

ABNORMAL PSYCHOLOGY AND MALADAPTIVE BEHAVIOUR EXISTS EVERYWHERE, DOES IT INFLUENCE SOCIETY?

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ABSTRACT

Around the world about 10-15% of the people are suffering from psychological disorder. Medically, the stage of abnormal psychology in our country exists only in the early stage which needs remedy and treatment. In this aspect, throughout the world many trusts and voluntary organizations came forward to eradicate this decease but not yet have functioned properly. The rate of affected people is increasing day by day in all countries including developed ones. It has been noted that the certain people were isolated from the society only for the reason of abnormal behaviour. Moreover due to lack of awareness and treatment the decease is in higher rate in rural areas comparedwith urban areas, the physical behaviour of the people not only affects the individual but also the society who depends and extend to his family circle also. Further this abnormal behaviour leads to negative and evil thoughts of an individual. Basically the origin of this effect starts from the background of poverty, hereditary, stress, frustration and disasters. the mentally disordered by birth, physicallyhandicapped and inferiority complex oriented people are all grouped under abnormal psychology they behave differently as per the direction of their minds in different situations.

Keywords: Affective Disorders, Anxiety Disorders, Eating Disorders, Maladaptive Behaviour.

I. INTRODUCTION

A good cause gets affected by the people who suffer from abnormal psychology. Abnormal psychology is a kind of behaviour and not a disease. If we can recover those people by proper counselling and guidance then why such a problem exists in the humanity? .In this busy world all are running out of time and we do not 'have enough time to care about oneself & the real problem starts. There are only a few NGO's, Social service centres, MSW, Counsellors taking care of these people. So in this regard in our paper a study has been taken on 284 engineering college students (both genders) and the influence of abnormal psychology on them. We have considered anxiety disorder, affective disorder and eating disorder as 3 major criteria's. From our study the shocking result what we come to know is that in the last 5 years there is a gradual increase in percentage of people who have been affected from abnormal psychology. The previous works have been made with a small group and the concentration on the students was comparatively lower than the other groups. So we have planned

to check out the age group of 17-22 with gender difference to show the influence level in the society. It is found that irrespective of age groups, depression and disorders are the two aspects of abnormal psychology.

II. CAUSE OF ABNORMAL BEHAVIOUR.

- Maladaptive behaviour
- Anxiety disorders
- Affective disorders
- Eating disorders

Normal – Regular pattern of behaviour.

Abnormal – differ from regular pattern- To overcome abnormal behaviour.

- Positive attitude towards oneself.
- Growth, development, and self-actualization.
- Integration.
- Autonomy
- Accurate perception of reality.
- Environmental mastery to understand.

III. MALADAPTIVE BEHAVIOUR

The type of behaviour that inhibits a person's ability to adjust to particular situations is referred to as maladaptive behaviour. It is often used to reduce one's anxiety, but the result what we obtain is dysfunctional and non-productive. For example, we may avoid situations as we have an unrealistic fear which initially reduces our anxiety, but it is non-productive in alleviating the actual problem in the long term. Some of the common maladaptive behaviours are discussed below. They are classified here as "dysfunctional" as they tend to provide only short-term relief from anxiety. They are non-productive in relieving from the actual problems in the long run and may, in fact, serve as reinforces of the underlying problem. The behaviour is abnormal, maladaptive, and personally disruptive.

3.1 Avoidance

For many people, the symptoms of panic disorder often trigger an array of avoidant behavior. This can result in agoraphobia; a common complication of PD. Agoraphobia is characterized by anxiety in situations where the sufferer perceives certain environments as dangerous or uncomfortable, often due to crowdedness. Avoidance behavior often multiplies rapidly once this agoraphobia takes root.

3.2 Substance Abuse

People with anxiety disorders, including panic disorder and agoraphobia, consume alcohol or other drugs in order to get rid fear and anxiety. Some studies prove that people with anxiety disorders are likely to have alcohol or other drugs three times than those without an anxiety disorder. Consumption of alcohol or other drugs are considered as maladaptive behaviour as they provide only temporary solution and they create mental as well

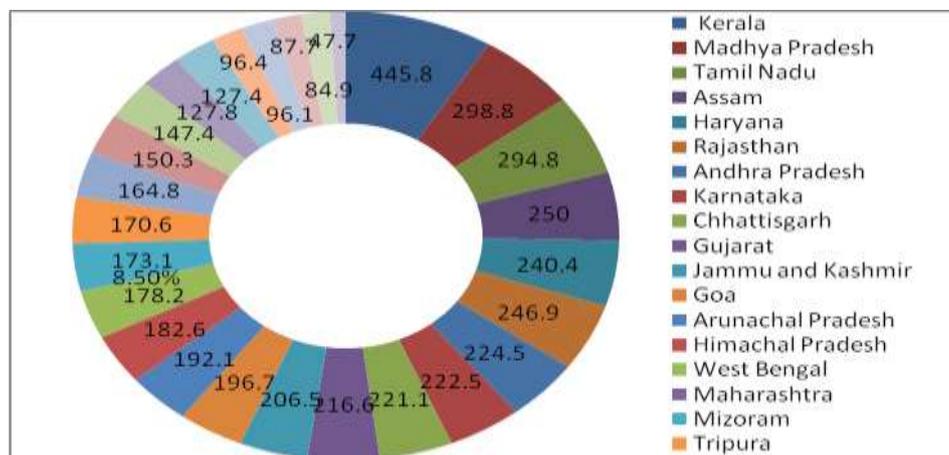
as physical illness. In the meantime maladaptive behaviour like consumption of alcohol may lead to addiction and the person will not be able to come out of it easily.

3.3. Withdrawing

In day to day activities we are facing both mental and physical challenges. Sometimes we struggle and succeed but sometimes we struggle and fail. When the latter occurs, we can try again, or we can withdraw from the conflict with a resigned acceptance of our situation. But when it comes to panic disorder or other anxiety disorders, withdrawing from that situation is not possible. It is a maladaptive behaviour because it means that we submit to the illness and become unable to meet the demands of life or current situation. In essence, withdrawing in this sense is like giving up. For many people, the recovery from this type of anxiety disorders is slow and often filled with setbacks.

3.4. Converting Anxiety to Anger

People who are having panic disorder, agoraphobia or another anxiety disorder often gets frustrated and as a result of which the anxiety gives rise to anger and create problem for themselves and their surrounding also. Each and every one of us have felt anger in one or the other situation and in the event of which we ventilate our anger to others. Anger is not a bad thing but it has to be exhibited in a controlled manner. If it is expressed in unhealthy way it may become a problem and will intensify our panic symptoms. The cognizable crime rate has been given for each state in India. Abnormal behaviour is the main cause of cognizable crime.



Cognizable Crime rate in India (2013)

Reference: Wikipedia

3.5 Triggers of Mental Health Problems

3.5.1 Physical Causes

Personality changes may arise due to each individual's own genetic make-up which can contribute to being at risk of developing a mental illness and traumas to the brain (via a form of head-injury) and in some cases

‘trigger’ symptoms of an illness. Consumption of alcohol and drugs and deficiencies of certain vitamins and minerals in an individual’s diet can also play a part in creating an illness.

3.5.2 Social and Environmental Causes

The environment around which we grow up or we work play a vital part in triggering mental health problems. Persons living conditions along with family and community support networks can play a part along with employment status and work stresses. If a Person is living in poverty or in an isolated state, being unemployed or highly stressed in his/her work can also put pressure on an individual’s mental health.

3.5.3 Psychological Factors

Mistreatment, bereavement or break in relationships (Divorce) will strongly influence an individual’s mental and emotional state which can in turn have an influence on mental health.

3.5.4 Family History

Evidence proves that heredity can play some part in the development of some forms of mental illness. However it doesn’t mean that if a family member has a mental illness due to diabetes or heart attack, the other members of family will experience the same condition with many physical health conditions

- Child abuse and isolation
- Family violence
- Severe or prolonged stress
- Unemployment and Work stress
- Major changes in life
- Fatal damage
- Birth trauma
- Viral infection
- Anxieties/ fears to certain things.
- No proper support from relationships

IV. SOCIETIES’ RESPONSE TO THE MALADAPTIVE BEHAVIOUR

Researches were made in Behavioural Science to help improve the quality of life for individuals, couple, and families. This type of approach based on behavioural sciences is said to be Behaviour therapy. In Behaviour Therapy a major assumption is although the past is significant, the current environment is most important in affecting present behaviour. Behaviour Therapy focuses in treatment in order to improve self-control by expanding skills and abilities of an individual.

Behavioural therapy can be a useful treatment tool in an array of mental illnesses and symptoms of mental illness that involve maladaptive behaviour, such as:

- weight management
- substance abuse
- aggressive behaviour
- anger management
- eating disorders
- phobias
- development disabilities
- Community wide prevention methods
- anxiety disorders
- stress
- pain management
- sexual dysfunction
- children's social behaviours
- bipolar disorder
- Early Interventions
- Peer led Programs

4.1 Organic Disorders

Behaviour therapy is done to treat some of disorders like insomnia (sleeping disorders) and incontinence by changing or bringing some behavioural modification that might be contributing to these disorders. Behaviour is a learned response from the environment and can be unlearned by implementing proper methodologies. Behavioural therapy does not deal with the un-conscious motivations that may be behind the maladaptive behaviour rather but it simply teaches to change their behaviour.

4.2 Coping with Stress

From our childhood our life is filled with unwanted negative thoughts or emotions like anxiety, depression, fear and anger. Due to these negative thoughts we are unable to cope up with current life and we are facing difficulty in attaining our destiny. We are facing unhelpful behaviours such as insomnia, procrastination, anger outbursts and addictive or repetitive behaviours. You may just have difficulty coping with the stress of daily life. Behaviour Therapy can help us address these roadblocks in achieving success and happiness.

4.3 Treatment

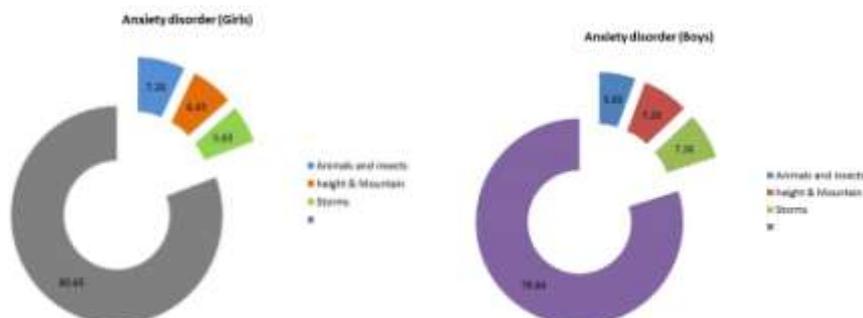
initially a positive working relationship will be created between the therapist and the patient and the sessions will be spent in explaining the basic tenets of behavioural therapy to the patient. An active role is given to the patient by making them involve in action- oriented activities and it discourages the overdependence on the therapist. Treatment is typically given in an outpatient setting and a positive interactive session is usually given. Treatment will be usually combined with other psychological interventions like medication.

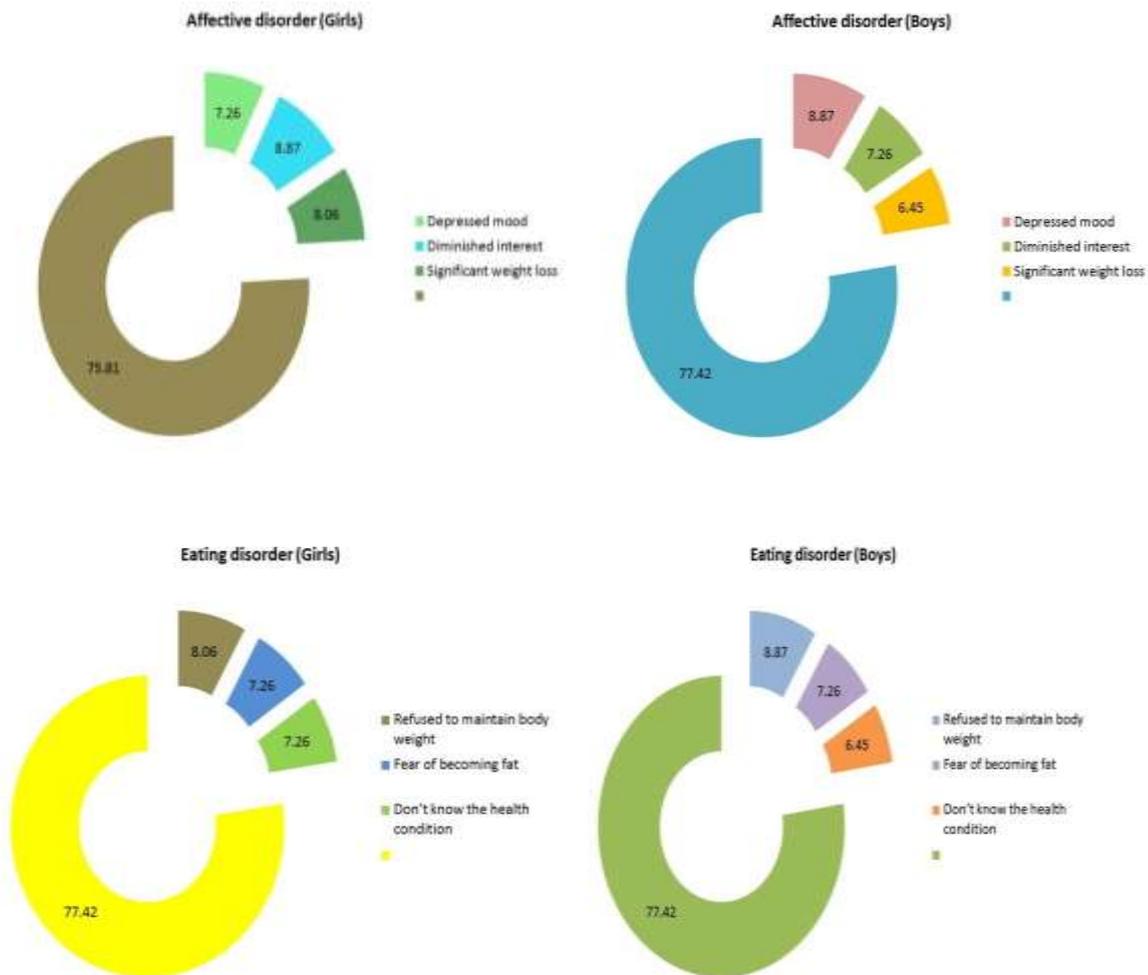
V. STUDY ON BEHAVIOUR

	Anxiety disorder	Boys	Girls	Tot Boys	Tot Girls
X1	Animals and insects	7	9	124	124
X2	height & Mountain	9	8	124	124
X3	Storms	9	7	124	124
X4	Water ,ocean, lake	10	9	124	124
X5	Blood	10	9	124	124

X6	Injury	9	7	124	124
X7	Airplane, Jet	8	7	124	124
X8	Elevators	8	8	124	124
X9	Giant wheel	9	9	124	124
X10	Enclosed room	10	10	124	124
X11	Chocking, crowd	10	11	124	124
X12	Vomiting	9	9	124	124
X13	Louder noise	9	8	124	124
X14	costumed character	9	9	124	124
Affective disorder					
A1	Depressed mood	11	9	124	124
A2	Diminished interest	9	11	124	124
A3	Significant weight loss	8	10	124	124
A4	Insomnia	10	8	124	124
A5	Restlessness	8	9	124	124
A6	Fatigue	8	8	124	124
A7	Inappropriate gesture	9	8	124	124
A8	Indecisiveness	10	8	124	124
A9	Recurrent thought of death	10	11	124	124
Eating disorder					
E1	Refused to maintain body weight	11	10	124	124
E2	Fear of becoming fat	9	9	124	124
E3	Don't know the health condition	8	9	124	124
E4	hectic eating	10	9	124	124
E5	Distress thinking on food	11	8	124	124
E6	Appetite feeling	10	9	124	124
E7	Too hungry	8	11	124	124
E8	Allergic on Veg/Non veg.	9	8	124	124

A study has been made for the anxiety, affective and eating disorders in an engineering college for about 284 students (Both Gender). The result is tabulated above





VI. CONCLUSION

The pitiable conditions of this physic behaviour much influence the society and its culture abruptly. Moreover, it will induce others laugh while seeing the affected people. Is it a fate or hereditary? The solution for this is to create a healthy environment in the living areas. The physic effect is defined as how they behave with others and how others response with the individual. In our study we impart certain points to the authority of health division.(i)to create awareness camp (ii)predict the affected people. In rural areas(iii) conducting periodical counsellingandmedication(iv) allot funds for rehibiliton centre district vise for abnormal psychology.(v)periodic EEG and meditation practice for the affected people (vi)even in university and colleges open exit/ entry student cell for counselling hectic behaviour.(vii)conducting periodical program in both rural and urban areas. The above studies which enlighten the shadow area in psychology to improve the national wealth and human values. The human resource is one of the best resources when compared with other resource .Hence the individual behaviour development is a vital element for every nation. It will fetch productivity, morale, goodwill, and long term performance in all aspects.To improve mental health, and a study of human behaviour is inevitable. By adopting proper counselling and basic treatment the needed people starts from big organization, educational institution and informal workers will create a pleasant situation to improve economic growth considerably.

All over the world the addicts, suicide and other crimes commitment value was in the increasing trend by poor prediction and attention of (abnormal psychology) mentally affected people. Hence, in this stage the non Government bodies must co-ordinate with World Health Organization and other voluntary organizations for assistance and adopt suitable policies for establishing rehabilitation centre especially for mentally retard/psychic patients. The medical counselling not alone solves the affected people. More over the recognition and identification are more important. The primary health centers and district/state government hospitals to conduct eradication programs in all sectors. Such as all government officers, large/small organization, transport sector, agricultural workers and formal/informal workers in all categories. The prediction is better than cure is an evident fact. The negligence of care in the above abnormal psychology will lead to violence and other uncontrollable crimes in the country. Hence, the enforcement of law must be tightened and give hand to sufferers.

“I Will win may be not, immediately” but definitely.

“Buried the past and think of the future”

“Stay healthy and stay happy”

VII. ACKNOWLEDGEMENT

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