



The Mind Block Therapy For Female College Students- Analysis Of Result On One Day Workshop

KEYWORDS

Stress, psychological distress, psychosomatic complaints, relationship.

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ABSTRACT

Psychological stress among college students has been getting a lot of attention recently. Students' stress is an unavoidable phenomenon which is often seen in their lives. Post graduate students were easily target of stress than the graduate students. Factors such as physical and mental, family, job, relationship and social were the main source of stress among the students. There is always a dilemma for the students regarding its performance in exam and to secure a good job. There were some other factors such as Behavioral, psychological and psychosomatic which contributes to the stress. Disturbed relationship show highest and lowest percentage of behavioral factors. Anger, low self esteem, low satisfactions, depression and anxiety were some of the important psychological factors which were observed among students. On the other hand there were different psychosomatic factors such as headache, sleep problems, tachycardia, ulcers and high blood pressure was involved. In our one day workshop in women collage. It is found that there were different percentages of stress symptoms among the students. Headache, poor sleeping pattern, depression, blood pressure, anxiety, and back pain, neck pain, less appetite and skin rashes were more predominately observed among female students. Detailed workshop results will be elaborated in the full paper.

Introduction

Stress!!

It was found that college students are more passionate than school age students. They are dreamful, ambitious; need proper guidance in this particular stage. All people have minimum stress but excessive stress may cause anxiety and it's harmful for health. Another report suggests that teenagers always face problems in adjusting with various stresses. Teenagers especially those who are students always face learning problems, career management and also problems in solving personal and social matters.

College students are often deal with pressures related to Leaving the family home, feeling intense pressure to obtain high grades in connection with career aspirations, taking final exams, trying to establish a romantic/social life, dealing with (often very high) costs of college and possibly working at a job during the school year. What kind of jobs (if any) students can get after college also remains tenuous given the multi-year recession.

Stress among female college students consisted of financial problems, test pressure, failing a test, being rejected by someone, and relationship break-ups.

Stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration. People are must more anger when they trouble in stress. Depressions, Anxiety and Low self esteem were the other factors which contribute Stress among the students.

One of the most important factors is relationship with family and friends, eating and sleeping habits and loneliness may affect students badly. Such stress may usually cause psychological, physical, and behavioral problems.

Current student stress high because of stress factors more psychological problems arise it sustain in the individual life span it spoil their career and personal life, some of psychiatric disorder playing vital role among them like Histerical

convulsion disorder, Bulimianervorsa, Anorexia nervosa, body dimorphic disorder, depression, suicide, anxiety and panic disorders.

The above mentioned disorders are the results of Mind attack in their early life, how mind attacks influence mind block in conscious life. example: sudden grief feeling of close relationship is one kind of mind attack, we can code it as distress if this grief feeling sustain after 6 months with more painful status, it automatically convert as mind attack, if that individual not able to compromise the loss of relationship with support of good coping mechanism and family support, it slowly accumulated as complex memory, it starts to disturb in conscious work whatever we does in practical day to day life. Actually grief feeling anchoring as mind block in one individual mind it disturb occasionally in our routine life events, if an individual experiencing high degree of grief feeling , the person get depressed and end at any mental disorders, This sadness feeling{ mind block} sustain long period in the life span. This mind block therapy is helpful for such people to come out from their anchoring emotions.

A psychiatrist, psychologist, social workers or qualified counselors may give us better idea for dealing with stress that what we have tried of our owns. A mentor is someone who is skilled at dealing with stress in their lives.

Review of Literature

Since Beck's early work with depressive illness, cognitive therapy has been adapted to treat mental health problems ,including neurotic disorders, personality disorders and also psychotic disorders. Mostly recently Beck's work has been developed in its clinical application by persons{1989} and by pad sky{1994}.Jacqueline persons has focused on the therapeutic relationship, as well as on techniques of cognitive therapy ,and she provides a conceptual frame work for understanding the patient as a humanbeing, and not just as a cluster of symptoms, padeskey{1994} and young{1994} has

also extended theory and practice in the understanding of schemas ,or core beliefs, schemas were first introduced to cognitive therapy by Beck who credited piaget with the origin of the world. Young proposed a primary emphasis on what he saw as the deepest level of cognition, the early maladaptive schema, which often forms the core of an individual self and concept and conception of the environment.

Jeffrey{1987} has developed the principles and practice of cognitive therapy to make more useful in personality disorder and other difficult patients.

Case study#1 What is mind attack:

A 21 yrs old female girl when she studying 3 rd year engineering belong to middle class family she was first born child she is good in her academics,she has one younger sister 1 st year,she got depressed when her mother got infected in breast cancer , within 2yrs her mother illness converted as bone cancer ended her life shortly .,this girl suffered high degree of grief feeling and her sister suffered in hysterical convulsion symptoms & went for medical checkup the results were normal. because of longingness feeling of mother love created mind attack on her sister ,again with the grief feeling elder sister not able to do dual role of as mother and daughter in the family so sadness feeling sustained. On attending individual psychotherapy she came out of mind block her mother sudden demise events got insight towards her & her sister 's mind attack .the consequences of mind block on the two adults are not able to perform well in their studies, she denies to attempt exams,helplessness ,hopelessness,and worthlessness revolved in their mind, the above mentioned status indicates mind block influence whatever we work in routine days.

Case study 2

A 20 yrs old girl came with complaints of mild sleep disturbances, hopelessness, helplessness ,worthlessness low frustration tolerance and low selfesteem.she was working in marketing field,she is a good sales attitude but only problem she was not able to communicate continuously in front of new customers and business dealers, when her childhood probed in detail by indepth interview pattern the PSW came to know because of her father authoritative parenting model and frequent parental conflict the stammering problem started it slowly fixed as complex memory, then due to cognitive stress fixation it sustain still this age,inspite of viewing repeated parental disputes . the client developed sacred feeling fixation, it converted as mind attack slowly it started to disturb her communication pattern stammering created as mind block for her .the client came with full motivation for therapeutic process with help of technical support from PSW she came out from stammering problem with improvement in communication after 8 months of long CBT session.

Recent Tamil Movies which specify the Mind attack in their Themes

Example:The movie "MANJAPAI" in that movie the person who shows as elder one neglect by his grandson in one life event that effect that elder person as mind block he got mental disorder.

AIMS OF MIND BLOCK THERAPY:

- To make the students to come out from their encoring emotions
- To make the students to give insight about their problem To make them Exploration of vulnerability factors
- To help them to become their own cognitive understanding

BEGINNING PHASE:

This oneday practical workshop organized in a girls college located in Thiruchankodu,Tamil Nadu,this was conducted by PSW ,who underwent practical healing therapy twice from recognized institution which was affiliated by Madurai Kamaraj University,she has 10yrs experience in clinical social work practice in the psychiatric field.

Before conducting the main session pre test programme conducted for hydrogenise college students the target group was 30 members at the start of therapy. their depression level scores with the help of beck depression inventory,this score confirmed that girls are more depressed than male students, they have mild adjustmental problems also. According to the pretest results this one day practical session workshop planned in girls college.it was organized on month November 2013 the target group was mixture of all disciplines like pretest at the start of therapy PSW studied the target group with Beck's depression inventory,the strength of participants was 50 members,the Beck"s score confirmed that nearly 15 to 20 members has moderately affected by depressive symptoms with adjust mental problems.

Note on practical session

Program agenda prepared by PSW cum therapist for the session,The final aim in mind block therapy was to make the students to come out from their encoring emotions through self exploration and to make them to overcome their own stress factors in life.PSW informed the lecturers to organize the group of students only under self motivation basis .the dress code and needful objective were priorily informed to the experimental group . the participants known it was paractical scission & had curiosity about the session . prior to the practical excersises therapist given key note of the session in the form of story naration .slowly made them to self reliaze the current anchoring emotional stress factor and made then to list out the feeling which distress more in life . the aim was once again highlighted. They came out that anger due to past life injury, injustice, invasion , intension feeling and fear towards the future life.

In the session anger emotions trigger by music therapy & frequent conversation.Fear due to invasion ,pain by injustice & wounds by injury ,disappointment situation & childhood imprints were dissolved in the session .the suppressed emotions are dissolved through catharsis

Through educating and motivation therapy assertive skills educated, importance of acknowledging the fear, the person can overcome palpitation. followed by simple exercises emphasizing the skill of expressing anger to the offenders without hurting others and to reframe one's self educated .

In the session by the technique of anger out burst therapy, use of pillow pounding exercises their intensity of anger dissolved through continues comes of therapist the participants also followed the comments to self improvise them, therapy ended with relaxation music followed by reframing instructions.

Ending phase:

NLP music played, Reassurance session conduced and termination session done by therapist.

Feed back of the session:

Most of the girls felt refreshing mind after the practical session Most of the girls said through caharsis practical session lots of repressed feeling came out .

They said due to individual focus of comment by therapist they get opportunity to look after their distress and it helps to dissolve their unwanted binded feeling in their mind.

Most of the girls said their psychosomatic complaints got relief.

Limitations

The therapist felt that with 50 members in a session, it is difficult to maintain individual focus on the crew members if the crew mass is minimum then session would have been more effective.

Result and conclusion

As with most things, too much stress can have negative impacts. When the feeling of satisfaction turns into exhaustions, frustrations or dissatisfaction, or when the challenges at work become too demanding, we begin to see negative sign of stress. Stress can have an impact on our overall health. Our bodies are designed, pre-programmed if we wish, with a set of automatic response to deal with stress. The most dangerous thing about stress is how easily it can creep up on us. Stress is one kind of mental imbalance, low mental satisfactory condition. This study examined the students' stress during their college life. Stress disturbs the equilibrium of the body. It affects physically, emotionally, and mentally. When individuals experience stress or face demanding situation, they adopt ways of dealing with it, as they cannot remain in a continued state of tension. The signs and symptoms of stress overload can be almost anything. Stress affects the mind, body, and behavior in many ways, and everyone experiences stress differently.

females show often more symptoms in anxiety, back pain, neck pain, appetite and skin rashes.

However there is different in the symptoms which rarely and sometimes occur to them.

We cannot control life stress, but we can control the effect of stress in us. Focusing on the positive is one of the ways to relieve stress that offers profound results that problems we are facing are easier to solve with a more output approach

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