Therapeutic Interventions on Pathological Gamblers

M.G. Sharma, Ph.D. Assistant Professor, Dept. of Psychology, Sri Agrasen Kanya P.G College, Parmanandpur, Varanasi, India
Vandana Sharma, Ph.D. Psychologist, S. I. Mental and Physical Health Society (SIMPHS), C.33/204-1-B-1, Chandua Chhittupur, Varanasi, India
Awadhesh Upadhyay, Associate Professor, Dept. of Psychology, Udaipur Pratap Autonomous College, Varanasi, India

ABSTRACT

The aim of this scientific study was to see the effect of therapeutic interventions on pathological gamblers. 259 subjects were consisted for this study out of these 55 experimental ( treated ) and 55 control ( untreated ) group of pathological gamblers were evaluated at the S.I. Mental and Physical Health Society (SIMPHS), Varanasi, India. All the subjects were matched on the variables of age range 29-65 years with mean age of 48.26 years. Eysenck Personality Questionnaire and Defense Mechanism Inventory were administered one by one at a time. Only those cases were recognized as pathological gamblers who had gambled for an average of minimum three years and were gambling over one-third their monthly incomes. Astrotherapy, psychotherapy and meditation were given to the experimental (treated) group of pathological gamblers for the requirements of the study. Experimental group (treated ) of this study who were attend to the centre for follow-up were requested to complete the questionnaire. Result indicates that experimental group of pathological gamblers have significantly higher on extraversion, projection, and turning against object and significantly lower on neuroticism, psychoticism, reversal, principalization, and turning against self as compared to the control group of pathological gamblers

Introduction

Despite D S M III (Spitzer, 1980) classifying pathological gambling under the residual category of “Disorder of Impulse Control”, there has been a strong trend to regard it has an addictive disorder (Dickerson, 1984, Blaszczynski et al. 1985) with many features found in drug and alcohol addiction including withdrawl symptoms of disturbed mood and / or behaviour (Wray & Dickerson, 1981), dependence (Moran, 1970) and tolerance (Dickerson, 1984). In the developed country as well as united state pathological gamblers are treated in alcohol and drug addiction centers. Similar individual, group psychotherapy and education programs are given to these groups and Gamblers Anonymous is modelled on the principles and format of Alcoholics Anonymous. The experimental analysis of addictive behaviours is modelled on the principles and format of Alcohols Anonymous. The experimental analysis of addictive behaviours is strongly affected by Skinner’s (1853) operant conditioning paradigm. If pathological gambling is conceptualized as an addictive disorder then similar processes may also be seen to be operating with subjective excitement generated by gambling as the reinforcing factor Moskowitz (1980) commented that the thrill and excitement are so pleasurable that they are virtually addicting…. It is this charged-up feeling, a mixture of super confidence, enthusiasm, fear and guilt that seems to drine the patient towards the gaming table.

In the clinical experience of Blaszczynski et al (1986) gamblers frequently described their excitement as analogous to the euphoric mood state of ‘fix’ experienced by drug addicts.

A further observation suggested that the motivation to gamble differed between various forms of gambling. In addition to or because of the excitement of gambling, poker machine players reported secondary rewards in the form of “psychic or emotional escape” from stress. They become totally oblivious to their daily problems. Horse race addicts on the other hand more frequently reported that gambling served to reduce dysphoric mood states. Often they would delay the receipt of race results to prolong anticipatory excitement and arousal. Expectations of large wins which may lead to improved financial and socio-economic status may also provide current and anticipatory reinforcement value despite continued losses (Tec, 1964). Anderson and Brown (1984) and Brown (1984) postulated a model of gambling based on individual differences in autonomic and cortical arousal which, in interactions with irregular reinforcement schedules, led to the development of pathological gambling. There are some studies have shown gambling to be a risk-taking activity that is associated with a high degree of subjective excitement and physiological arousal Anderson and Brown (1984) found mean heart rate increases of
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Patterns of behaviour and (iii) promoting positive existing symptoms, (ii) mediating disturbed professional relationship with the patient with the (i) removing modifying or retarding a trained person deliberate established a means of problems of an emotional nature in when Psychotherapy is the treatment, by psychological to the individual therapy (Sharma, 2001).

Effective for pathological gamblers in comparison psychoticism and lie, and group therapy is more extraversion and lower on neuroticism, pathological gamblers had significantly higher on Personality Questionnaire and found that treated Ferioli and Ciminero (1981) describe similar the emergence of their compulsive gambling. 

Reported that the depression commenced prior to depressive disorder. Fourteen of their subjects reported that the depression commenced prior to the emergence of their compulsive gambling. Ferioli and Ciminero (1981) describe similar characteristics in their gamblers: depression, low self-esteem, lack of assertiveness, inability to handle stress and the inability to identify or express feelings. Sharma and Sharma (2008) used Eysenck Personality Questionnaire and found that treated pathological gamblers had significantly higher on extraversion and lower on neuroticism, psychoticism and lie, and group therapy is more effective for pathological gamblers in comparison to the individual therapy (Sharma, 2001). Psychotherapy is the treatment, by psychological means of problems of an emotional nature in when a trained person deliberate established a professional relationship with the patent with the object of (i) removing modifying or retarding existing symptoms, (ii) mediating disturbed patterns of behaviour and (iii) promoting positive personality growth and development.

Astrology is a combination of science and metaphysics. To make a map and erect a horoscope from the birth particulars is a scientific process requiring considerable expertise, skill and application.

As we know that planets directly effect on our body and mind, and the water plays an important role to balance in human body, which was influenced by the moon. This water- balance, on the other hand, controls our body and mind. Similarly many ailments are caused by the adverse planetary impact on the moon, e.g., influenza, chronic coughs and colds, bronchitis, tuberculosis, asthma, nervous tensions, gout, sciatica, etc. A weak moon in a birth chart can also create lunatics. An adverse or weak moon causes psychological- disorders and it has been observed that the problems of psychic patients are accentuated on new moon days and full moon days. The astro-sciences, like a clinical psychologist, guide you. Say, if your birth charts has been correctly drawn and carefully analyzed and interpreted. It can fairly reveal what would be your basic characteristics, likes and dislikes marital harmony or discord, your level of intellect and many such related matters including love life, professional achievements, honours and distinctions. A systematic study of astro-science goes along way in getting the best out of one’s life and helping one to sail through turbulent times. Meditation can be defined in a number of different ways, philosophical or operational. Webster’s dictionary defines meditation as an ‘act of spiritual contemplation’. It seems that in its wider modern usages, denotes (Kalkaska, 1990): self-experience, self- realization and, in some religious tradition, a specific practice to achieve the discovery of the ultimate truth.

**Materials And Method**

55 experimental (treated) and 55 control (untreated) group of pathological gamblers were consisted for this study. Only experimental (treated) group of the subjects were treated in three phases, in 1st phase after the completion of dossier or case history and the study of horoscope it was decided to see the effect of planets on pathological gamblers which were responsible for gambling, suitable mantra (one thousand times /day) for about six months and stones were applied on the subjects for example, Pearl in Rohini nakshatra on monday for moon and related mantra ‘Om Shram Shrim Shroum Sah Chandramase Namah.’, Corel in Mrigshira nakshatra on tuesday for marsh and related mantra ‘Om Kram Krin Kroum Sah Bhomai Namah.’ Neelam in Pushya nakshatra on saturday for satrum and related mantra ‘Om Pram Prim Proum Sah Sannaishcharai Namah’, and Gommed in Adra nakshatra at mid-night on wed. / sat. for rahu and related mantra ‘Om Bhrum Bhrim Bhoum Sah Ruhway Namah’. In IIth phase they
did meditation per day at a particular time and place. In IIIrd phase during treatment period group therapy was given to all the subjects who were under the treated at S.I. Mental and Physical Health Society (SIMPHS) Varanasi, India. We did not provide any kind of treatment to control (untreated) group of pathological gamblers.

**Tools**

Eysenck Personality Questionnaire by Thakur and Thakur (1885) was used to see the treatment’s effect on pathological gamblers. It measures four groups of personality, which are Extraversion, Neuroticism, Psychoticism, and Lie which consist Defense Mechanism Inventory by Mrinal and Mrinal (1971) was used for the purpose of the study. It measures five groups of defense mechanism, which are, Reversal, Principalization, Turning against self, Projection, and Turning against object which consist reaction formation, denial, regression, repression, compensation, projection, intellectualization and displacement.

**Statistical analysis**

The obtained data of treated and non-treated pathological gamblers on these two tests were scored and analyzed using Mean, S.D. and ‘t’-test.

**Results And Discussion**

With a view to comparing mean scores of the Eysenck Personality Questionnaire and Defense Mechanism Inventory using,’t’-test of significance. Results of such comparison are given in table no.1 and 2.

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>Experimental Group</th>
<th>Control Group</th>
<th>‘t’-value</th>
<th>df</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>Extraversion</td>
<td>12.01</td>
<td>4.12</td>
<td>9.21</td>
<td>4.52</td>
<td>3.41</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>13.01</td>
<td>4.39</td>
<td>14.86</td>
<td>4.17</td>
<td>2.26</td>
</tr>
<tr>
<td>Psychoticism</td>
<td>8.31</td>
<td>3.42</td>
<td>12.01</td>
<td>4.55</td>
<td>4.86</td>
</tr>
<tr>
<td>Lie</td>
<td>7.09</td>
<td>5.67</td>
<td>9.04</td>
<td>4.78</td>
<td>1.96</td>
</tr>
</tbody>
</table>

A glance from the table no.1 that the two groups differ significantly on extraversion, neuroticism, and psychoticism. The experimental group showed higher mean scores on extraversion. So it clarifies that experimental group of pathological gamblers are found to be extroverted in nature. In other words they have more out going personality like parties, has many friends. He craves excitement, takes chance, he is a found of practical jokes always has a ready answer and generally likes change careful, easy going and optimistic etc. The control groups of pathological gamblers shows mean scores on neuroticism and psychoticism. It may be said that control group of pathological gamblers have more neurotic tendency. In other words they may be termed as more anxious, tender minded, suspicious, tense, phobic and obsessive persons, and higher mean scores on psychoticism scale indicates that control group of pathological gamblers are more aggressive, tough minded, and dominating persons as compared to the experimental group. In a previous study of Sharma and Sharma (2008) used E P Q and found that treated pathological gamblers had significantly higher on extraversion and lower on neuroticism and psychoticism, and group therapy is more effective for pathological gamblers as compared to the individual therapy (Sharma, 2001). In another study of Sharma and Sharma, (2009) reported that aggression and anxiety was found in non-treated pathological gamblers and this study is quite similar to the present finding of the study.

Scores obtained by the two groups on reversal, principalization, turning against self, projection and turning against object variables were analyzed using ‘t’-test of significance and results are presented in the following Table 2.
Table no.2: Comparison of Experimental and Control groups of Pathological Gamblers on D.M I.

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>Experimental Group</th>
<th>Control Group</th>
<th>‘t’-value</th>
<th>df</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>Reversal</td>
<td>24.15</td>
<td>7.41</td>
<td>35.34</td>
<td>11.43</td>
<td>6.17</td>
</tr>
<tr>
<td>Principalization</td>
<td>22.97</td>
<td>9.87</td>
<td>31.23</td>
<td>6.97</td>
<td>5.09</td>
</tr>
<tr>
<td>Turning against self</td>
<td>18.76</td>
<td>7.42</td>
<td>21.98</td>
<td>6.87</td>
<td>2.36</td>
</tr>
<tr>
<td>Projection</td>
<td>35.9</td>
<td>6.98</td>
<td>23.65</td>
<td>8.76</td>
<td>8.16</td>
</tr>
<tr>
<td>Turning against object</td>
<td>36.86</td>
<td>7.01</td>
<td>29.64</td>
<td>9.89</td>
<td>4.42</td>
</tr>
</tbody>
</table>

It is evident from the table No. 2 that these two groups did differ significantly on reversal, principalization, turning against self, projection, and turning against object. The control group shows higher mean scores on reversal, principalization, and turning against self. It indicates that they used major defense mechanism in comparison to the experimental group. This means reversal dimension of defense mechanism deals with conflict by responding in a position or natural fashion to a frustrating object, which might be expected to evoke a negative reaction. Defenses such as negation, denial, reaction formation, and repression are subsumed under this category. The principalization has also higher mean scores which indicate that control group deals with conflict through invoking a general principle that “splits off” affect from content and represses the former. Defenses such as intellectualization, isolation, and rationalization fall into this category. The another highest scores on turning against self shows that control group of pathological gamblers handle conflict through directing aggressive behaviour towards himself. Masochism and auto sadism are examples of defensive solutions in this category. The experimental group of pathological gamblers has higher scores on projection this means they justify the expression of aggression towards an external object through first attributing to it, without unequivocal evidence, negative intent, or characteristics. Experimental group of pathological gamblers has also higher mean scores on turning against object which indicates that defenses deals with conflict through attacking a real or presumed external frustrating object. Such classical defenses as identification with the aggressor and displacement can be placed in this category.

Conclusion
The present finding of the study has shown that the characteristics associated with experimental group of pathological gamblers are extraversion, projection, and turning against self and characteristics associated with control group of pathological gamblers are neuroticism, psychoticism, reversal, principalization, and turning against object.

References


