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Research Article

ZOOPHOBIA-A CASE STUDY ON HIGH SCHOOL STUDENTS OF GUNTUR DISTRICT, ANDHRA PRADESH, INDIA

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ABSTRACT

Zoophobia, a fear of animals, is a type of specific phobia. The response was taken from 3399 students 1175 of 8th, 1095 of 9th, 1129 of 10th studying in rural and urban Government schools. The study found that the phobia was more in Takkellapadu school students (24.38%). In the urban schools the highest percentage was noticed in SK school (20.17). Homeopathy, Exposure based therapy, Cognitive therapy are some of the useful treatment methods. Parents shall not neglect any specific phobia, which can influence the future life.

Key Words:

Zoophobia, specific phobia, anxiety disorder, treatment, rural and urban high school students

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INTRODUCTION

Zoophobia or animal phobia is a class of specific phobias of a particular animal (Fodor and Gaynor, 2004) or an irrational fear or even simply dislike of any non-human animals. Examples of specific zoophobias would be entomophobia, such as that of bees (apiphobia), fear of spiders (arachnophobia), birds (ornithophobia) and snakes (ophidiophobia) (<https://en.wikipedia.org>). Some of the animal phobias are listed below (<https://blog.oxforddictionaries.com>).

Animal	Name of Phobia
all animals	zoophobia
bees	apiphobia
birds	ornithophobia
cats	ailurophobia
dogs	cynophobia
fish	ichthyophobia
horses	hippophobia
insects	entomophobia
mice	musophobia
reptiles	batrachophobia
snakes	ophidiophobia
spiders	arachnophobia
worms	helminthophobia

Entomophobia (also known as insectophobia) is a specific phobia characterized by an excessive or unrealistic fear of one

or more classes of insect, and classified as a phobia by the DSM-5 (McCabe, Randi, 2015).

Common insect phobias (<https://www.thoughtco.com>)

- Fear of ants:** Myrmecophobia
- Fear of beetles:** Skathariphobia
- Fear of bees:** Apiphobia
- Fear of Centipedes:** Scolopendr-phobia
- Fear of cockroaches:** Katsarida-phobia
- Fear of crickets:** Orthopterophobia
- Fear of flies:** Muscaphobia
- Fear of moths:** Mottephobia
- Fear of mosquitos:** Anopheliphobia
- Fear of wasps:** Spheksophobia

Various studies were carried out on specific phobias (Ollendick *et al.*, 2010; <https://www.verywellmind.com/>; Curtis *et al.*, 1998; de Oliveira-Souza 2018; Naveed *et al.*, 2015; Carleton 2016; Garcia 2017 Pull 2008 and Singh and Singh 2016).

The present study was carried out to study the Zoophobia problem among 8th to 10th class students in rural and urban Government schools.

Symptoms

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Zoophobia is exposed to or even things about the animal dreaded, they will go through physical and emotional symptoms of extreme anxiety reaction, like: excessive sweating, trouble controlling muscles, dizziness, fainting, elevated heart rate, rapid and shallow breathing, etc. (Suarez *et al.*, 2017)

METHODOLOGY

A total of 3399 students was participated, out of them 1175 are studying 8th, 1095 are 9th and 1129 are 10th class. 1342 were studied in seven rural schools and 2057 in seven urban schools. (Tables 1 and 2). Students were assembled in a classroom of the respective schools and asked them to give their response to a single question-“Do you have a fear of animals?”. The purpose of the study and the details regarding the phobia were explained in their mother tongue. The response was analyzed using statistical analysis. Percent variation was observed and presented under results and discussion.

Table 1 Class Wise Rural School Student’s Strength

School	8th School Strength	No. of students with Zoophobia	9th School Strength	No. of students with Zoophobia	10th School strength	No. of Students with Zoophobia
Chinakakani	59	8	56	20	49	5
Namburu girls’	30	3	21	4	30	8
Namburu	97	14	96	12	86	7
Ponnekallu	92	13	78	7	86	20
Takkellapadu	64	25	47	23	47	21
Tadikonda girls’	49	16	57	8	49	11
Venigalla	79	20	69	20	101	18

Table 2 Class Wise Urban School Student’s Strength

School	8th School Strength	No. of students with Zoophobia	9th School Strength	No. of students with Zoophobia	10th School strength	No. of Students with Zoophobia
SK	173	27	159	23	189	43
SGNKR	66	19	89	14	77	23
SJRR	130	27	93	32	93	19
SKS	100	35	94	27	116	20
P	92	3	83	2	77	18
KSR	51	13	77	20	53	6
SCMP	93	35	76	23	76	32

RESULTS AND DISCUSSION

A percent variation of the rural and urban students, those suffering from Zoophobia was shown in tables 2 and 3 and figures 1 and 2 and is explained below.

Rural Schools

8th class

Highest percent of Takkellapadu (39.06) were marked the Zoophobia, followed by Tadikonda girls’ (32.65%) and Venigalla (25.32%). The lowest percent was noticed by Namburu girls (10.00).

9th Class

48.94% of Takkellapadu school students had expressed the Zoophobia, followed by Chinakakani school students (35.71%) and Venigalla (28.99%). The lowest percent was noticed with Ponnekallu (8.97).

10th Class

Highest percent of Takkellapadu students (44.68) were marked the Zoophobia, followed by Namburu girls’ (26.67%) and

Ponnekallu (23.26%). The problem is low in Namburu (8.14%).

Urban Schools

8th Class

37.63% of SCMP students were pointed Zoophobia, followed by SKS (35.00%) and SGNKR (28.79%). The lowest percent was observed with P (3.26%).

9th Class

Highest percent of SJRR (34.41) school students had Zoophobia, followed by SCMP (30.26%) and SKS (28.72%). The lowest percent was observed in P students (2.41%).

10th Class

42.11% of SCMP students were suffering from Zoophobia, followed by SGNKR (29.87%) and P (23.38%). The lowest percent was observed in KSR (11.32%).

Table 3 Zoophobia Among Rural School Students (%)

Schools	8th	9th	10th
Chinakakani	13.56	35.71	10.20
Namburu girls	10.00	19.05	26.67
Namburu	14.43	12.50	8.14
Ponnekallu	14.13	8.97	23.26
Takkellapadu	39.06	48.94	44.68
Tadikonda girls	32.65	14.04	22.45
Venigalla	25.32	28.99	17.82

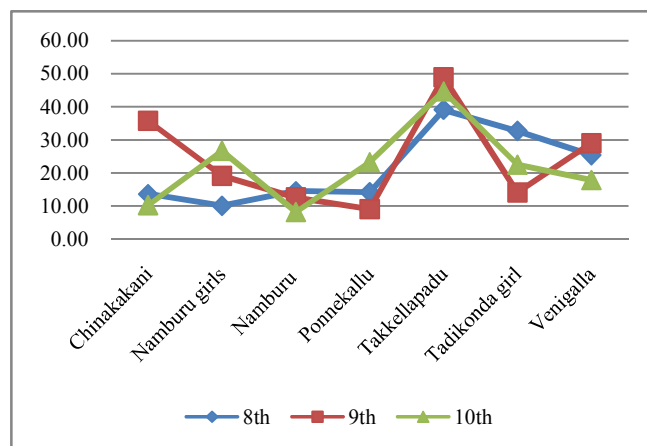


Figure 1 Percent variation of Zoophobia in rural school students

Table 4 Zoophobia among Urban School Students (%)

Schools	8th	9th	10th
SK	15.61	14.47	22.75
SGNKR	28.79	15.73	29.87
SJRR	20.77	34.41	20.43
SKS	35.00	28.72	17.24
P	3.26	2.41	23.38
KSR	25.49	25.97	11.32
SCMP	37.63	30.26	42.11



Figure 2 Percent variation of Zoophobia in urban school students

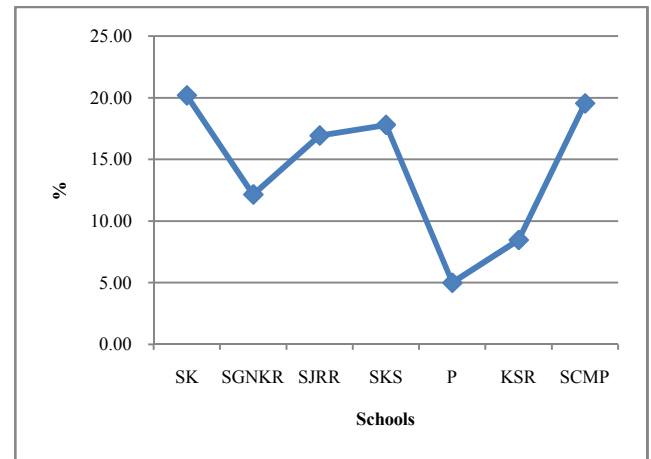


Figure 4 Comparison within the Urban school students

Comparative study

Rural Schools

Comparison of Zoophobia among 8th to 10th class rural and urban students was shown in table 5 and figure 3). Among the rural schools, high percent of Takkellapadu (24.38) had Zoophobia, followed by Venigalla (20.49%) and Ponnekallu (14.13%). The lowest percent was observed with Namburu girls (4.30%).

Table 5 Comparative Study of Zoophobia (%)

Rural Schools (%)		Urban Schools (%)	
Chinakakani	11.66	SK	20.17
Namburu girls	5.30	SGNKR	12.15
Namburu	11.66	SJRR	16.92
Ponnekallu	14.13	SKS	17.79
Takkellapadu	24.38	P	4.99
Tadikonda girls	12.37	KSR	8.46
Venigalla	20.49	SCMP	19.52

Urban schools

In the case of urban schools, high percent of SK students (20.17) had an Zoophobia (Table 4 and Figure 4), followed by SCMP (19.52%), SKS (17.79%) and SJRR (16.92%). The lowest percent was observed with P (4.99%).

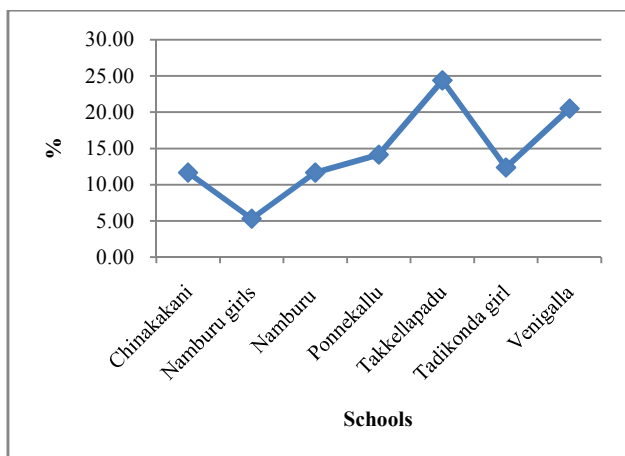


Figure 3 Comparison within the rural school students

Treatment Methods

There are certain therapies by which this phobia is treatable. The main treatment of choice for specific phobias is Cognitive-behavioral (CBT). Behavioral techniques by which survivor is exposed to feared situations (gradually or rapidly) are frequently used. In addition, the patient is taught ways of stopping the panic reaction and regaining emotional control (Abbas and Kiran, 2015).

The specific phobias, including animal phobias, are easier to treat. They do not represent a fear of an internal feeling—which can go anywhere that the affected person goes—but rather fear of a very particular thing (<https://www.psychology-today.com>).

Information was collected on the mode of onset, course of development of their fear, feared the consequences and distressing stimulus characteristics of their feared animal. Virtually all patients feared panic and its consequences following an unavoidable encounter with the phobic animal, whereas less than half reported fear that the animal would attack. Stimulus features, especially movement, were found to be salient fear-eliciting cues (McNally and Steketee, 1985).

Suarez *et al.*, (2017) were working with a project to provide a reasonable alternative for treating various types of Zoophobias, using virtual reality, beginning with the fear of cockroaches. To achieve said objective, a virtual world is developed by them using Unity, and Sweet Home 3D, and is implemented into an Oculus Rift virtual reality glasses. Patients will be transported to a house-like environment with the Oculus Rift, and gradually exposed to the cockroaches, while progressively approaching them with no real risk or further traumatization. This will be made to feel as realistic as possible to help the patient feel more at home, while helping them adjust to their fears in places where these animals are more likely to be found.

If the fear is relatively mild, self-help measures such as guided visualization and purposeful breathing may soothe your stress responses. Talking to a supportive friend or relative can also be helpful. If the fear begins to limit the daily activities and feel of panic, then it is best to consult with a mental health professional (<https://www.very-wellmind.com>).

Some of the Useful Methods

Exposure-based therapy - (Singh and Singh, 2016)

Cognitive therapy (CT) - (Specific phobia. <http://www.med.upenn.edu>).

Progressive desensitization (Specific phobia. <http://www.med.upenn.edu>).

Relaxation- (Specific phobia. <http://www.med.upenn.edu>).

Hypnosis (hypnotherapy)- (Natural treatment for phobia and anxiety. <http://www.phobicssociety.org>)

Homeopathy- (<http://www.phobicssociety.org>).

Herbal remedies- (Natural treatment for phobia and anxiety. <http://www.phobicssociety.org>).

CONCLUSION

Specific phobias are common in high school students. Zoophobia, its causes, symptoms and treatment methods are reported in literature. The highest percentage of students from 8th class, Takkellapadu (39.06), 9th class Takkellapadu (48.94) and 10th class Takkellapadu (44.68) were marked the phobia. In the case of urban schools SCMP (8th), SJRR (9th) and SCMP (10th) school students shown highest percentage, i.e., 37.63, 34.41, 42.11 respectively. Parents shall identify the specific phobias and shall arrange the proper treatment.

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