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Research Article

HEMOPHOBIA AND GENDER- A CASE STUDY ON HIGH SCHOOL STUDENTS, GUNTUR DISTRICT, ANDHRA PRADESH, INDIA

Sankara Pitchaiah Podila

Department of Geology, Acharya Nagarjuna University, Andhra Pradesh, India

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ABSTRACT

Hemophobia, fear of blood, is a type of specific phobia. The present study was aimed to know the degree of Hemophobia in 8th to 10th male and female students studying Government schools of Guntur district, Andhra Pradesh, India. The response was taken from 2743 students (Male: 1589. Female: 1154). The study found that the hemophobia was high in female students compared to male. The percentages are high in almost all the schools, except KSR. Homeopathy, Exposure based therapy, Cognitive therapy are some of the useful treatment methods. Parents shall not neglect this phobia, which can influence the children's future.

INTRODUCTION

"Hemophobia" is an abnormal and persistent fear of blood, also called a blood injury phobia. Sufferers of this very common phobia dread the sight of their own blood, the sight of the blood of another person or an animal, and sometimes printed or filmed images of blood or even thoughts of blood. Blood may remind them of their own vulnerability to injury and of the eventuality of death (https://www.medicinenet.com).

The present study was aimed to know the degree of Hemophobia in 8th to 10th male and female students studying Government schools of Guntur district, Andhra Pradesh, India. Physical and emotional symptoms triggered by this phobia may include;

- breathing problem
- anxiety or panic
- escape situations
- rapid heart rate
- chest pain
- shaking or trembling
- lightheadedness
- sweating

Causes

Blood phobia is often caused by direct or vicarious trauma in childhood or adolescence (Bruce *et al*., 1985). Maybe a person had a terrifying experience involving the color red and, as a result, it may be translated to a fear of blood (https://www.betterhelp.com).

METHODOLOGY

8th to 10th class students were chosen as subjects. A total of 2743 students from 10 Government high schools was participated out of them 1589 are male and 1154 were female. The details are shown in 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 an Hemophobia?" 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.

RESULTS AND DISCUSSION

A percent variation of the male and female students, those suffering from hemophobia was shown in table 3 and figures 1 and 2.

Male

8th class

Corresponding author:* **Sankara Pitchaiah Podila
Department of Geology, Acharya Nagarjuna University, Andhra Pradesh, India

Highest percent of KSR school students (9.62) were marked the hemophobia (Figure 1A), followed by P (6.52%), SKS (6.00%). The lowest percent was noticed with Venigalla (1.18%).

Table 1 School Wise, Class Wise and Gender Wise Student's Strength

Classes →	8th			9th			10th		
Schools	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Ponnekallu	52	40	92	36	42	78	49	40	89
Takkellapadu	27	37	64	25	22	47	24	23	47
Venigalla	33	52	85	31	37	68	48	55	103
Koppuravuru	40	36	76	39	28	67	30	23	53
SK	104	75	179	106	54	160	118	70	188
SJRR	80	53	133	78	47	125	48	45	93
SKS	55	45	100	46	48	94	67	51	118
P	75	17	92	62	21	83	57	20	77
KSR	26	26	52	62	17	79	30	26	56
SCMP	54	39	93	40	36	76	47	29	76
Total	546	420	966	525	352	877	518	382	900

Table 2 School wise and Gender wise Students with hemophobia

Classes →	8th		9th		10th	
Schools	**Male**	**Female**	**Male**	**Female**	**Male**	**Female**
Ponnekallu	4	6	0	8	5	11
Takkellapadu	2	5	0	6	1	5
Venigalla	1	3	2	0	1	5
Koppuravuru	2	3	5	1	0	5
SK	7	8	3	5	2	11
SJRR	7	17	11	12	3	12
SKS	6	7	2	6	3	8
P	6	6	0	2		
KSR	5	3	13	10	1	5
SCMP	3	4	0	5	3	2
Total	43	62	36	55	19	64

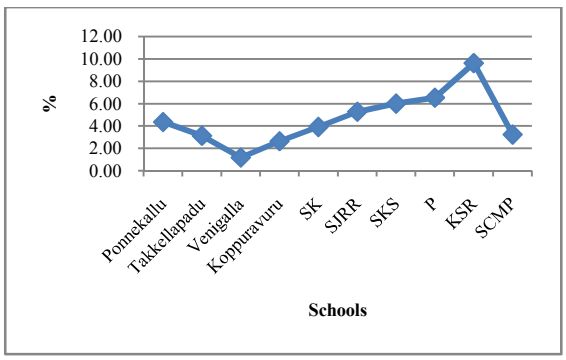

Figure 1 A-8th Students with hemophobia

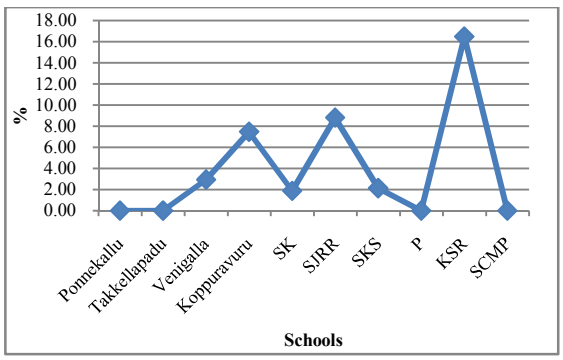

Figure 1B 9th Students with Hemophobia

9th Class

16.46% of KSR school students had expressed the hemophobia (Figure 1B), followed by SJRR school students (8.80%) and Koppuravuru (7.46%). No student was marked the phobia from Ponnekallu, Takkellapadu, P and SCMP School students.

10th Class

Highest percent of Ponnekallu students (5.62) were marked the hemophobia (Figure 1C), followed by SCMP (3.95%) and SJRR (3.23%). No student from Koppuravuru and P schools was marked the phobia.

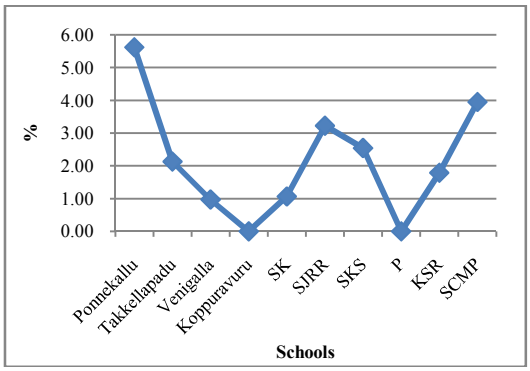

Figure 1C 10th Students with Hemophobia

As the 10th class marks/grades are important for future studies, the comparatively higher percentage with phobia were recorded with most of the schools for male students.

Table 3 Percentage of Male and Female Students with Hemophobia

Classes →	8th		9th		10th	
Schools	**Male**	**Female**	**Male**	**Female**	**Male**	**Female**
Ponnekallu	4.35	6.52	0.00	10.26	5.62	12.36
Takkellapadu	3.13	7.81	0.00	12.77	2.13	10.64
Venigalla	1.18	3.53	2.94	0.00	0.97	4.85
Koppuravuru	2.63	3.95	7.46	1.49	0.00	9.43
SK	3.91	4.47	1.88	3.13	1.06	5.85
SJRR	5.26	12.78	8.80	9.60	3.23	12.90
SKS	6.00	7.00	2.13	6.38	2.54	6.78
P	6.52	6.52	0.00	2.41	0.00	0.00
KSR	9.62	5.77	16.46	12.66	1.79	8.93
SCMP	3.23	4.30	0.00	6.58	3.95	2.63

Female

8th Class

12.78% of SJRR students were pointed hemophobia (Figure 2A), followed by Takkellapadu (7.81%) and SKS (7.00%). The lowest percent was observed with Venigalla (3.53%).

9th Class

Highest percent of Takkellapadu (12.77) school students had hemophobia (Figure)

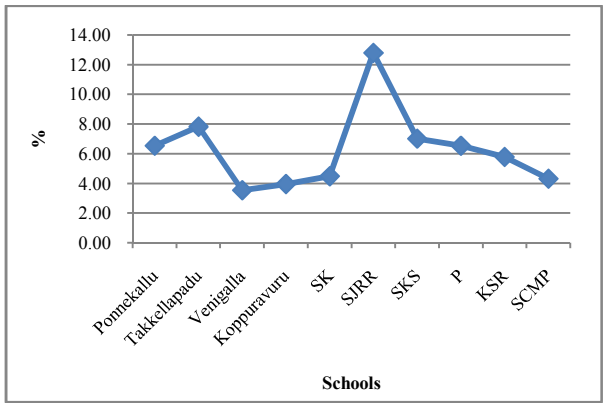

Figure 2A 8th Students with hemophobia

9th Class

2B), followed by KSR (12.66%) and Ponnekallu (10.26%). No student from Venigalla was marked the phobia.

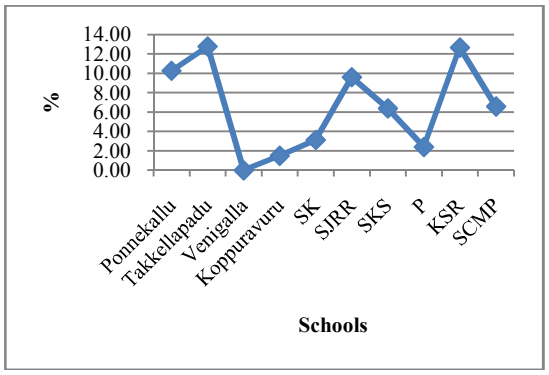

Figure 2B 9th Students with hemophobia

10th Class

12.90% of SJRR students were suffering from hemophobia (Figure 2C), followed by Ponnekallu (12.36%) and Takkellapadu (10.64%). No student was marked the phobia from P school students.

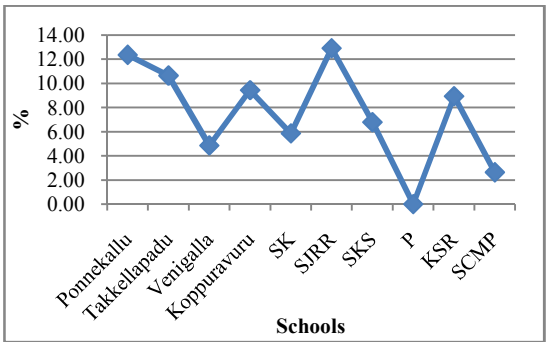

Figure 2 C-10th Students with hemophobia

Comparative study

Male (8th to 10th)

Comparison of hemophobia among 8th to 10th class of male students was shown in table 3 and figure 3. Among the male students, high percent of KSR 10th students (16.46%) had hemophobia followed by KSR (9.62%) from 8th students, and SJRR (8.80%) from 9th school students. The lowest percent was observed with Venigalla, 10th class students (0.97%).

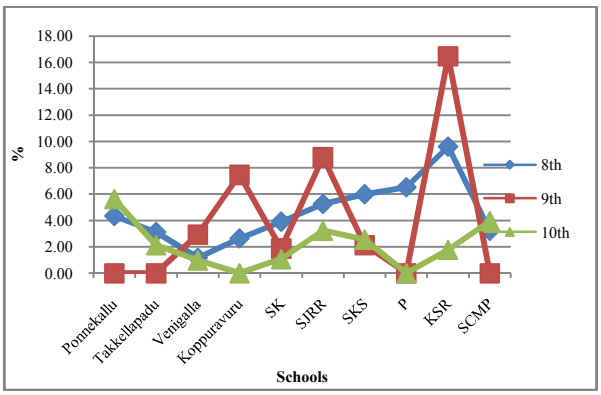

Figure 3 8th to 10th class male students with hemophobia

Female (8th to 10th)

In the case of female students, high percent of SJRR students (12.90) and (12.78) had a hemophobia (Table 3 and Figure 4), followed by Takkellapadu (12.77%) from 9th students, KSR (12.66%). The lowest percent was observed with Koppuravuru 9th class students (1.49%).

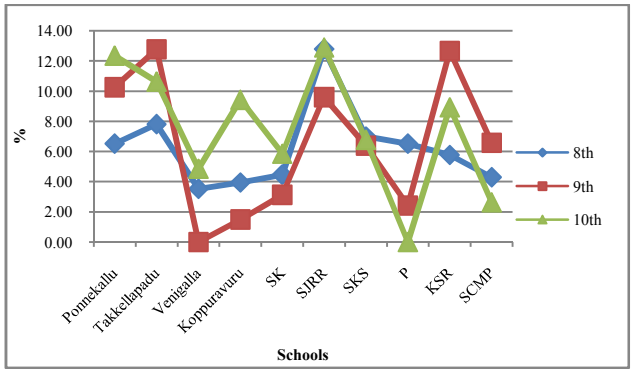

Figure 4 8th to 10th class Female students with Hemophobia

Comparison of Hemophobia between Male and Female

Comparison of hemophobia among 8th to 10th class male students was shown in table 4 and figure 5). Highest percent of KSR students (10.16) had expressed hemophobia, followed by SJRR (5.98%) and Koppuravuru (3.57%). The lowest percent was observed with Takkellapadu (1.90%). In the case of female students, highest percent of SJRR (11.68) had marked, followed by Takkellapadu (10.13%) and Ponnekallu (9.65%). The lowest percentage was observed with Venigalla (3.13%).

Table 4 Comparison of Hemophobia between Male and Female Students (%)

Schools	Male	Female
Ponnekallu	3.47	9.65
Takkellapadu	1.90	10.13
Venigalla	1.56	3.13
Koppuravuru	3.57	4.59
SK	2.28	4.55
SJRR	5.98	11.68
SKS	3.53	6.73
P	2.38	3.17
KSR	10.16	9.63
SCMP	2.45	4.49

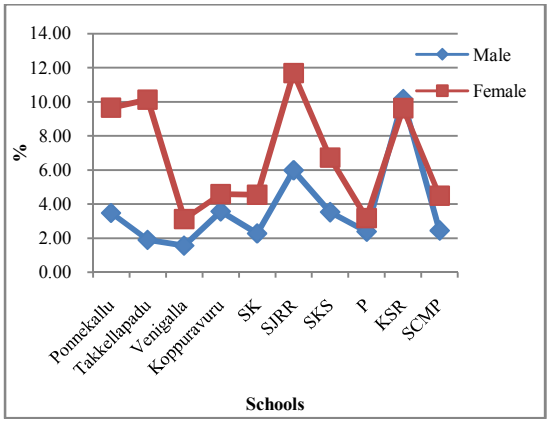

Figure 5 Hemophobia among 8th to 10th class male and female students

Wani and Ara (2014) studied Blood Injury Phobia in relation to male and female brain differences. A Blood Injury Injection phobia is highly prevalent in females as compared to males. It is virtually the only specific phobia and the only anxiety disorder, in which fainting occurs. The early combats might have created long term memories from the experiences which survived till modern times, may be in the form of DNA epimarks through epigenetic mechanisms. Although surviving through difficult times in the past, such experiences may have persuaded variation in the expression of a number of genes in the brains of both male and female. Such variations in brain gene expression may result differences in prevalence, onset of disease, and variation in diseases related symptoms to a considerable degree.

Treatment Methods

People with phobias seem to be more likely to deal with stress by avoiding the trigger for the stress and have trouble minimizing the severity of the fearful situation. Phobia sufferers sometimes cope with their fears by talking about it, refraining from avoiding situations they find stressful, visualization, and making positive self-statements (https://www.medicinenet.com)

In recent years, the technique known as applied tension, applying tension to the muscles in an effort to increase blood pressure, has increasingly gained favor as an often effective treatment for blood phobia associated with drops in blood pressure and fainting (Ost *et al*., (1991), Ditto *et al*., 2009), Ayala *et al*., 2009) and Peterson 2004).

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).

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.phobicss-ociety.org)

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

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

CONCLUSION

Specific phobias are common among the school students. The highest percentages recorded among 8th to 10th male students are 9.62 (KSR), 16.46 (KSR) and 5.62 (Ponnekallu) respectively. The percentages are 12.78 (SJRR), 12.77 (Takkellapadu) and 12.90 (SJRR) for female students respectively. Here, the percentages are more or less similar. Comparatively, the phobia is high in female students.

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