



9. What do you understand by the term 'dissociation'? Discuss its various forms.(Delhi Board 2008, 2010)

Ans:

- According to Freud, the anxiety and conflicts were believed to be converted into physical symptoms.
- Dissociation can be viewed as severance of the connections between ideas and emotions.
- Dissociation involves amnesia, feelings of unreality, estrangement, depersonalization and sometimes a loss or shift of identity.
- Sudden temporary alterations of consciousness that blot out painful experiences are a defining characteristic of dissociative disorders.

Four conditions are included in this group—Dissociative amnesia, Dissociative fugue, disseminative identity disorder and depersonalization.

1. Dissociative Amnesia: is characterized by extensive but selective memory loss that has no organic cause (e.g., head injury). Some people cannot remember anything about their past. Others can no longer recall specific events, people, places, or objects, while their memory for other events remains intact. This disorder is often associated with an over-whelming stress.

2. Dissociative Fugue:

Symptoms:

- Unexpected travel away from home or workplace.
- The assumption of a new identity.
- Inability to recall the previous identity.
- The fugue usually ends when the person suddenly 'wakes up' with no memory of the events that occurred during the fugue.

3. Dissociative identity disorder, often referred to as multiple personality, is the most dramatic of the dissociative disorders.

- It is often associated with traumatic experiences in childhood.
- The person assumes alternate personalities that may or may not be aware of each other.

4. Depersonalization involves a dreamlike state in which the person has a sense of being separated both from self and from reality.

- In depersonalization, there is a change of self-perception.
- The person's sense of reality is temporarily lost or changed.
- The patient experiences change in his body parts.

10. What are phobias? If someone had an intense fear of snakes, could this simple phobia be a result of faulty learning? Analyse how this phobia could have developed.

Ans: An intense, persistent irrational fear of something that produces conscious avoidance of the feared subject, activity or situation is called a phobia.

Phobias can vary in degree and how much they interfere with healthy adaptation to the environment. Some otherwise normal and well-adjusted persons also have phobias.

Phobias are mainly of three types :

1. Specific phobias are those directed towards specific objects and situations and can be varied, e.g., acrophobia (fear of heights), pyrophobia (fear of fire), and hydrophobia (fear of water).

2. Social phobia is a fear of social situations, and people with this phobia may avoid a wide range of situations in which they fear they will be exposed to, scrutinized and possibly humiliated by other people.

3. Agoraphobia: is the term used when people developed a fear of entering unfamiliar situations.

Social learning theories work on the principle that our experience be it positive or negative such as phobia of lizards/cockroaches are the result of learning process which start early in life. Small children can play with snakes; they are not aware of the danger involved. For them it is just another play object, as they grow up the fear of these things are instilled by their parents and society which is reinforced and accounts for reactions like phobia.

A psychoanalytical account for the same could involve attribution to some unconscious > or/and repressed experiences. For example, suppose in your childhood you watched a group of roudy boys brutally torturing a cockroach/snake, which eventually died, although you going about the incidence after some days, but it might remain in back of your mind forever, which might explain your phobia to cockroaches which might remind you of the incidence and disturbs you emotionally.

11. Anxiety has been called the “butterflies in the stomach feeling”. At what stage does anxiety become a disorder? Discuss its types.
[Delhi Board 2014 OCD]

Ans: Anxiety is usually defined as a diffused, vague, very unpleasant feeling of fear and apprehension without any apparent reason, therefore it has been called ‘butterflies in the stomach’.

Anxious individual shows combinations of the following symptoms: Rapid heart-rate, Shortness of breath, Diarrhoea, Loss of appetite, Fainting, Dizziness, Sweating, Sleeplessness, Frequent urination, Tremors.

Types of Anxiety Disorder:

There are many types of anxiety disorders:

(a) Generalized anxiety disorder which consists of prolonged, vague, unexplained and intense fears that are not attached to any particular object.

The symptoms include:

- Worry and apprehensive feelings about the future.
- Hyper vigilance, which involves constantly scanning the environment for dangers.
- It is marked by motor tension, as a result of which the person is unable to relax.
- Restlessness.
- Shaky and tense.

Other symptoms of anxiety

(b) Panic disorder—consists of recurrent anxiety attacks in which the person experiences intense terror.

- A panic attack denotes an abrupt attack of intense anxiety, rising to a peak when thoughts of a particular stimuli are present.
- Such thoughts occur in an unpredictable manner.
- It continues for six and seven minutes and then patients becomes normal.

Clinical Features:

- Shortness of breath
- Dizziness
- Trembling

- Palpitations
- Choking
- Nausea
- Chest pain or discomfort
- Fear of going crazy
- Losing control or feeling of dying

(c) Phobic Disorders:

- People who have phobias have irrational fears related to specific objects, people, or situations.
- Phobias can be grouped into three main types, i.e., specific phobias, social phobias, and agoraphobia.
- Specific phobias are the most commonly occurring type of phobia. Specific phobias are unwarranted fears caused by the presence or anticipation of a specific object or situation. This group includes irrational fears such as intense fear of a certain type of animal, or insects.
- Social phobias intense and incapacitating fear and embarrassment when dealing with others, e.g., crowded market, fear of closed space and stage fear.
- Agoraphobia: people develop a fear of entering in an unfamiliar situations. Many agoraphobics are afraid of leaving their home. So their ability to carry out normal life activities is severely limited.

(d) Obsessive Compulsive Disorders:

- Obsessive Behaviour: is the inability to stop thinking about a particular idea or topic. The person involved often finds these thoughts to be unpleasant and shameful but can not control them.
- Compulsive Behaviour: Thus is the need to perform certain behaviours over and over again. Many compulsions deal with counting, ordering, checking, touching and washing.
- Obsessive Compulsive Disorder: People affected by this disorder are unable to control their preoccupation with specific ideas and are unable to prevent themselves from repeatedly carrying out a particular act or series of acts that affect their ability to carry out normal activities. In OCD unwanted thoughts combine with compulsive acts.

(e) Post-traumatic Stress Disorders:

- People who have been caught in a natural disaster (such as tsunami).
- Victims of bomb blasts by terrorists.
- Serious accident.
- In a war-related situation.

Symptoms:

- Immediate reactions, i.e., denial and disorientation.
- Physiological reactions, e.g., recurrent dreams, nightmares and flashbacks.
- Cognitive reactions, e.g., impaired concentration, memory loss.
- Emotional numbing, e.g., emotional numbness and suicidal tendencies.
- Social reaction, e.g., apathy and withdrawal.

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