassing behaviors such as verbal abuse, taunting, social exclusion, and peer rejection [2]. In addition, individuals subjected to campus bullying experience heightened levels of discrimination and endure psychological and physical maltreatment within the campus social milieu due to their victimization. These factors collectively contribute to adolescents' feelings of rejection and distrust towards their peers and immediate surroundings, thereby exacerbating their inclination towards social avoidance.

3.1.2 Academic Achievement

Additionally, academic achievement significantly impacts teenagers' social withdrawal. The performance in academics provides adolescents with self-esteem, fostering feelings of acceptance and self-respect. Academic achievement plays a crucial role in shaping teenagers' overall development. Not only fostering self-esteem and feelings of acceptance, excelling academically contributes to teenagers with essential skills and recognition by teachers and peers. For instance, the majority of prior research has emphasized that social withdrawal is positively related to academic achievement, and academic achievement promotes social functioning. In Stenseng et al.'s research demonstrates that higher academic achievement leads to less social withdrawal, while the interactive and social nature of learning promotes more ideal academic development for adolescents with high academic achievement [12]. Because of low academic achievement and poor academic performance, some teenagers will show a lack of self-confidence and social avoidance to avoid interacting with peers. Therefore, the association between high academic achievement and decreased social withdrawal can be attributed to being recognized as successful by teachers and peers, which enhances an individual's social status, self-esteem, and likelihood of engaging in peer interactions. Consequently, this reciprocal relationship influences both their academic and social competencies during adolescence.

3.1.3 Parental Attachment

Concurrently, parental attachment relationships exert a significant influence on the social functioning of adolescents. Studies over the past decades have provided predominant information through the attachment theory by Mary Ainsworth, which advocates three major styles of attachment: secure attachment, ambivalent-insecure attachment, and avoidant-insecure attachment. The formation of secure or insecure attachment in adolescents is related to the individual's family environment and parent-child relationship. Likewise, Rubin and Chronis-Tuscano claim that factors such as parental behavioral control, criticism, negative emotions, and relative lack of supportiveness are associated with social withdrawal in children [13]. Attachment style is related to social withdrawal in adolescents, whereby securely attached adolescents are more inclined to exhibit positive social behaviors, whereas insecurely attached individuals are more prone to exhibit socially withdrawn behaviors. The impact of attachment style on social withdrawal is multifaceted. Children with secure attachment tend to exhibit enhanced social skills and relationships, thereby increasing the likelihood of establishing stable friendships with peers. Conversely, children who are insecurely attached are more prone to displaying avoidant, anxious, or conflictual behaviors during social interactions, ultimately leading to their withdrawal from social settings.

3.2. Adulthood

Moreover, as individuals enter adulthood, they face different pressures and expectations. These factors further contribute to the manifestation of social withdrawal in adult populations. Social withdrawal is often a stress response caused by social pressure, and it is found that people with social withdrawal tend to have higher levels of depression, anxiety, neuroticism, self-blame, and other psychological problems. Specifically, Lin et al. demonstrate that the survey findings indicate a significant prevalence of intense competition among young individuals striving to secure employment opportunities amidst limited job prospects [14]. The absence of job attainment in adults further exacerbates social pressures, leading them to withdraw from societal interdependence due to the overwhelming expectations and demands imposed by work and life. This withdrawal serves as a protective mechanism against potential disappointment and shame from their immediate surroundings, driven by apprehension towards competing with others and fear of societal and familial expectations. Consequently, the prevailing high-pressure environment and social expectations compel adults to engage in social avoidance.

3.3. Senescence

Ultimately, as individuals age and develop a self-perception of old age, it can lead to social withdrawal. Traditionally, previous studies by Cumming and Henry have contention that old age is defined as a period of disengagement, withdrawal, and reduced social integration. Parallely, there is an inevitable detachment in old age, so the elderly will have less interaction with the people in the social system to which they belong [15]. From an alternative perspective, the association between social withdrawal among the elderly and depression and anxiety disorders can be elucidated. With advancing age, there is a decline in social interactions and an increase in feelings of loneliness, which may contribute to the development of various mental health issues. By integrating key findings from both bodies of literature, Donovan & Blazer and Santini et al., it becomes evident that mental health problems such as loneliness, aging-related concerns, depression, and social withdrawal are intricately interconnected to senescence group [16, 17]. As individuals age, old often experience a decline in physical health, which may limit individual engage in social activities and maintain regular interactions with others. This decline tendency can lead to the feelings of isolation and loneliness, as older adults may find a significant change in daily routines and reduced opportunities for social engagement through work-related interactions. The loss of friends or family members due to death and senility can further exacerbate loneliness and isolation. Understanding these complex interrelationships is essential for developing effective interventions aimed at promoting healthy aging outcomes for older adults.

4. Consequences of Social Withdrawal

Moreover, social withdrawal can be influenced by a multitude of factors that may give rise to significant ramifications. Severe social withdrawal problems will bring various challenges for individuals, notably encompassing mental health disorders, impaired development of social skills, repulsion from peers and the community, as well as detrimental impacts on physical health problems.

4.1. Mental Health Disorders

Initially, one of the most crucial factors that have to be taken into consideration is mental health disorders. The phenomenon of social withdrawal manifested in individuals is that individuals reduce and avoid social interactions. Engaging in social activities with others holds significant importance, and the absence of such interactions is likely to lead individuals to experience heightened levels of anxiety and depression, and these emotional changes will exacerbate withdrawal. For instance, Syakarofath et al. demonstrate the way that internalizing problems are common among teenagers, such as depression, anxiety, withdrawal, etc [11]. Experimental research has consistently demonstrated a significant association between social withdrawal and internalizing problems, which causes depression, anxiety, and stress. Given the previous discussion for the second chapter on the causal mechanisms linking social withdrawal to these internalizing problems, it will refrain from delving into specific details here. The manifestation of social withdrawal behaviors among adolescents is profound feelings of loneliness and isolation, triggered anxiety, and depression. These psychological challenges may further exacerbate their inclination towards social withdrawal. Numerous studies have provided evidence supporting this association, highlighting the detrimental effects of social withdrawal on individuals' mental well-being. Coplan et al. claim that socially withdrawn adolescents may feel lonely and isolated because they actively choose to stay away from opportunities to interact with their peers, which also elicits anxiety and depression [18]. Besides, by having Bonnaire & Roignet, the paper proposes an examination of social withdrawal manifestations within adult groups, exploring the coping strategies employed by individuals with varying personalities [19]. It asserts that social withdrawal predominantly occurs during early adulthood, particularly in high-income developed countries where males are predominant. This group's experience of social withdrawal is associated with a heightened prevalence of mental health issues such as depression and anxiety. In addition, the research from Santini et al. demonstrates social withdrawal, isolation, and symptoms of depression and anxiety in older Americans, which proves the social withdrawal can lead to increased feelings of social isolation, which in turn can lead to increased symptoms of depression and anxiety [17]. Strengthening social connections in older adults may help reduce feelings of social isolation and thus play a protective role against the onset and maintenance of symptoms of depression and anxiety. Taken together, these studies provide support for the notion that the huge impact of social withdrawal generates mental health issues, giving rise to severe psychological illness. Individuals who exhibit persistent patterns of social withdrawal are at an increased risk for long-term mental health issues such as anxiety disorders, depression, and feelings of loneliness

4.2. Impaired Development of Social Skills

Additionally, social withdrawal can hinder the development of individual social abilities and social skills, especially in children and adolescents. For adults, social withdrawal means losing many opportunities in life and career. To illustrate, Coplan et al. also studied the impact of adolescent social withdrawal and loneliness on mental health, using a person-oriented approach to identify individual differences in adolescents' time spent together, loneliness, social motivation, and emotion, and thus obtained many conclusions [18]. Social withdrawal affects adolescents' social skills. Due to the lack of interaction with peers, individuals are unable to learn the skills about how to connect and socialize with others, resulting in feeling uncomfortable and unskilled in social situations. Meanwhile, a previous study conducted by Asendorpf suggests that socially unengaged adolescents may exhibit a

preference for object-oriented activities over peer interactions, potentially impeding the development of their social skills and knowledge [20]. By avoiding interactions with peers, individuals who experience social withdrawal miss out on opportunities to cultivate relationships and enhance their social competencies.

Alternatively, social withdrawal during adulthood diminishes individuals' prospects in various aspects of life. Socially withdrawn individuals often face difficulties in establishing and maintaining meaningful relationships, which would hinder individuals' professional growth and career opportunities. Interpersonal relationship plays a crucial role in today's competitive job market, beneficial relationship in the workplace could offer valuable insights or opportunities for advancement. For instance, Bonnaire & Roignet illustrate social withdrawal may have a negative impact on an individual's educational and career development. Without communication and interaction with peers, educational institutions, and the workplace, individuals may miss learning and career opportunities, limiting their own growth and development [19]. Coupled with this, social withdrawal also impacts individuals' personal development by avoiding engaging in social activities to expose diverse perspectives, cultures, and experiences. Without such exposure, socially withdrawn adults will lose some potential opportunities and adaptability skills necessary for navigating various situations effectively. Along with, Tateno et al. assert that social withdrawal may result in individuals being restricted in their education and careers [8]. Lacking communication with peers and society might miss out on opportunities for learning and career development. Participating in group activities fosters teamwork skills essential for collaboration both personally and professionally.

4.3. Repulsion from Peers and the Community

Moreover, the impact of social withdrawal also leads to individuals being repulsed by peers and the environment. Socially withdrawn individuals may feel out of place in study or work environments and have difficulty integrating into peer groups, which may lead to difficulties in adapting to their living environment. Various studies have assessed the efficacy of social withdrawal effect on the relationship between peers and interpersonal relationships. In particular, Coplan et al. also highlight that social withdrawal can also lead to adolescents being ostracized and bullied in school and other social settings, which further exacerbates individuals' social difficulties and psychological stress [18]. Simultaneously, Bonnaire & Roignet emphasize that socially withdrawn individuals face social integration difficulties which stand for individuals hardly adapting to social norms and expectations, contributing to the estrangement and alienation from peers and society [19]. Due to the perception of an individual's social withdrawal as indicative of unpopularity and unsociability, these factors can contribute to group exclusion, particularly among children and adolescents.

4.4. Physical Health Problems

Subsequently, as social withdrawal intensifies, individuals will also face varying degrees of physical health problems. Lack of social interaction and support may lead to an individual's unhealthy living lifestyle. As an illustration, Tateno et al.'s study states certain adults exhibit Internet addiction as a means of engaging in prolonged social withdrawal within the confines of their homes, which is a totally unhealthy living way [8]. Lack of exercise and social interaction would definitely harm individuals' physical health. Analogous to Syakarofath et al.'s research, it advocates that social withdrawal has been closely linked to health problems such as cardiovascular disease, immune system problems, and early death [11]. Stemming from social withdrawal can lead to increased psychological stress, which in turn affects the function of the cardiovascular system and the proper functioning of the immune system. Plus, lead to a disruption of the immune system and makes individual more vulnerable to infections and diseases.

5. Suggestion for Social Withdrawal, Summarizing, and Looking Forward to the Future Research Direction

Furthermore, the preceding discourse has elucidated the causes of social withdrawal, examined its influencing mechanisms of social withdrawal across three distinct age groups, and underscored its consequential impact on individuals. Augmenting interpersonal aptitude through cognitive behavioral and social skill training, fostering a healthy lifestyle, and cultivating supportive relationships are all proffer viable avenues for ameliorating individual instances of social withdrawal. As an illustration, Kato et al. states the psychotherapy can help individuals understand and deal with the causes of social withdrawal and emotional issues [21]. Cognitive behavioral therapy (CBT) and social skills training can help individuals change negative thinking and behavior patterns and become more socially capable. More specifically, Bamps et al. suggests that individuals could learn how to build and maintain healthy social relationships with others by attending a social skills training course [22]. These courses can provide practice and feedback to help individuals enhance social skills and self-confidence. Accordingly, through the training and practice of social skills, individuals experiencing social withdrawal can make up for the lack of social interaction to a certain extent and learn how to establish connections with others and maintain good interpersonal relationships. In the continuous practice of social skills, individuals can also obtain positive feedback in social interactions and help individuals overcome social withdrawal. Afterwards, fostering healthy lifestyle such as being socially active, exercising, and maintaining good sleep and eating habits can help individuals overcome social withdrawal by reducing negative emotions and feelings of loneliness. Bamps et al. demonstrates that exercise alleviates stress and anxiety, thereby enhancing mental well-being [22]. Additionally, adopting healthy sleeping and eating habits can positively impact an individual's mood and energy levels, fostering increased motivation to engage in social activities. In summary, healthy lifestyle can also help individuals overcome social withdrawal by reduce negative emotion and loneliness in society. Without reservation, establishing social supportive relationship is the most crucial way to ameliorate individual social withdrawal. For instance, Santini et al. emphasis that healing and alleviating social withdrawal can be achieved by staying in touch with family and friends, actively participating in social activities, such as social groups and community organizations to increase social interaction and build new relationships [17]. Supportive relationships can help socially withdrawn people face social situations with a more positive and optimistic attitude. The help of people around them can be of great help to socially withdrawn individuals. Alternatively, Zhang et al. claim that providing support and understanding to socially withdrawn individuals facilitates the development of self-assurance and positive social aptitude, thereby fostering emotional expression [3]. This behavior plays a pivotal role in gradually mitigating social withdrawal among affected individuals.

6. Conclusion

There are several reasons why individuals experience social withdrawal including the following points, shyness, fear of rejection, social anxiety, and widespread use of social media. Social withdrawal is examined across three developmental stages - adolescence, adulthood, and senescence - with its causes attributed to peer pressure, attachment issues, interpersonal stress, and population aging respectively. Social withdrawal is a problem that can have an unimaginable impact on people and can lead to depression, anxiety, development of social skills, and physical health problem.

By exploring various aspects of social withdrawal and by delving into the causes of social withdrawal across age groups, researchers can gain a deeper understanding of why individuals choose or feel forced to withdraw from social interactions. It would be beneficial to study the long-term effects of social withdrawal on individual mental health and overall social well-being. Understanding the psychological state of individuals with chronic social withdrawal can lead to effective measures to help or provide support and advice to people experiencing such difficulties.

Nevertheless, it is worth noting that by summarizing the existing literature on the field of social withdrawal, it can be found that social withdrawal is covered in different disciplines and fields. After

browsing the literature in various fields such as psychology and sociology, this comprehensive knowledge summary will not only help to better understand the multi-faceted nature of social withdrawal, but will also help to understand the potential that needs further exploration in current research question.

Looking forward to future research directions in this field, the purpose is to promote some individuals in society to better integrate into society and explore effective intervention measures. The influence of social support and the groups around individuals is huge. In recent years, special attention has been paid to the mental health problems of teenagers. The roles and tasks of family and school in treatment need to be further clarified. Teachers and parents should take timely measures to deal with the social withdrawal and anxiety of teenagers.

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