Phobia: Impact on Academic Outcomes of Students Aged Between 6 Years to 18 Years - A Case Study

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ABSTRACT

Background: Most of us have experience of fear at any point of our lifetime. When this common fear turns to severe anxiety can be named as a phobia. The phobia is one of the psychological disorders which imbalance our day today’s wellbeing. Normally children have frequent experience of fear and few of them suffer from severe anxiety disorder. The influence of the external world is the main cause of any phobic problems.

Result: As per this case study common fear or phobic disorder among children is affecting the academic performance of the children and their day today’s activities. It is highly recommended to expertize the teachers and educate the family members to have an insight on phobic disorders and its impacts on children. Most therapeutic approaches are currently being used for children for the prevention of phobic and anxiety disorders are individual child-focused treatments. Family members or teachers generally play a little or indirect role in the treatment process. However, the role of teacher’s and family member’s in identifying and managing anxious children will help the child for being potential in fighting against such disorders. Specific assessment, including the interview, reporting instruments, other-report measures, behavioural observations, monitoring, and physiological assessment are the tools in finding solutions for phobic problems among children.

Conclusion: The above case study is giving us an experimental idea on deferent types of anxiety disorders and their impact on the child’s academic outcome. However the impact of phobia is not only on the academic outcome of the child but also on its behaviour and social wellbeing, it will also disturb the child in its day today’s activities. The timely approach with several therapies will help the child to cope-up with the phobic problems and balance well performance in academic as well as in social activities.

Keywords: Children, Phobia, Fear, Anxiety, Family & Teachers.

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