



# TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

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## ORIGINAL ARTICLE

### A STUDY ON FEAR OF FAILURE BETWEEN THE AGES OF 15-25 YEARS STUDENT AND CHECK THE USEFULNESS OF HOMOEOPATHIC MEDICINE - GELSEMIUM

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#### Abstract

**Received- 05/03/2022**

**Revised- 25/03/2022**

**Accepted- 28/03/2022**

**Key Word-** Anxiety, Fear, Failure, Social Phobia Symptoms Score, Single-blind.

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Everyone becomes afraid of failure once in a while. It is a natural sensation. Failures bring with them the great discomfort of disappointment, insecurity, embarrassment and frustration. Sometimes, they even occur at a great cost – money, relationships, jobs or anything of great value for us. Thus, encountering failure is one of the biggest fears that some students of ages of 15 to 25 years. **Objective:** Efficacy of Homoeopathic Medicine Gelsmium in case of fear of failure. **Methods:** Single blind, Randomized clinical trial without controlled group was conducted at OPD of state National Homoeopathic Medical college and Hospital, Viraj khand, Gomti Nagar, Lucknow. A total of 100 patients suffering from fear of failure were randomly selected for study. On basis of individual peculiarities of patient's homoeopathic medicine Gelsmium prescribed. The assessment was done at Pre and Post-treatment using Social Phobia scale and statistical test dependent 2 sample T-test used at significance level <0.5. **Results:** Total 100 (n) participant analyzed after study, at beginning of study mean of SPS score (pre) was  $53.43 \pm 8.84$  and after study Mean of SPS score (post) was  $23.34 \pm 5.51$ . T Test calculated value was 49.65 at significance level 0.05, corresponding p value was <0.0001 so alternate hypothesis was accepted because p value is less than 0.05.

**Conclusion-** The result of this study shows that Gelsmium medicine have effective role in management of Fear of failure.

## INTRODUCTION

Von Haller Glimmer (1970) stated “A very common example of a response to an environmental situation where the organism is unprepared for the interruption is Fear”. Fear is the best-known example for acquired drive. As there are so many and so varied opportunities to acquire fears, it is difficult to find cues for them. Anxiety is a painful uneasiness of mind concerning impending or anticipated ill. Hence, anxiety is a response to a hidden and subjective danger. But, fear is a response to an obvious and objective danger.

Fear is both an inevitable and an essential emotion. Fear combined with vigilance helps keep lower animals alive. It is essential also for modern man for it augments energies in times of danger and it provides an impetus to caution and prudence.

Shiv Khera (1998), in his book “You Can Win”, has listed that Fear of Failure Success is a major obstacle to both real as well as imagined success. Fear of failure about examinations is of more significance as far as students are concerned. Fear of Failure has attracted a good deal of attention ever since.

Mc Clelland et al., (1953) suggested that Hope of Success and Fear of Failure were two important components of Achievement Motivation.

According to Charles E. Skinner (1984), “Fear of Failure may be rational or irrational. Fear of Failure is rational if one has not studied one’s lesson and is unprepared for a test”

“Fear of failure has many influences on the human body and mind.” Fear is a basic human emotion that is felt by all. There are many effects and classifications of fear, one of which is fear of failure. This type of fear exists in almost all environments. In 2013, Bartels and Ryan found that 37.5% of college students have a desire to reach out to counselors to help with their fear of failure in life. This is more than one in every three students. It is of no surprise that this growing trend among young people is referred to as a large “social problem”.

Sagar and Jowett (2015) define fear of failure as, “the motive to avoid failing in achievement contents where one’s performance is evaluated”. The authors break down fear of failure into five subcategories.

Reader’s Digest Universal Dictionary (1987) defines Fear as “a feeling of alarm or disgust caused by the expectation of danger, disaster or the like” and Failure as “the condition or fact of not achieving the desired end or ends”

Hope and Fear are the two emotions, which develop in an individual even in the childhood. It is also found that

these two emotions not only affect the individual's personality development, but also interfere with one's educational as well as his career throughout his life, i.e., it is the unique feature of all the Homo sapiens, the human beings, from cradle to graveyard to have either Hope of Success or Fear of Failure in all walks of their lives.

Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience.

Fear of failure is a tendency to assess threats and feel anxious about situations involving the possibility of failure (Conroy, et al., 2007). Conroy (2002) stated that successful people often claim that fear of failure can either motivate them to a high level of performance or prevent them from actualizing their potential. The consequences of fear of failure can be fatal, as fear of failure is associated with achievement, mental health, moral development, and physical health. Fear of failure among students can prevent them from achieving the maximum actualization

of their potential by decreasing student performance in learning so that they fail to get maximum results. Conroy (2002) states that fear of failure is an encouragement to avoid failure, especially the negative consequences such as shame, lowered self-concept, and loss of social influence.

Among students, fear of failure can cause them to act nonproductively, such as procrastinating as a form of behavior to avoid negative consequences. Uncertainty about the future is one aspect of fear of failure. Uncertainty about the future can increase procrastination behavior among students and make them feel helpless or unable to act effectively.

Fear of failure is highly disruptive for most individuals, both in completing tasks and in daily activities. Not only in everyday life, fear of failure can also be felt by students. This leads to some students choosing not to make any effort to achieve the progress needed to reach their goals.

Therefore, it can be seen that individuals tend to be afraid of things that are uncertain, such as one's future and that fear makes the individual afraid to take a step forward and instead chooses to delay the steps that he/she should take.

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional part. It is a generalized mood condition that cans

occur without identifiable triggering stimulus. Individuals manifest both physical and mental symptoms leading to significant distress or impairment.

Anxiety is an emotion characterized by feelings of apprehension, fear, tension, anxious thoughts, and physical symptoms such as palpitations, sweating, feelings of stress, and increased blood pressure. Anxiety disorders are a group of mental disorders characterized by powerful feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities.

Anxiety can be managed with lifestyle modifications, behavioral therapies, medications, or combinations based on the severity and distress in an individual. Physical exercise, relaxation techniques, correct breathing techniques, psychotherapy, cognitive behavioral therapy, dietary adjustments like restricting alcohol intake and caffeine.

Previous study shows that homeopathic therapy can be an effective method to treat anxiety and depression disorders. Homeopathy is a system of medicine that has a unique etiological consideration in terms of miasms. Psora is the root cause of all mental diseases and the dominant miasm in all anxiety disorders. Anxiety and fear are considered to be psoric in origin by most stalwarts.

Homeopathy can be a safe and effective alternative or adjunctive to the conventional system in managing anxiety/fear disorders. Gelsemium is particularly indicated for performance anxiety: stage fright, exam anxiety or anxiety before an interview – this is due to low self-confidence. Gelsemium helps when the mind goes blank either during revisions or during an exam. There is muscle weakness, maybe even paralysis. But there can also be a lot of trembling from nervousness.

Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. Homeopathy is a holistic form of medicine. Cost wise, there is no other medical system in the world which is as inexpensive as homeopathy. It is economical so that it can reach out to the poorer sections of society.

## OBJECTIVES

- To identify the action of Homeopathic Medicine Gelsemium suitable for symptoms of Fear / Phobia in students.
- Efficacy of Homeopathic Medicine Gelsemium in case of fear of failure.

## HYPOTHESIS

- **Null Hypothesis (H<sub>0</sub>):** No significant changes in symptoms of patient (Pre and post SPS score)

before and after of study. It means Gelsmium is not effective in case of fear of failure.

- **Alternate Hypothesis (H1):** There is Significant changes in symptoms of patient (Pre and post SPS score) before and after of study. It means Gelsmium is effective in case of fear of failure.

## **MATERIAL AND METHODOLOGY**

**Study Design-** Experimental study, Single centered, Single blind, Randomized clinical trial without controlled group.

**Study Setting-** This study was conducted at OPD of State National Homoeopathic Medical College and Hospital, Viraj Khand, Gomti Nagar, Lucknow, UP and different school

**Case Definition-** Case selected as per DSMV (Diagnostic and Statistical Manual of Mental Disorder) 4/5 criteria and ICD 10 criteria of anxiety/fear.

**Study Duration-**The Study was conducted within 1.6 yrs.

**Sampling Method and Sample Size-** Probability method of Simple random sampling (SRS) was used for selection of sample from population. Total 100 cases were selected by simple random sampling method from study center OPD of State National Homoeopathic Medical College and Hospital, Viraj Khand, Gomti Nagar, Lucknow, UP and different school.

**Blinding** – Single Blind Study, so patient does not know they take which medicine.

### **InclusionCriteria:**

- ✓ Age group of Patients – 15-25 Years of Age
- ✓ Patient of both sexes were taken for study.
- ✓ 100 cases as per the case definition were taken up on the basis of the first come first serve.
- ✓ Patient selected from various socio-economic strata.
- ✓ Patient complying with regular follow up.

### **Exclusion Criteria:**

- ✓ Symptoms associated with any other disease condition.
- ✓ All medico-legal cases will be excluded.
- ✓ Patient who are having any complication.
- ✓ Patients who were not cooperate during treatment.
- ✓ All the cases that did not fulfill the standard case definition.
- ✓ Patient without written consent.
- ✓ Immuno-compromised patient.
- ✓ Patient suffering from violent condition of mental illness/ disease.
- ✓ Patient suffering from mental disease age above 25 years.
- ✓ Patient having Pregnancy.
- ✓ Patient below 15 years.

- ✓ Patient having history of any kind of critical illness like Epilepsy, seizures, fits etc.

**Intervention-** Each cases study in details, proper case taking, individualization and form totality of symptoms. Each case prescribes Homoeopathic medicine gelsmium in various potency.

**Informed Consent document :**

Take prior to beginning of study.

**Assesment method-** Social Phobia Score scale used for asses the progress of cases. When patient enroll for study at that time pre assesment taken and after that 6 month again post study assesment was taken, and compare both score.

**Ethical clearence :** Institutional Ethics Committee of Tantia University, Sri Ganganagar was approved study protocol prior to beginning of study.

**Record of work:** Case taking Proforma as per Organon of Medicine and Psychiatry used along with SPS score

**Repertory:** Repertory used according to the need of case.

**Remedy selection:** Remedy was selected by totality of symptoms and individualizing features of patients.

**Placebo:** Placebo was prescribed as per indicated in Organon of Medicine as per posology.

**Source of remedy:** Pharmacy State National Homoeopathic Medical College

and Hospital, Viraj Khand, Gomti Nagar, Lucknow, UP

**Remedy application:** Potency selection, application and repetition of medicine(s) were done according to the need of case and as per posology.

**Medicine Dispense-** Medicine had given in globules no. 40 through oral route.

**Investigation:** All necessary investigations were done at this institute. If special investigations are needed, patients may be referred to higher laboratories.

**Statistical Test/Tools** - 2 sample dependent T –test used for analysis of study at 0.05 level of significance. Micorosoft excell, Social science calculator used for calculation, Data prasent in form of graph and table as per need.

**Expected outcome:** as per improvement of symptoms of patients.

- **Marked-** When more than 75% improvement of symptoms of patients
- **Moderate-** When more than 50% improvement of symptoms.
- **Mild-** When more than 25% improvement of symptoms.
- **Status Quo-** No Improvement.
- **Drop Out-** Patient leaves the case in between study.

**Brief Procedure-** - 100 cases selected as per case definition by simple random sampling method from age group (15-25 years of age), of both sexes and of

different socioeconomic status will be taken for the purpose of study from different colleges and school of lucknow, OPD & IPD of state National Homoeopathic Medical college and Hospital, Viraj khand, Gomti Nagar, Lucknow. Explain to the Patient pros and cons of study, if they are agree then take informed consent document and begins study as per direction of Homoeopathy, proper case taking, prescribe Gelsmium medicine to patient, patient does not know they take which medicine so this study was single blind study. Social Phobia scale was used for assesment of fear pre and post study. After completion of study analysis was done and draws the conclusion.

## RESULT

Total 100 (n) participant analyzed after study, at beginning of study mean of SPS score (pre) was  $53.43 \pm 8.84$  and after study Mean of SPS score (post) was  $23.34 \pm 5.51$ . T Test calculated value was 49.65 at significance level 0.05, corresponding p value was  $<0.0001$  so alternate hypothesis was accepted because p value is less than 0.05. In my study incidence of fear of failure in male is more than female. 57 male and 43 female patients were participated. During my study Out of 100, 64 cases were belonging from age group 20-25 yrs, 33 cases from 20 – 25 yrs, and 3 cases of 15 yrs of age

were participated Incidence of fear of failure is more in age group 20-25 yrs. In my study 34 cases from rural area and 66 cases from urban area were participated. In Study 31 cases from Lower Socioeconomic class, 40 cases from middle socioeconomic class and 29 cases from upper socioeconomic class so no definitive conclusion drawn in respect to SE class. Psora miasm were most dominant miasm found during study. Out of 100 cases 23 cases show good improvement, 52 cases shows moderate improvement and 25 cases shows mild improvement after study.

This study shows that gelsmium homoeopathic medicine effective in management of fear of failure.

Table 1 T test Result

	Mean	Standard Dev	T	D	Ttab at p=0.05	P Value	Remark
Pre Mean	53.43	8.84	-	9	1.984	<0.0001	Significant
Post Mean	23.34	5.51	.	65			
Deviation mean	30.09	6.06					

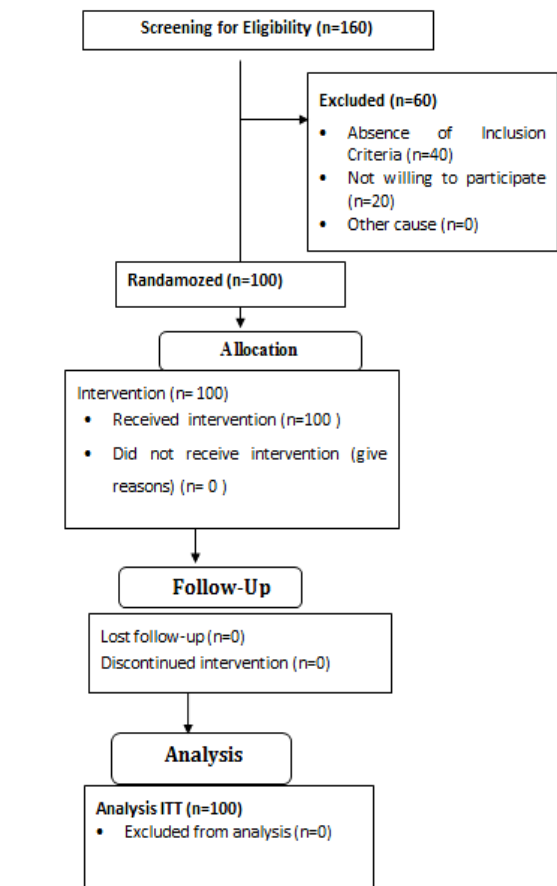


Fig 1 Study Flow Diagram

## OBSERVATION

Following observation were observed after completion of study-

### Gender Distribution -

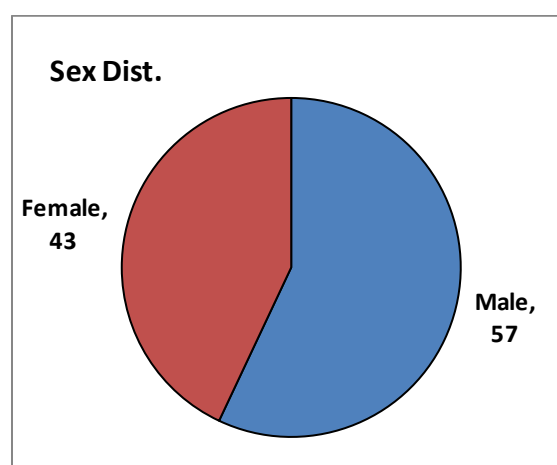


Fig. no. 2 Pie Diagram of Gender Distribution

### Age Distribution

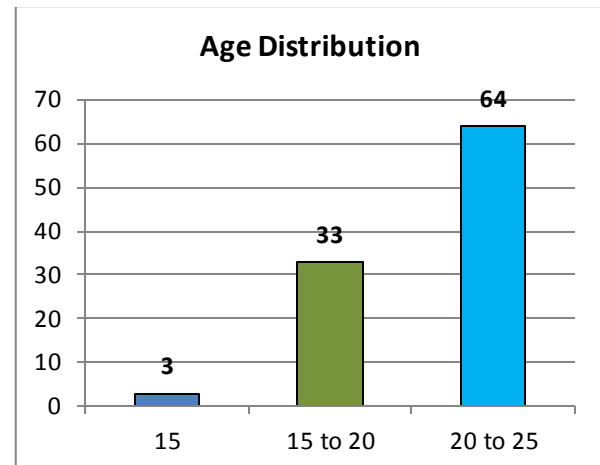


Fig no. 3 Bar Diagram of Age Distribution

### Habitat

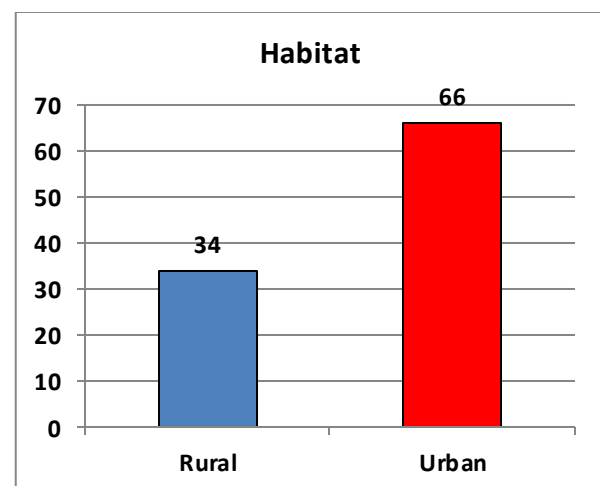


Fig no 4 Bar Diagram of Habitat

### Socio-Economic Status of Patients

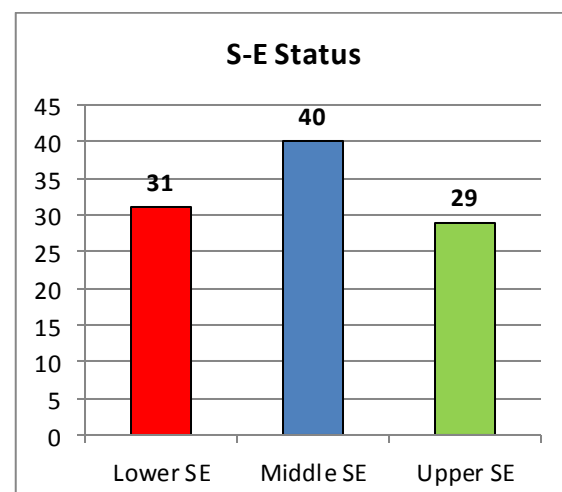


Fig no. 5 Bar Diagram of Socio-Economic



### Medicine Used During Treatment

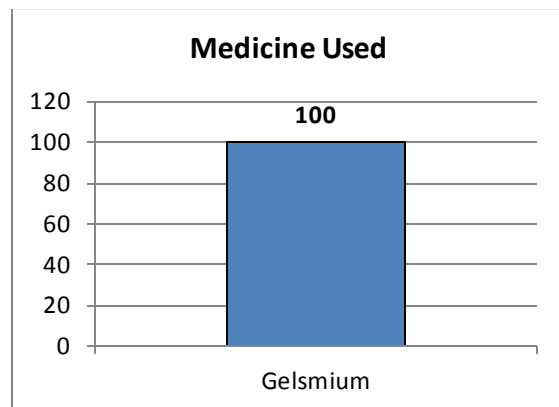


Fig no. 6 Bar Diagram of Medicine used During Treatment

### Symptoms of Gelsmium

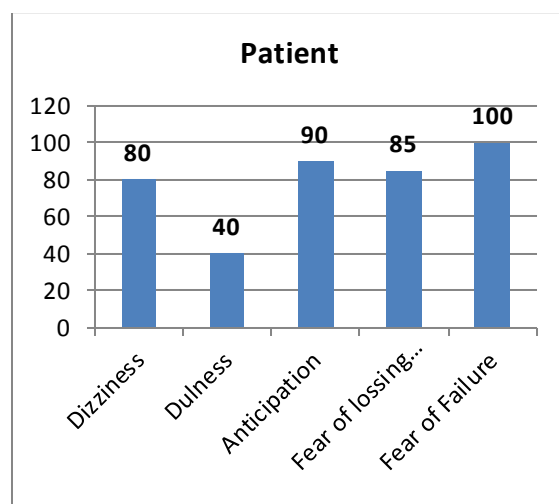


Fig no. 7 Bar Diagram of Gelsmium Symptoms

### Result after Treatment

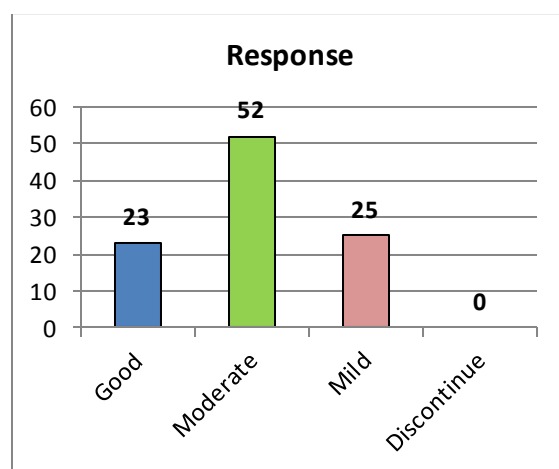


Fig 8 Bar Diagram of Response

### Pre and Post SPS Score

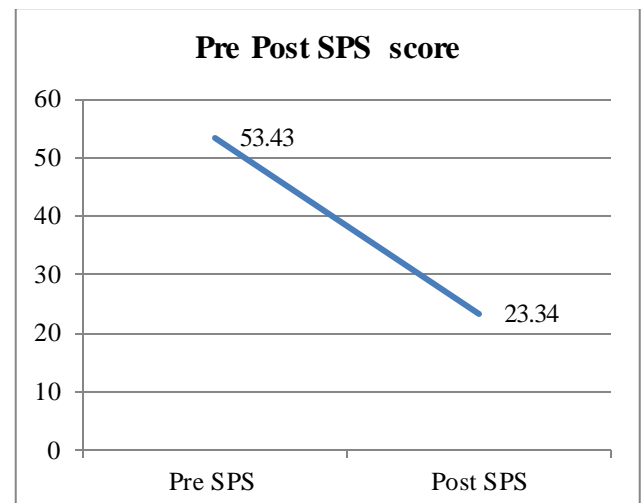


Fig no. 9 Pre Post Mean SPS Score

### CONCLUSION

Following conclusion drawn after concluding the study-

1. Homoeopathic medicine Gelsmium effective in management of cases of FOF.
2. In my study incidence of fear of failure in male is more than female. 57 male and 43 female patients were participated.
3. During my study Out of 100, 64 cases were belonging from age group 20-25 yrs, 33 cases from 20 – 25 yrs, and 3 cases of 15 yrs of age were participated. Incidence of fear of failure is more in age group 20-25 yrs.
4. In my study 34 cases from rural area and 66 cases from urban area were participated, in urban area it is more common.
5. In Study 31 cases from Lower Socioeconomic class, 40 cases from

middle socioeconomic class and 29 cases from upper socioeconomic class so no definitive conclusion drawn in respect to SE class.

6. Psora miasm were most dominant miasm found during study.
7. Out of 100 cases 23 cases show good improvement, 52 cases shows moderate improvement and 25 cases shows mild improvement after study.

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**How to Cite this Article-** Jain N.K., Girdhar R., A Study On Fear Of Failure Between The Ages Of 15-25 Years Student And Check The Usefulness Of Homoeopathic Medicine – Gelsemium. *TUJ. Homo & Medi. Sci.* 2022;5(1):36-47.

**Conflict of Interest:** None

**Source of Support:** Nil



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