



Obsession and Compulsion: A Case Study

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ABSTRACT

Name of Institution: De La Salle University-
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Scope and Coverage: This study aimed to determine the commonalities among respondents with obsession and compulsion as well as the demographic profile, history background, symptoms and effects of respondents with obsession and compulsion. The study has 2 male and 7 female



Methodology:

respondents that possess obsession and compulsion symptoms.

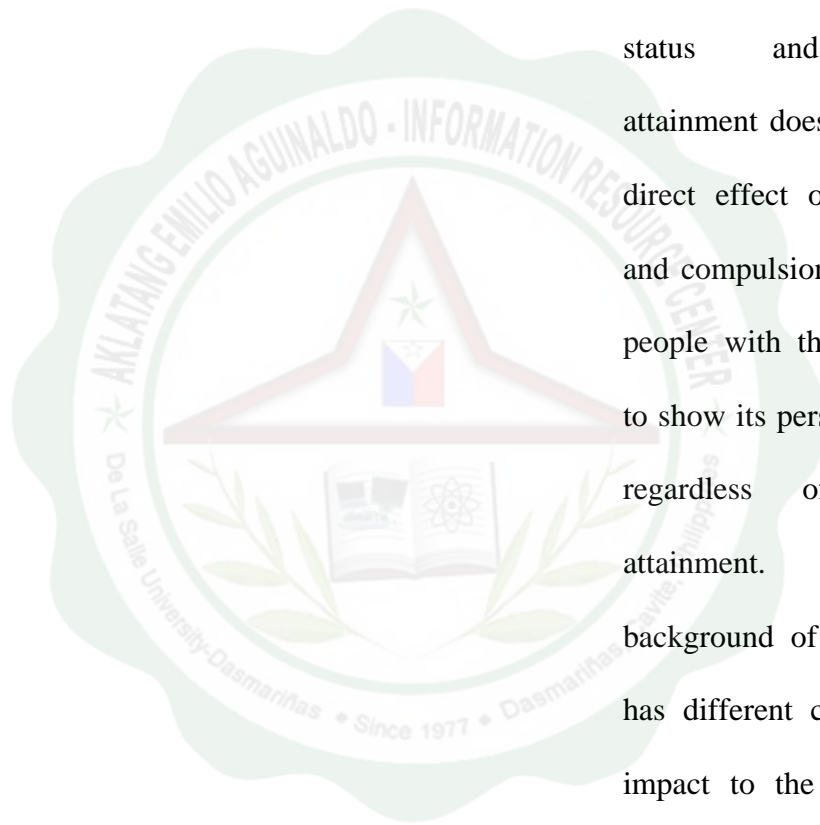
This study utilized a Qualitative Research Design specifically Case study method. Purposive sampling technique was used to gather the respondents. This study was achieved by utilizing Obsessive Compulsive Inventory and researcher-made guide questionnaires.

Conclusion:

Anyone at any age can develop obsessive compulsive behaviour. Yet in this study, the Obsessive and Compulsive behaviour occurs among the adolescents to young adulthood stage of development. In terms of the gender, women are more highly affected than men which were also written in DSM IV-TR. Relationship status does not

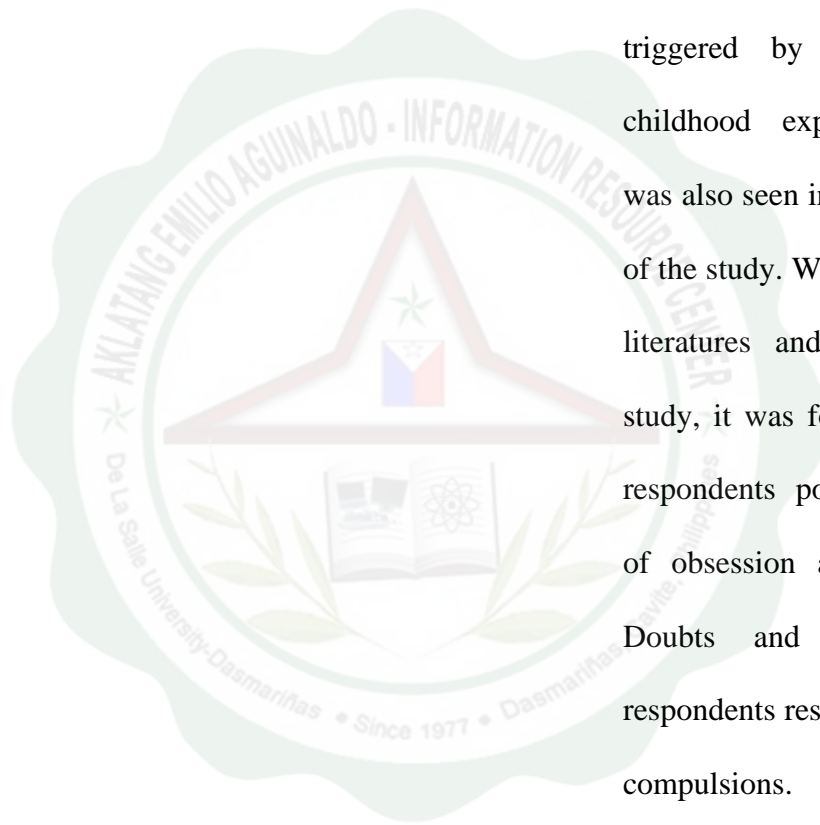


have any specific effects to a person with obsessive compulsive behaviour yet, this behaviour can greatly affect the relationship of an individual who possess it. The employment status and educational attainment does not also have a direct effect on the obsession and compulsion of a person yet people with this behavior tend to show its persisting symptoms regardless of place and attainment. The historical background of the respondents has different contributions and impact to the forming of the obsessive compulsive behavior of an individual as supported by literatures. The obsessions and compulsions of he respondents are constantly seen in their daily activities in school, home,



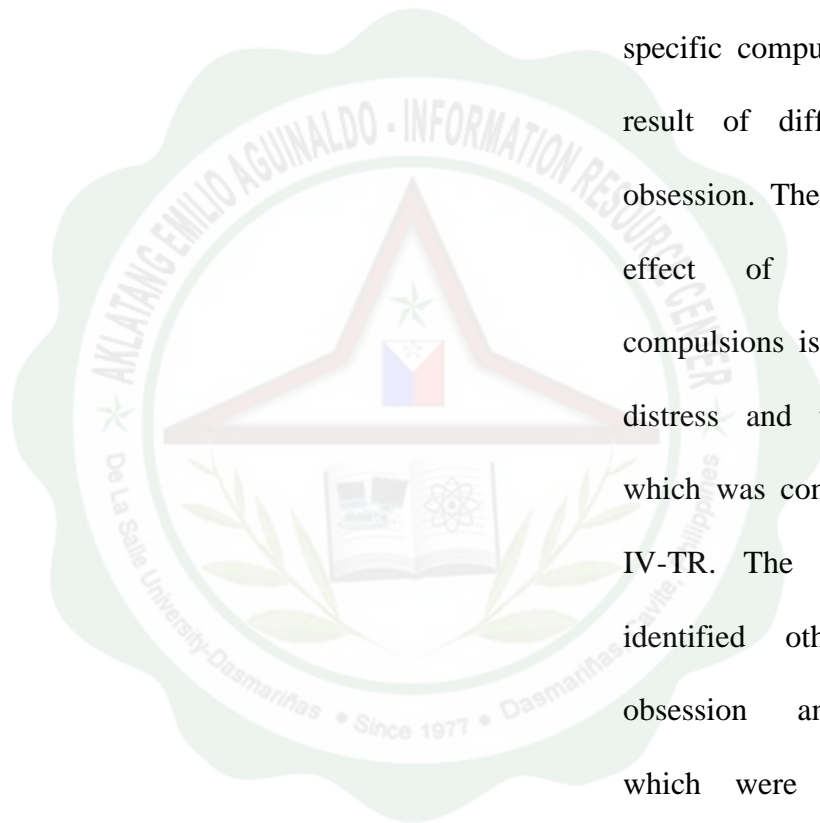


workplace and other places. With the support of the literatures and other academic researches, it is shown that the childhood onset of obsessive compulsive behavior is triggered by some stressful childhood experiences which was also seen in the respondents of the study. With the support of literatures and results of the study, it was found out that all respondents possess symptoms of obsession and compulsion. Doubts and fears of the respondents resulted to checking compulsions. Contamination fears of the respondents resulted into the hand washing and cleaning rituals. Obsession with symmetry, exactness and in order that were reported by the respondents resulted into





ordering compulsions. Mental rituals and ritualized behaviors were done by the respondents due to an intrusive thoughts and taboo thoughts that keep on bugging them. However, the specific compulsions may be a result of different kinds of obsession. The most prominent effect of obsession and compulsions is the anxiety and distress and time consuming which was confirmed by DSM IV-TR. The researchers also identified other effects of obsession and compulsion which were physically and mentally exhausting, difficulty in concentration, and conflicts. Hoarding, insomnia and nail biting is commonly associated with obsessive compulsive

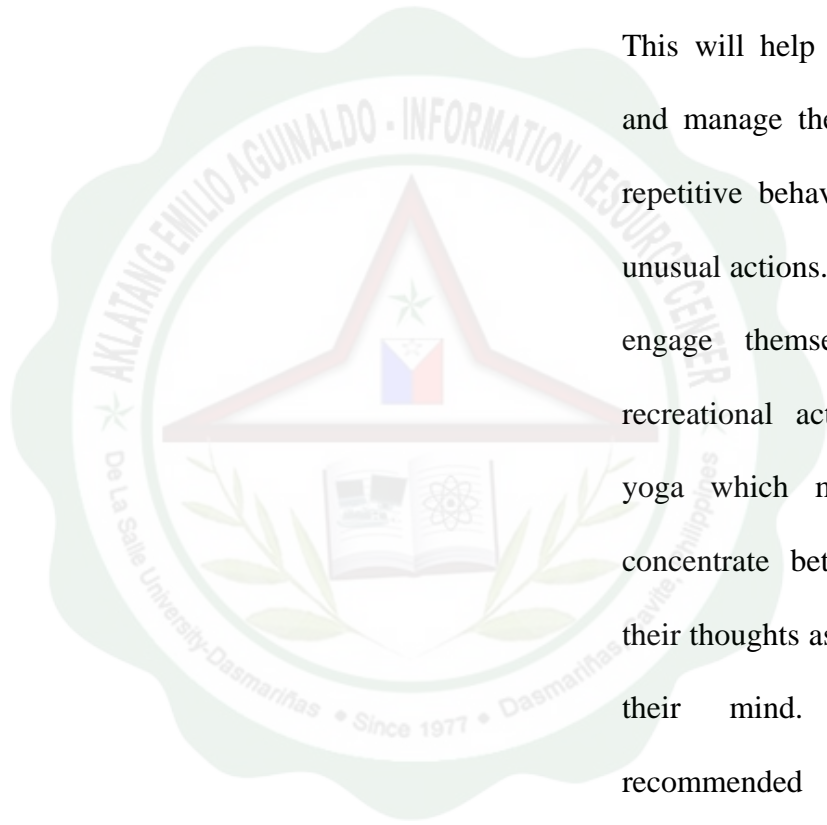




Recommendations:

behavior and sometimes in result of individual's obsession.

To the individuals with obsessions and compulsions, awareness about their own behaviour is very important. This will help them to control and manage their compulsions, repetitive behaviours and other unusual actions. They may try to engage themselves to other recreational activities such as yoga which may help them concentrate better and control their thoughts as well as to relax their mind. It is also recommended to expose themselves to their fears and specific obsession as classified in the study; this will help them to reduce their obsessions gradually. They should also involve themselves to various



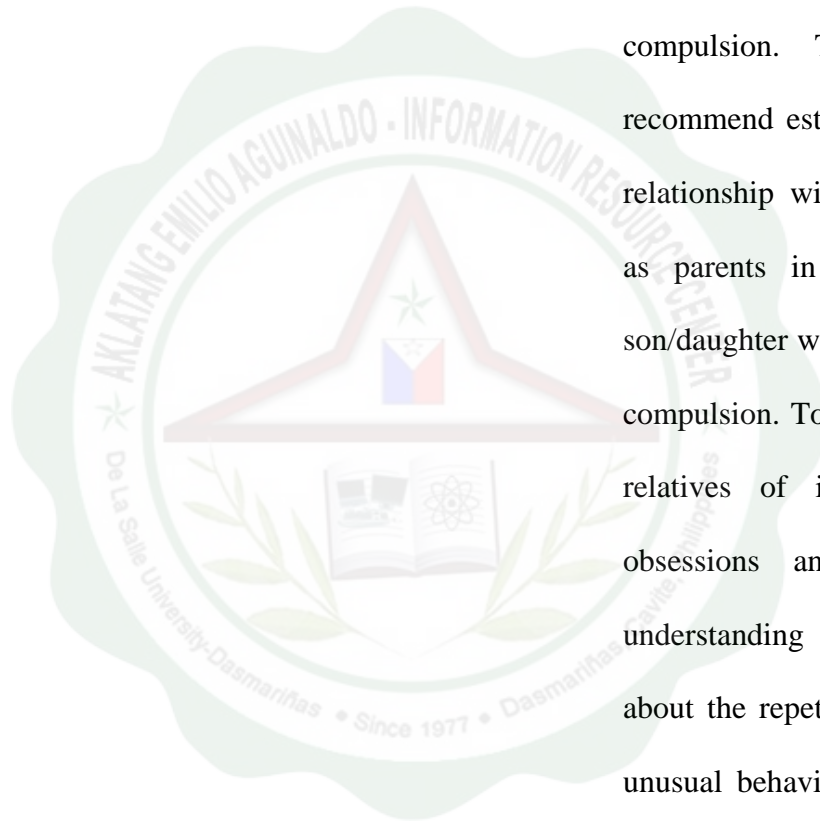


social activities in order to avoid the persistency of thoughts. Lastly, for individuals who experience severe obsessive compulsive behaviour and other co-existing features, they may consult a psychologist or psychiatrist for the needed intervention. To the parents of the individuals with obsession and compulsion, observation and supervision in their children is recommended such as supervision among their studies, hobbies, and even in their daily activities. These will help them to manage the obsession and compulsion of their children. Accountability with their son or daughter is a must to help them control their unusual behaviour.

Moreover, they may also use a rewarding system whenever



they see their son or daughter succeed in avoiding their repetitive behaviours. Understanding, acceptance, and support must be shown to their son/daughter with obsession and compulsion. The researchers recommend establishing a good relationship with their children as parents in nurturing their son/daughter with obsession and compulsion. To the siblings and relatives of individuals with obsessions and compulsions, understanding and awareness about the repetitive actions and unusual behaviors is a must. It can be a great help in order for them to recognize the actions of individuals with obsession and compulsion. They must also establish a deeper relationship towards such individuals





regardless of their obsessive compulsive behavior. To the clinical psychologist, the researchers recommend that they generate program or activities to the individuals with obsessive compulsive behavior that will give them knowledge about their behavior and self intervention especially to those who can't afford to undergo a treatment. To future researchers, they may also try to use a larger scope of respondents including males and using a broader range. They may try to use diagnosed individuals to strengthen more their study. They may also try to utilize a qualitative research design for study improvements and further findings.

