

The obses. & comp. react. are 2 diff kinds of
neet. But they are combined together & made o.c. react
obsessive refers to recurring ideas & when these are accompanied
by unwellcome repetitive actions then they are called neurosis
Obsessive Abnormal Psychology psychopathology
disorder

Q. Present the overall picture of a patient
of obsessive Compulsive neurosis. or Dis-
tinguish between Obsession & Compulsion.
Discuss the Clinical features & dynamics of
Obsessive Compulsive reaction. or Discuss
the symptoms & etiology of Obsessive
Compulsive neurosis.

Ans. Composite (Obsessive Compulsive neurosis is a
neurotic disorder.) This neurotic disorder is
a Composite of obsession & Compulsion.
Obsession means the absurd ideas which
persistently originate in the mind of the
patient. The patient understands that such
recurring ideas are absurd & meaningless
but he is unable to check such ideas.
On the other hand Kisker 1981 says "an
obsession is an idea or thought that is
silly, absurd, or apparently meaning-
less yet one that the Obsessive person
cannot get rid of." On the other hand
Compulsions are repetitive actions over
which the patient has no control,
although he understands that such
actions are silly & absurd. Kisker
says "Compulsions are obsessions carried
out into action." (Thus Obsession & Com-
pulsion are the two sides of the same
coin. Hence They are treated as one and
the same neurotic reaction known as
obsessive Compulsive neurosis.)

Symptoms (Clinical Picture) - The

Difference
between
obsession
& compulsion

Kisker says "That an
obsession is an idea
or thought that is silly
absurd or apparently
meaningless, yet one that
the obsessive person can
not get rid of".
On the other hand
"Compulsions are
obsessions carried
out into actions".
In other words, there are
repetitive actions over
which the patient has
no control although
the patient knows
that such actions are
silly & absurd
but unable to
control them.

Symptoms -
The following are the symptoms or clinical pictures of a patient suffering from obsessive compulsive neurosis

① Washing Ritual - This is a very common symptom of an Obsessive Compulsive neurotic patient. The patient is found washing his hands, clothes or any other thing frequently. The patient knows that there is no apparent ^{reason} rationale behind such behavior but he or she is unable to restrain from doing such behavior. Kicker

has quoted a female patient who used to wash her fingers very frequently. She was never satisfied before her fingers became reddish after repeated rubbing. Similarly Lady Macbeth of Shakespeare's drama 'Macbeth' suffered from hand washing ritual. She went on washing her hands over & over until the skin was red & raw. It should be noted that such

behav. may be observed in a normal person also. The difference lies in the fact that a normal person is satisfied after washing her or his hands after a very short repetition, but the patient is not satisfied before doing it time & again.

② Counting Ritual - This is also a common symptom of the patient of obsessive compulsive neurosis. Some patients sit at a particular place & goes on counting the incoming & the outgoing of vehicles.

Some patients have obsession of counting number of electric poles while passing through the roads. Similarly some patients are found counting the steps of the stair which they climb.

The patient though knows that such behaviour is absurd yet he is unable to control it. Again this behaviour may be observed in a normal person also but he is able to check this behaviour whereas the abnormal person repeats it frequently. The difference lies in the fact that the normal person repeats this behaviour infrequently whereas the abnormal person repeats it frequently.

Touching Ritual - The Touching ritual is also observed in some of the patients of Obsessive Compulsive neurosis. Some patients are found touching the electric poles while they pass by them. Some patients are found touching the trees standing by the side of the roads. If any one tree or pole is left untouched the patient becomes restless & is not satisfied until he or she touches it. Here also the patient knows that such behaviour is silly & unwanted. However the patient is helpless to have control over it. (Here also the abnormal person differs from a normal person only in degree.)

4) Collecting Ritual - Some patients of obsessive Compulsive neurosis suffer

(4) Collecting Rituals - Some patients are in habit of collecting useless objects such as stamps & other rubbish things. They are interested in collecting certain useless objects such as used stamps & the similar things. They very well understand that such behavior is unwelcome & unwanted but they are unable to restrain themselves from doing it. If the patients are not allowed to do such behavior, they become anxious & restless. However a normal person sometimes may commit such behavior but he is not restless & anxious for repeating it.

(5) Kleptomania - It means a strong desire to steal. The patient suffers from the urge to steal, which is very strong & uncontrollable. The patient understands that stealing is meaningless & aimless. But he or she is helpless & cannot remain peaceful without stealing. ~~Further~~ It should be noted that Kleptomania differs from ordinary stealing. An ordinary stealer steals something for the fulfilment of some objective. On the other hand the patient steals something without any operant objective. Kisker has related one young woman who was caught red handed after a record of 136 stolen meals. She was asked "Why did you steal?" "I don't know. There

without any desire to give to that
 but she is compelled to steal from within
 to check it - just
 This indicates
 Kleptomania is
 based on some
 unconscious
 motivation.

something in me that Compells
 me to do it." This clearly indicates
 that Kleptomania is not based on any
 apparent motive of the patient
 rather it is based on some unconscious
 motivation.

⑥ Pyromania

It means
 of the Patient to
 set fire. such
 Patients set fire
 without any ill
 motive against
 any one.

A normal person
 sets fire to gain
 some definite
 where obsessive
 Patients have no
 such objective.
 Kieber reported
 of a Baltimore
 14 yrs. boy who used
 set fire by compulsion
 from within
 This also indicates
 that pyromania
 is also based on
 some unconscious
 motivation.

⑥ Pyromania — This means The desire
 to set fire. The patient is interested
 in setting something on fire. He under-
 stands that setting fires may cause
 harms to others, & to himself but he
 is unable to check himself from
 setting fires. Here also Pyromania
 is diff. from ordinary setting fires. A
 normal person sets fire for achieving
 some tangible goals. On the other
 hand the patient has no tangible
 goal & he does it only because he
 gets satisfaction out of it. Kieber has
 reported as 14 yr. old Baltimore boy
 who committed setting fires a number of
 times. At last he was caught & he
 confessed that he committed such
 behav. due to the Compulsion from
 within. This indicates that pyromania
 is also based on some hidden moti-
 vation.

⑦ Suspicion & doubt

This is very common
 symptom of Obsessive
 Patients. The
 various types of
 doubt & suspicion.

⑦ Suspicion & doubt — This is also
 very common symptom of Obsessive
 Compulsive neurosis. The patient suffers
 from various types of doubts & sus-
 picion.

Generally, patients doubt that they have not locked the door properly & check it time & again.

Suspicions. Some patients doubt if they have locked the door or not. They check

it time & again & go on checking it before they fall asleep or are exhausted. A normal person also may have doubt at his or her bed during night whether the door is locked. The door is checked once or twice & the doubt is undone. On the other hand the patient is satisfied only after checking it until he or she is exhausted. Some patients doubt

that they can do a good job. Some who had abnormal doubt that their husbands or wives are faithful. Kisker has ^{quoted} an automobile mechanic who developed the idea of that he was not the real father of the ~~etc~~ eight yr. or old daughter.

Hypo. 8 Hypochondria - In certain cases of Obsessive Compulsive neurosis hypochondria or Complaints relating to physical health are also observed. Some patients develop the idea that they are going to die very soon. Some patients develop the idea that they are in the clutches of dangerous diseases and the reality is the far gone possibility. Kisker (1981) has ^{cited} the example of a woman who developed the idea of that their might be broken glass in her food.

A normal person can overcome his fears but the obsessive person cannot. Patients

It is evident that the patient has severe symptoms as mentioned above. On the basis of these symptoms or clinical picture the patient can be differentiated from other neurotic patients.

The following are the factors relating to the dynamics of Obsessive Compul. neurosis.

Substitutive thoughts & Activities:-

Masser Man (1961) has explained that substitutive thoughts & activities are the real cause of this mental illness. The patient defends himself from anxiety & conflict by developing obsessive Comp. behaviors.

In some cases reaction formation is the defence mechanism adopted by the patient. The patient satisfies his or her repressed desires by ~~developing~~ reaction formation. Coleman has sighted the

e.g. of a farmer who developed the idea that he might hit his 3-yr-old son over the head with a hammer. The analyses showed that due to the child's birth the farmer was refused sexual relations by his wife & so unconscious guilt & fear of punishment - Acc. Coleman guilt feeling is a great cause of this mental disorder. He has sighted the analysis of lady Macbeth who suffered from hand washing. The fact is

Coleman considers guilt feeling a fear of punishment as important cause for O.C. neurosis (8)

Example of Lady Macbeth's hand washing behavior due to guilt feeling that she was responsible for the bloody murder of King Duncan. Later she realized her mistake & suffered from guilt feeling & the feeling of self condemnation. Thus she developed the idea that her hands were dirty. Her washing behavior was the result of her feeling of guilt & punishment.

3) Aggression & Hostility - Kisker is of opinion that aggressive urge is the cause of Obsessive Comp. behaviors. The patient satisfies his hostile thoughts by developing pyromania & other similar behaviors. Kisker has said "The obsessive Compulsive pre occupation with fire & setting fires can be interpreted behaviorally as a revenge reaction which satisfies hostile thoughts & the aggressive urge to act."

4) Unconscious Conflicts - Acc. to psychodynamic approach obsessions & Compulsions develop in order to resolve unconscious conflicts. For e.g. a person was obsessed with the idea that he would drive his car off the side & over an embankment. Psychoanalytic interpretation revealed that unconsciously he wanted to kill himself & that his obsession was the outcome of his unconscious conflict. Kisker has remarked "the psychodynamic approach views obsessions & Compulsions as symptoms of sexual nature & developing of symptoms."