



## A Study to Examine OCD Like Symptoms among Undergraduates of Invertis University

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### ABSTRACT

**Introduction:** Obsessive-compulsive disorder (OCD) is associated with substantial psychosocial impairment. It is a common disorder defined as obsession or compulsion, or both, which causes marked disturbances or interferes with daily functioning.

**Objective:** The aim of this study was to investigate the relationship of obsessive-compulsive symptoms among Male or female students, Rural or Urban students and Day-Scholar and Hosteller. .

**Methods:** This study was done on 100 students at Invertis University in Bareilly. Students were selected by random sampling method. The used tools were OCI-R inventory.

**Results:** There was no statistically significant correlation between the total score of obsessive compulsive symptoms.

**Conclusions:** The findings in this study support that every subscale symptoms in the OCD differ according to different category.

**Keywords:** Obsession, Compulsions, CBT

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### INTRODUCTION

Obsessive-Compulsive Disorder [OCD] is a common disorder defined as obsession or compulsion, or both, which causes marked disturbances or interferes with daily functioning. Obsession are repetitive thoughts, desires or ideas that are experienced in a disturbing or unwanted way. Also, idea, images or impulsive that is experienced as intrusive thoughts or inappropriate and results in marked anxiety, distress or discomfort. (American Psychiatric Association). Compulsions are repetitive behaviors or mental acts that individuals feel driven to perform in response to their obsessions. These behaviors are aimed at reducing the anxiety and preventing a feared event, even though they may be irrational and excessive. It include rituals like checking, counting, repeating actions, or mental acts like praying or silently repeating words.

OCD can significantly interfere with various aspects of daily functioning, including work, school, and college, relationships, and social activities, people with OCD may spend significant amounts of time engaging in habit, which can disrupt their productivity and cause distress.

OCD is believed to result from a combination of genetic, neurological, environmental and psychological factors. Treatment typically involve a combination of therapy, such as Cognitive-behavior therapy (CBT) specifically tailored for OCD, and medication like selective serotonin reuptake inhibitors (SSRIs). These approaches can help individuals manage their symptoms and improve their quality of life. Alongside therapy and medication, lifestyle modifications such as stress management techniques, regular exercises, adequate sleep, and a healthy diet can also play a supportive role in managing OCD symptoms.

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### Objectives of the study

1. To understand the onset and etiology of OCD among males and female students.
2. To understand the onset and etiology of OCD among rural and urban students.
3. To understand the onset and etiology of OCD among day-boarding and hosteller students.

## HYPOTHESES

1. There will be no statistically significant difference between the means of boys and girls on the counts of Obsession and Compulsion.
2. There will be no statistically significant difference between the means of rural and urban students on the counts of Obsession and Compulsion.
3. There will be no statistically significant difference between the means of day-boarding and hosteller students on the counts of Obsession and Compulsion.

## METHODOLOGY

### Tools

The content of obsessions and compulsions varies from person to person; Here, we have used OBSESSIVE COMPULSIVE INVENTORY-REVISED (OCI-R) [ Foa et al., 2002] is an 18-item self-report questionnaire and measures OCD symptoms across 5 subscales including washing, checking, obsessing, ordering, neutralizing . The scale is suitable for use with adults and adolescents

.The OCI-R has the following subscales:-

1-Washing- assessing difficulty in touching objects that have been touched before and excessive washing due to feeling contaminated. Individuals may report excessive fears of germs or dirt and engage in repetitive hand-washing or cleaning practice to alleviate their anxiety.

2- Obsessing: - assessing difficulty with thoughts including trying to control them, becoming upset by unpleasant thoughts and a feeling of excessive unpleasant thoughts. Common obsessions including fears of harming oneself or others, fears of contamination, concerns about religious beliefs.

3- Ordering: - assessing challenges with ordering of objects. The person behavior can vary widely, from arranging objects symmetrically to following precise numerical or color patterns.

4- Checking; assessing excessive checking of items (doors, windows, drawers, taps, and switches).Individuals with high scores on this subscale may experience persistent doubts and fears of harm if they do not check repeatedly.

5- Neutralizing; assessing compulsions to count and excessive feelings towards numbers. This may include repeating phrases, mentally reviewing past events, or engaging in other habits to reduce discomfort associated with obsessions.

## PARTICIPANTS

Participants in this study were 100 Invertis University Undergraduate Students (All courses) [Age range, 18-21 years old, 60 Girls and 40 boys].All participants were over 18 years old and voluntarily gave us informed consent to participate in this Study.

## ANALYSIS

Statistical analyses were conducted using SPSS. Continuous variables were summarized with means (standard deviation [SD]) regarding OCD and compared using two-tailed group *t*-tests.

Categorical variables were given as frequencies and percentages by group.

## RESULTS

The findings revealed the following information shown in Table 1 about Undergraduate student's demographics.

**TABLE 1:- DEMOGRAPHIC VARIABLES OF COLLEGE STUDENTS**

VARIABLES		N-100	PERCENTAGE %
GENDER	MALE	40	20%
	FEMALE	60	60%
Geographic area	RURAL	50	50%
	URBAN	50	50%
Place of residence	HOSTELLER	20	20%
	DAY SCHOLAR	80	80%

Here N indicate No. of Students participate in the research. i.e. 100.After collected demographic data, was analysed most of participants are Female (60).It also shows that most students are day scholar (80).

**TABLE 2: MEAN AND STANDARD DEVIATION FOR ALL OCI-R SCALES WITH RURAL AND URBAN.**

SCALES	GEO. AREA	N-100	MEAN	$\sigma$ (sigma)
WASHING	RURAL	50	4.52	5.30
	URBAN	50	6.2	3.8
OBSESSING	RURAL	50	6.56	7.32
	URBAN	50	5.56	3.08
ORDERING	RURAL	50	5.76	6.38
	URBAN	50	7	3.05
CHECKING	RURAL	50	5.2	5.87
	URBAN	50	5.84	3.42
NEUTRALISING	RURAL	50	3.84	4.67
	URBAN	50	4.88	3.2
TOTAL	RURAL	50	26.08	28.41
	URBAN	50	31.84	22.17

Here,  $\sigma$  (sigma) indicate Standard Deviation.

N represent the group size of participants i.e. 100 [50-Urban and 50-Rural]

Apply t-test which is used when you are looking at numerical variable and then comparing the Mean of two groups. Here, we use null hypothesis which tends to be that there is no difference between the means of the two population.

T SCORE	<b>1.03</b>
DEGREE OF FREEDOM	98

Tabulated values at 98 degree of Freedom:-

$$T= 1.64 \text{ (0.05 level of significance)}$$

Now our calculated value 1.0 is less than Tabulated value. Therefore, we can say that mean difference between two groups is not significant.

So, Rural and Urban Area does not differ significantly.

So, hypothesis is accepted that there will be no statistically significant difference between the means of rural and urban students on the counts of Obsession and Compulsion.

**TABLE 3: MEAN AND STANDARD DEVIATION FOR ALL OCI-R SCALES WITH DAY SCHOLAR AND HOSTELLER THAT COMES UNDER PLACE OF RESIDANCE VALUE.**

SCALES	RESIDANCE	N-100	MEAN	$\sigma$ (sigma)
WASHING	DAY SCHOLAR	80	6.7	15.7
	HOSTELLER	20	4.2	3.06
OBSESSING	DAY SCHOLAR	80	5.9	9.6
	HOSTELLER	20	9	3.03
ORDERING	DAY SCHOLAR	80	7.05	9.05

	HOSTELLER	20	6.8	3.25
CHECKING	DAY SCHOLAR	80	5.85	10.4
	HOSTELLER	20	5	2.68
NEUTRALISING	DAY SCHOLAR	80	5.35	11.8
	HOSTELLER	20	4.8	3.87
TOTAL	DAY SCHOLAR	80	29.4	23.82
	HOSTELLER	20	30	13.68

Here,  $\sigma$  (sigma) indicate Standard Deviation.

N represent total number of observations in the sample i.e. 100 [80-Day Scholar or 20 is Hosteller].

Apply t-test which is used when you are looking at numerical variable and then comparing the Mean of two groups. Here, we use null hypothesis which tends to be that there is no difference between the means of the two population.

T SCORE	1.0
DEGREE OF FREEDOM	98

Tabulated values at 98 degree of Freedom:-

$$T=1.64 \text{ (0.05 level of significance)}$$

Now our calculated value 1.0 is less than Tabulated value. Therefore, we can say that mean difference between two groups is not significant.

So, day scholar or hosteller does not differ significantly.

So, hypothesis is accepted that there will be no statistically significant difference between the means of day-boarding and hosteller students on the counts of Obsession and Compulsion.

**TABLE 4:-MEAN, STANDARD DEVIATIONS AND T TEST FOR MALE AND FEMALE WITH ALL OCI-R SCALES.**

SCALES	GENDER	N-100	MEAN	$\sigma$ (sigma)	T VALUE
WASHING	MALE	40	6.7	3.96	1.42
	FEMALE	60	6.4	3.78	
OBSESSING	MALE	40	5.9	3.09	3.15
	FEMALE	60	7.63	3.16	
ORDERING	MALE	40	7.05	3.00	1.63
	FEMALE	60	7.56	3.03	
CHECKING	MALE	40	5.85	3.22	1.54
	FEMALE	60	5.4	3.20	
NEUTRALISING	MALE	40	5.35	3.43	0.48
	FEMALE	60	5.03	3.21	
TOTAL	MALE	40	29.4	13.65	1.60
	FEMALE	60	33.16	14.33	

N- Total no. of observations or the size of the Population.

T-Value: - It measures the size of the difference relative to the variation in your sample data. [T-Test is a method to test the significance difference between the means].

T is simply the calculated difference represented in units of standard error. The greater the magnitude of T, the greater the evidence against the null hypothesis. This means there is greater evidence that there is a significant difference. The closer T is to 0, the more likely there isn't a significant difference.

Here, we use null hypothesis which tends to be that there is no difference between the means of the two population.

T SCORE	<b>1.60</b>
DEGREE OF FREEDOM	98

Tabulated values at 98 degree of Freedom:-

$$T=1.96 \text{ (0.05 level of significance)}$$

Now our calculated value 1.0 is less than Tabulated value. Therefore, we can say that mean difference between two groups is not significant.

So, day scholar or hosteller does not differ significantly.

So, hypothesis is accepted that there will be no statistically significant difference between the means of boys and girls on the counts of Obsession and Compulsion

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## Conclusions

Our work highlighted OCD-symptoms with their mean and standard deviation values . High OCD symptoms can be affected more in terms of mood, thus making OCD people potentially even more vulnerable to the negative side-effects. In the end, we cannot ignore that OCD people Symptoms differ from each other. Example- Male dominate in Checking, Neutralising and washing whereas Female dominate in Obsessing and Ordering.

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