

Human Adjustment Processes
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Module - 09
Lecture - 02
Psychological Disorders

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Causes: Socio-cultural

- Persistence of violence threatening for the self as well as for the loved ones
- Violent experience within the family and society
- Group prejudice and discrimination
- Continuous struggle to maintain stability in the life
- Accelerating social changes

Well, today we would continue with the socio cultural causes behind psychological disorders, we had already talked about the importance of the significance of violence and how it can become a primary responsible cause for several types of psychological problems. We did take into account the fact that, large number of clinical symptoms; which was later on known to the practicing world, the scientific world, the research community, the academic community, a large shrank of that has been an outcome of the world war second world war specially.

Some peculiar type of a human behavior was even Dagah identified it was later on listed in the DSM classification, which was basically a byproduct of the Vietnam War. There has been a whole history of know how violence that persists, in the culture keeps on influencing physique of an individual. And if you have seen the visuals from Middle East right now, many a times you would realize that you have very disturbing type of visuals know.

Now imagine, a situation that we had a distance of few one000 kilometers feint only the visual to be so disturbing. How disturbed the individuals, who would have actually being experiencing it they might be filly ok. In fact, in our own country specially 2 specific regions far country a certain part of the, North Eastern region of India and Jammu and Kashmir that very region. There has been whole lot of study, a list from psychological view point because it is very difficult to get the primary data in most of the cases.

But mostly know studies which are part of media studies, which are part of sociological studies. And if you combine them together, you would realize know that this whole issue of violence; which has persisted in certain geographical locality for more than a decade. How it has adversely affected the physique of the individuals. I must tell you several years back there was painting competition, for the children who belong to the North Eastern region.

I am sure you must be aware that the armed forces know they conduct goodwill tour for school going children; which are basically like, a taking children from these conflict regions they arrange for their tour to India ok. And, then these children are made to know go for tour to some selected regions of the country. The region being is, that first you get a chance to see the rest of the India, too you get a chance to appreciate know the nonexistence of conflicting environment.

And 3 and most important for them that is, know that you realize know that armed forces is your friend, not your enemy. So, part of 1 such exercise was this painting competition for the children from the North East and it was very surprising to see that, the children who were from the North Eastern region a large majority of them had known painted some or the other reflection of violence.

So, either you have killing, you have blood shade even you have a, cynic beauty, you have somebody caring a gun ok. So, now children right from the beginning those who have seen only such type of situation for them life is all together much more different. You must be aware, we had discussed this case know of the conflict between that Ganadhisha Bosnia, R. G. Govina conflict was on Dharmic commander who ordered for a gang rape. Finally, got the women twisted if they have been impregnated or not, and then later on known talking to the court of law and saying that, this was something like a victory forever.

We had discussed this very example here in the class now. So, these are situations which makes you realize that you are really at risk and because, you are at risk you realize know that certain changes automatically starts coming within you knew. Now this violence was at a larger scale when you realize that the whole of the geographical region, where you are living is under constant threat. And the threat is for your own survival, the threat is also for the survival of your loved ones.

There could be a situation, where you have violence within the family. So, now it is very, very limited area, but then once again you become the primary victim of the violence inflecting situation. And this is usually a case, where you realize that know 2 or more members of the family they are mostly engaged in known conflicting situation and the conflict usually know tends towards some degree of violence. And usually know you find that, it is not an individual family, but the whole locality has some type of know violence prone type of a behavior.

So, we have certain segments in our country, I do not know how many have been to sociology courses. But in sociology, you come to know that know the way the notification for the tribal community was done in our country; few tribes were identified that these are the tribes who know which are engaged into unlawful activities. The way the law was defined at that time, they were defined that these are the tribes they were identified and that was the long list.

And right after independence the government of India decided that, they will start rehabilitating these tribes; making them realize that what you do basically is, an unlawful act ok. Theft for example, stealing for example, prostitution for example, all these were know categorized in the constitution of India as illegal activities. And then the government had long list of tribes saying that fine these are the tribes which are mostly engaged into such type of activities.

And whole know approve government missionary was put into place so that, these tribes can be rehabilitated they can be known offered a some type of livelihood. And primary intention was to disengage them, from doing whatever they were involved simply because, what they were involved was unlawful according to the constitution of India. I do not know if you are aware that very close to it known in the Kalyanpur region you have 1 such tribe, which was rehabilitated.

So, if you are interested you can dig out the details you can still find their houses there it was the government plan to rehabilitate them here. Now these were basically, the attempts to make the whole of a geographical region or a surgical part of any geographical region a much more conducive enough for the survival of the human beings. But even in cases, even in the last module when we were talking about aggression ok. 1 important thing about aggression was that if you are born and brought up in an environment, which is full of violence, full of aggression.

Then you start somehow repeating it reflecting it in your behavior; you do not find wrong in doing whatever otherwise, would be considered to be an errorful, not doable type of an act. Psychologically speaking 2 things are important over here: 1 that repeated exposure of violence will know make you gradually become desensitized to such acts; you would find student among your own group, who would be very sensitive to even say some type of a name call for example. Or if you use a slang for now that very individual, that individual takes it as, a great insult.

If that individual has lived in an environment, where such things are not practiced know it is a very decent type of living where you realize that such words are not used. Compare to know children who are born and brought up in an environment, where on the minus know minutest of the error that you commit, you receive a physical punishment. And there would be a huge difference between these things know.

Similarly, if you are born and brought up in a family in an environment, where know guns, shoot, knives, know these things are easily available. A very generously used pre and post usage you can see very conveniently, you become very desensitized to these things know. Very close to Kanpur know it onward when you start moving towards the West, a carrying a weapons is usually considered to be an object of pride, you do not considered it to be indecent act and more.

And more you move towards the eastern side such things are know not considered to be a replicable act. That is basically, the difference in terms of how gradually you get desensitized. Because children when they are born, when they are growing up, they do not know whether it is Eastern or Western part of a given province. They are not aware of the social norm, they are not aware what is legal, what is illegal. It is basically, what you see in your surrounding and you start gradually imitating it.

But the worst comes from a psychological angle when you realize, that you hit somebody, you do it very conveniently, very generously and you do no repent for it. And the extreme of it would be that you shoot somebody, you stab somebody and then take pride in doing that. And so as to prove you're a power that how powerful you are, you can stab who am whoever you want you can kill somebody; whoever you want and you are above flow.

So abusing, slapping stabbing, killing, none of these are known cause of concern for you. Because, you are you get gradually exposed to it. Therefore, there is certain degree of psychological numbness to such type of experiences. This is what is called as a systematic desensitization in psychology.

So, violence the worst thing that it does to you is that is, it makes you extremely condition to certain format of behavior; which otherwise, is not considered to be a healthy format of behavior 1 and 2 in such type of situations which, otherwise causes deep sense of pain to others it does not hurt you anywhere ok. Problem comes from a mythological view point when either you over do start when you start over doing the act, this would mean that you become a psycho path.

Or when you are under sustained fear, and then you start showing whole range of symptoms. A gradually we will come to know many of those symptoms, but this is the whole story behind know these type of sociocultural environment. Then, another important thing where you have prejudice against the group, and therefore 1 smaller group which is discriminated compared to the majority who rules the community.

And I am sure you must be aware of know certain things that was later on inculcated as policy matter in our country. I will come to it little later, but right from the beginning if you read know the cultural history of our country you would realize that selecting individuals or group of individuals based on their caste, class, creed, sect, religion, this was too common. Until that you find certain things being happening and that was a wabe, wherein group of individuals were always deprived of certain privileges that another set of individuals used to enjoy.

Even in our epics you find description of it ok. You take know Ramayana for example, and you realize that Ram when he was returned back and became the king. He was told that there is, somebody in your kingdom called Shambu, who belongs to lower class and

he is not supposed to know live a sagely life. And Ram went and assassinated him, killed him that you belong to certain group and it is the privilege of the Brahmins to practice this and therefore, you do not deserve to live.

In Mahabharata you find the same description when you have known what was his name? Karn willing to learn from the same guru and Dronacharya refuses him and says that, fine because you do not belong to the Kshatriya clan. Therefore, you would be deprived of the privilege of sharpening your skill, within the same Mahabharata you find the description when know I am still not getting the name, the boy who know considered Dhronacharya as his guru and practiced on his own Eklavya know?

You have whole lot of descriptions right from epics till today you would realize that there is, a whole set of know discrimination that is somehow inbuilt in the culture know the way we live. Now if you realize that there you have deliberately been known taken out from the group and certain disadvantage is put to you, this it in turn could extremely detrimental for your mental health.

Whole set of things you can realize, we have talked about the biological causes behind certain type of psychological disorders and that time we had talked about mental retardation. But I must tell you that if you statistically look at those who are mentally retarded, approximately 3 to 5 percent of mentally retarders are retarded not because of biological reason, but because of the sociocultural reasons. Something that should actually not happen, but it happens ok.

In psychology you would find good amount of literature on sensory deprivation, that you are deprived of certain sensory stimulation in the formative years of your life. And therefore, certain domains of your brain does not grow the way it should actually have evolved. And coming back to the example that I told you that will take up later in our country know somebody at aims, the all India Institute of Medical Science is conducted whole lot of research to force the government, convince the government force it to you to inbuilt it in a plan suggesting that know adding deficiency is extremely important for individuals.

Because, it because it has to do with cognitive development because it has also to do with the whole problem of period deficiency. But recently if you look at the set of research specially the type of research being conducted within our own country, in terms

of certain nutritional deficiencies and the under development that takes place in the brain and under development studied on the basis of functional magnetic resonance.

Then, you realize that when even vitamin B₁, vitamin B₂ the deficiency of these 2 vitamins is also extremely common in our country. And because you are deficient on say B₁ or B₂ finally, your brain gets affected. Somehow this is still not part of our policy and therefore, we have iodine based salt, but we do not have food ingredients, where the government policy ensures that you have B₁ and B₂ in the food or supplementary stuff ok.

So, somehow it has been realized know that if you have been deliberately deprived of certain privileges on the basis of certain discrimination that the society practices, it itself could know backfire and it could lead to both the types of things know. Either know it induces certain type of psychological problem within you. Or it could even lead to certain degree of know a inbuilt aggressive tendency within you because, you would definitely ensure that you flout the cap that has been put above you.

The important thing once again is, also the continuous struggle that you have to make in terms of making your life very, very stable. A large shrank of our population which has to continuously struggle for food both the times. There are shocking statistical figure if you look at them that it is a large percentage of the population in our country, which has the opportunity of having the food only once in a day means, you cannot have 2 meals in a day.

Large num large population. And specially, in last 10 15 years shocking statistical figure is now becoming glaringly visible, which is that the those who could afford have become much more affluent than can afford more and those who were deprived and did not had, the opportunity to afford meals 2 time they have become much more poorer. This is again a very different type of skewed development that we find in our society, rich becoming more richer and poor becoming more poorer.

This is again a very different type of a thing, but we are anyhow right now not looking at things from demographer's view point. But we are primarily suggesting is, that if you have to continuously struggle for your survival, you gradually realize that certain things by default will start reflecting in your behavior know for example: anxiety ok. Now, somebody who has continuously been struggling and he is completely unsure about what

is going to happen say for my evening meal you are bound to remain anxious although know.

Because there is the great degree of uncertainty that has been inbuilt, you live in a hutment and you always know have a looming fear that, any day know the municipal corporation bulldozer can come and destroy the whole hutment where we live. Now if you live with such type of uncertainty in your life, it is bound to know make you very, very susceptible to certain type of psychological problems.

And very interesting is, the last point that is the whole speed at which the changes are taking place know. The whole a known accelerating social changes does not allow you, to adapt to you with the frequency with the speed at, which the changes takes place know. All changes will take place very rapidly and you take time to know adapt to it, by the time you adapt to 1 know change that has taken place within that time another big change will come into be.

You can ask your grandparents and in many cases even your parents would narrate you very interesting stories, stories that you have not seen. Large part of it we saw right from our adolescent years still adulthood, where many, many new things were introduced know. Specially say for example: the whole railway reservation for example, even earlier days you asked all those who had to travel and were planning to get their seats reserved in the train, they would have to stand in the queue know 1 day in advance approximately 12 hours in advance.

The earlier graduates of IIT Bombay will tell you that know, during vacation when they had to come to this part of the country. The whole night they would spend on the platform waiting in the queue. Because it was very difficult to get a reserved seat in the train, less number of trains and then it was everything was too manual, too slow.

So, right from the manual days know to a time now when we have all types of internet based booking imagine, know those who were a known caught in between those who are habitual of doing this. How they would have switched to completely online based things. I can share a very interesting example with you, a couple of year's back I was travelling in a train.

And one of my co passenger happen to be the 1 who was given the responsibility of training these railway booking clerks. The first set of railway clerks, who were into manual mode and they were know supposed to be trained on computer how to do the reservation. And he was known narrating all his experience very interesting cling that he shared with me was, that every day 3 or 4 systems will have certain problems.

There will be some technical snag and the concerned trainee will say that, fine, fine Sir, this system is not working. And the whole intension was known that any how I should get rid of this. So, great degree of reluctance and then what he did was he said that, I introduce that card games on the pc know. So, the moment these card games were loaded, none of the system used to crash, none of the system used to develop technical snag all of them enjoyed playing the card game.

So, first 1 or 2 day was invested only in the card game and then gradually, those who were swifter in playing the games on their pc's these games were deleted. Then, they'll complain and then finally, know because you have proven your ability in playing the card game this means that, you can operate a pc, now start doing the reservation and this is how they were trained ok.

In those days I still even I remember know going to a reservation counter, asking somebody who is doing it using a pc and who take longer time compared to know what a manual booking would take. And I would not take the name, but I know a very prestigious institute of this country, where when the first time when the pc was introduced the head of that unit would say that this should not be switched on no typing would take place in the pc.

He would ask his clerk the office clerk to type it on a manual type writer he would correct it manually, when all corrections are done manually. Then, he'll ask the operator, now type it on the pc ok. And this is not very old story, hardly 40 year old story perhaps, 40 year old story. In 1 of the most prestigious institutes of this country.

These are interesting change what I am trying to say is that, technology will come swift adaptation takes longer time, when say ATM machines were introduced whole lot of problem know I know. I am sure you must be aware of this, that all banks had to know introduce 1 known special feature in their ATM machines that if you do not press a button for certain time it will ask you that, do you need more time?

Because it was realized that, people had great degree of difficulty. Because they will read all the instructions. And many things would be confusing for them know, cash withdrawal versus fast cash. Now how do I decide for what means what, problem was also in terms of know ATM machines of different banks touch screen versus buttons; buttons on both the sides versus button only on the right hand side.

And especially in user design you will find lot many studies, on motor functioning the speed of motor functioning versus that speed of transaction on the screen. And how know the whole struggle for this ATM machine took place. There you will find even interesting cases like know, special type of mobile handsets designed for elderly group. Because they I will they want very high volume, they want very minimal functions and they want larger buttons.

So, that even with the shake of the hand if I press 1, only 1 should be pressed it is not that by the time it reaches the know handset it goes to 3 that should not happen. But another shocking part of this accelerating social change that we have not realized, is known the whole set of the youth who considers that they are very good at in terms of shifting from 1 to the other module. But then there is a whole lot of a known changes that has taken place; when we talk of accelerating social changes it is only 55 plus who have difficulty specially 60 plus.

And usually know you would realize 40 45 plus who would reluctantly accept technology and that too very selectively. But 1 important segment your age group which is, a known usually considered to be a very what you call dynamic young age group; which a never shows any problem with adapting to any technology. But when you look at the psychiatric clinic the changes that has taken place last 20 years.

Then, you would realize that a large number of patients going to psychiatric clinics with specially 2 types of psychological disorders are: the young age group, your age group. Anxiety attacks, panic anxiety and obsessive compulsive disorder. These 2 are now a days in last 20 years it is largely the younger population; which has a going to the clinic with these symptoms. And 1 of the primary responsible know a change reason for that could be the speed at which they have to adapt to different types of things.

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Causes: Psychological

- Nature, intensity, duration and appraisal of life circumstances
- Maternal deprivation
- Pathogenic family pattern
- Maladaptive family structure
- Pathological interpersonal relationship
- Severe stress

Now, we come to the Psychological Causes: Nature intensity, duration and appraisal of the life circumstances. How life has been for you? 1 how intense has been know the experiences that you had. The duration of those life experiences, but far more important the appraisal process know you remember even with respect to adjustment and maladjustment we had talked about the appraisal mechanism know.

You remember goal congruent and goal incongruent emotions and the pressure those emotions know. And finally, how they influence the adjustment. Similarly it is of course, the nature the intensity the duration of certain types of life experiences does matter, but what matters far more is, that know how 1 know goes for appreciating those experiences.

There could be life experience, which could be extremely adverse, but then later on you remove certain part of it. The good part of human being is that, after an episode is over and a time has passed, we have a tendency of reflecting the upon our past dragging few life experiences and when we recollect those experiences, largely those are life experiences minus the emotional valiancy.

Say for example: you gave your mid semester sheets for reevaluation and you were returned it back saying that, fine this is what finally is the score no change has taken place. And you find very bad, you feel know it is terrible thing to happened to you 5 years down the line, 10 years down the line when you recollect that experience its comes only as an experience know.

This nature of the valency of that emotion is lost. So, it is neither happy nor just say it happened once. Many of adverse life experiences comes this way, but that largely depends on how you know actually get into the appraisal process of the life experiences. We have talked about it know when we were going through a stress and post-traumatic stress, I am just know touching it once again. The whole issue of know accommodating experiences versus assimilating experiences.

So, whether you accommodate your experience, whether you assimilate your experience and then when you recollect your experiences. Is it that you go in a ruminative state? Or is it that you know are much more in to the reflective state? So, more and more ruminative individual, you become more and more prone you become to certain type of psychological problems know. More and more reflective you are you accept it that, fine it happened to me, but I know it happens to many individuals I do not know why I was select selected for this type of life experience.

But any how it has happened, I experienced it, I have learned something from it, I have become much more grown up, much more mature that could be 1 way of looking at it. And if you look at life from this point of view, then you realize that your susceptibility to certain type of psychological problems minimizes. Another important thing is: The Maternal Deprivation know if you are deprived of that know nurturance, affection, love, care, concern.

You have to pay, you might have to pay some psychological price for it. There are once again know interesting studies in psychology, where know you will find that the effect of deprivation has been seen right now, we were referring to sensory deprivation. In terms of maternal deprivation you cannot know isolate human child from the mother and say that, now you are put in an in now you are put in an experimental set up.

And for 2 long years you will be without your mother and I will see the effect on your psychology that thing is not possible on human babies. But you will find couple of studies on animal babies know specially monkeys, chimpanzees. Because they are considered to be much more closer to the human race therefore, you find couple of studies. And one very interesting study you will find is, where the baby monkey was kept in a cage and it was all artificial mothers kept in different cages know.

So, it was a warmish basically with the head of a mother monkey. So, it all war mash with the artificial head versus when you have a known furry type of a cover over the warmish. And it was realized that whenever this loud sound will be generated in the cage, this baby monkey will by default go and catch hold of the warmish. Even if it is warmish, the baby monkey will go and catch hold of it.

There are very interesting video clips of it know, you must watch it sometime. That how fear forces you, to select an object and surrender to it saying that, fine, you can only safeguard me. And you can see it in human babies know the moment the child realizes that there could be situation, which is too scary or the child cannot comprehend whether it is good or bad for its survival.

The child will immediately go and surrender to mother; mother herself could be at risk, but the child always feels that, I am the safest hand in the world ok. Now, it has been realized over studies that absence of such caring figure in the early stages of life; could make you pay a psychological price for it. And certain type of psychological disorders are largely know I can imagine that, it could the chances of having those symptoms are higher in those who have experienced such type of deprivation in their life.

Then comes the Pathological family pattern: the family itself has known certain type of know disturbance that lies within even in sociocultural pattern we were talking about know violence that persists within the family. Here we are talking about the pathogenic type of pattern that persists in the family; all psychological disorders you will find that know certain percentage is dedicated to biological transmission that is the chromosomal transmission.

And another, but the bigger percentage is dedicated to this pathological family pattern that if others in your family had this type of problems, then the chances of you showing it sometime in your life increases. Maladaptive type of family structure there is a great degree of disharmony within the patter, within the family with personal relationship that. The individual has seen or himself or herself has maintained, has certain degree of pathology and if you have been under the influence of severe stress for a sizable duration of time. Then also the chances are that you can develop some problems like this.

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Criteria	Neuroses	Psychoses
General behaviour	<ul style="list-style-type: none">• Maladaptive avoidance behaviour• Mild/ moderate impairment of personal and social functioning	<ul style="list-style-type: none">• Severe personality decompensation• Impaired contact with reality• Impairment of personal and social functioning

*Source: Coleman, J. C. (1976). *Abnormal psychology and modern life*. Scott Foresman & Company

What we would do now is, that we would broadly look at 2 categories of psychological disorders that are: traditionally talked about that is the neurotic disorders and the psychotic disorders. And what we would do is that based on certain criteria, we would look at the basic difference between the neurotic and psychotic type of problems. Remember that our primary focus is still on going in to the diagnostic details of the personality disorders and the adjustment disorders.

But before we do that, we will see this a broad distinction. In terms of general behavior if you look at the neurotic and psychotic patterns of disorders and you compare them you realize that the neurotics have the maladaptive avoidance behavior. They also show certain mild to moderate degree of impairment in terms of their personal and social functions that they perform. And therefore, if you realize that there is an attempt to adjust, but it is maladaptive and largely it is avoidant in nature.

The 1 2 in terms of personal and social function you realize that the individual show certain degree of mild to moderate degree of impairment. If you have been a victim of 1 type of a neurotic disorder. Compared to it in the case of psychotic disorders, there are severe personality decompensations know. So, you show the nature of the problem becomes much more severe. In the case of neuroses it was mild to moderate impairment, compared to that in the case of psychoses marked impairment is seen in terms of contact

with reality. And therefore, the impairment that is seen in terms of personal and social functioning is also very, very severe in nature ok.

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Criteria	Neuroses	Psychoses
Nature of symptoms	<ul style="list-style-type: none">• Wide range of psychological and somatic symptoms• No extreme deviations in thought, affect or action	<ul style="list-style-type: none">• Wide range of symptoms, with extreme deviations in thought, affect and action

*Source: Coleman, J. C. (1976). *Abnormal psychology and modern life*. Scott Foresman & Company

In terms of nature of symptoms, in neurosis there is wide range of psychological and somatic symptoms. But what is very good is, that you do not have any hallucination; means, you do not see or listen things in the absence of it. Or other extreme deviations in the thought, emotion or motor activity is also not seen in the case of neurosis. Where as in the case of psychosis, you find wide range of symptoms and usually they are extreme deviations in terms of thinking, in terms of feeling, in terms of doing. So, cognitive, conative, affective, all the 3 domains are severely affected in the case of psychosis. On both the criteria what you realize is, that neurosis the severity is less in the case of psychosis, the severity is much higher.

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Criteria	Neuroses	Psychoses
Orientation	• Slight (if any) impairment of orientation	• Frequent loss of orientation

*Source: Coleman, J. C. (1976). *Abnormal psychology and modern life*. Scott Foresman & Company

Then comes the difference between these 2 set of disorders in terms of orientation. In neurosis there is, usually know orientation problem is not apparent and if there is an impairment orientation that is of a very slight order. So, you do not get disoriented in terms of environment, in terms of time, in terms of place, in terms of person. So, who are you, where am I. Those things are not seen in the case of neurotic disorders and if there is a possibility, there is a slightest of the possibility.

Where as in the case of psychotic disorders you find, that there could be frequent loss of orientation with respect to time place person in the environment. So, you remember that Amul add so, repeatedly that thing can happen know. So, you are at a different place, but psychologically you feel as if you are somewhere else. So, complete disorientation might take place.

In terms of insight that is, attempt to understand the self; in neurosis frequently some understanding of whole maladaptive behavior is usually seen. And usually what happens in the case of neurosis is that you feel that I have this thing in my behavior think others do not have it. Therefore it might be a problem, but you also simultaneously express your inability to control it.

For example: you know that others wash their hand twice they will apply soap, and then they'll wash it once. They will open the tap and then they will wash it twice and then they see that know there is no stain or no mark of the soap left and that is it. But when

you wash it you wash it 3 times, 3 times you take soap, 3 times you clean your hand you rub it rub to the 2 palms and then you rinse it. And you realize that the frequency of washing and the time is spent in washing hand in you is, far higher compared to others in your hostel.

But then simultaneously you also say that no no no, but you know I cannot stop it I feel still there might be some germs now I have seen ads showing that know even after cleaning from certain type of know antiseptics 1 or 2 germs are also shown in the know clean zone. So, I think there must be something. So, I clean it twice thrice. Professional will tell you that this is basically a symptom of OCD know you have some obsessive compulsive problem.

You do not know the name, you do not know the symptoms and therefore, you do not consider it to be a disorder. All you consider, it that I probably have something, but you know I cannot control it that is the sense in neurosis. In psychosis there is the marked impairment of understanding of current symptoms and behavior know. I am sure you must have heard this joke that.

Once some prime minister visited know ward of the mental hospital and introduced himself that I am mister x the prime minister of India and the person said yes, before coming here I also used to say that I am the prime minister of the country. So, that is the gross sense of disorientation that you find in terms of self-understanding know in the case of psychosis.

So, there is a marked impairment in terms of understanding actually 1 own self. And then we come to the physically destructive behavior. In neurosis behavior by the neurotic individual is, rarely dangerous know; it is not injurious to anyone including the same individual know if you wash your hand 10 times you can wash it to the extent that know your part of your skin starts peeling offset ok. But other than that know you do not cause harm to anybody including your own self, but in the case of psychosis in many cases you might realize that the behavior of the individual is detrimental for the self or it is dangerous for others ok.

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Criteria	Neuroses	Psychoses
Causal factors	<ul style="list-style-type: none">• Failure to acquire needed competencies• Learnt maladaptive behaviour	<ul style="list-style-type: none">• Maladaptive learning• Decompensation under excessive stress• Biochemical irregularities

*Source: Coleman, J. C. (1976). *Abnormal psychology and modern life*. Scott Foresman & Company

And then because we have talked about the causal factors if you compare these 2 set of disorders in terms of the causal factors. Then you realize that, in for neurosis the emphasis is more on the failure to acquire the needed competency know; certain competences were needed in you and somehow you do not have it. Or you have known learnt to cope with the given situation, but you are learning is maladaptive, what you have learnt is not the appropriate way.

Usually broadly you can say that this is what leads to such type of problems, compared to that psychosis basically know it is, the maladaptive learning, de compensation under excessive stress and in large number cases it is due to some changes in the biochemistry of the individual know. So, some neuro transmitter not being secreted to certain level and that becomes the reason for 1 or the other type of psychotic disorders.

And if you look at the pattern in the clinical practices you would realize that, for neurotic disorders usually medicines are not needed know; you provide certain type of counseling, you provide certain type of behavior modification techniques, certain type of psychotherapies are provided and that can bring the individual back to the normal pattern of behavior know.

So, say if somebody has say panic attack for example, know a suddenly you happened to cross the road near this entrance of lecture hall complex you saw Tata sumo coming the other direction at a very speed and suddenly know you had tamer in your entire body,

you had profuse sweating your heart beat increased and all that was just for a moment. Then suddenly you regained your consciousness you realized, I have thankfully I did not try to cross the road at that time; this is a panic attack ok.

Say for example: you keep washing your hand multiple times, you are always know scared of the fact that know, because I came here and sat in the class the chairs I do not know who are the people to sat here. And therefore, my clothes must have got contaminated know some germs might have come. So, every time when you go back to your room you remove all your clothes and put a new set.

You could be phobic to know certain types of germs actually that you never see. This could be a phobic reaction ok. So for such type of things you do not need know what you call drag for it. Whereas, in terms of treatment of psychotic disorders, say for example cizofrania, for example paranoia, for example unipolo depression, for example manic depression for example. Now in these type of psychotic disorders the consultant psychiatrist will recommend a drag to you, you have to depend on certain type of drags.

Because these are the externally induced chemical to your body which will finally, stabilize the biochemical regulation within the brain. And once that biochemical stability is retained in the brain, then know you can simultaneously know start giving certain type of psychotherapies. So, that the dependence on the drugs starts reducing, you cannot make somebody know completely dependent on the drug for the entire life. So that is the basic difference between the neurotic and psychotic disorders.

Tomorrow when we meet, we would first talk about; the whole set of neurotic disorders, we would deliberately ignore psychotic disorders. Because that is, under the per view of the psychiatrist. Neurotic disorders are something like psychologist would know would be very helpful in terms of getting you out of it. So, we will look at them the whole range the symptoms, and then we would move to what we actually intend to that is adjustment disorders and pristinely disorders.