Hemophobia In High School Students, Guntur, 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 Hemophobia among 8th to 10th studying students in rural and urban Government schools. The response was taken from 3399 students (8th:1175, 9th:1095, 10th:1129). The study found that the phobia was more in Namburu school students (21.31%). In the urban schools the highest percentage was noticed in SJRR school (28.96). Homeopathy, Exposure based therapy, Cognitive therapy are some of the useful treatment methods. Parents shall not neglect any specific phobia, which can influence the future.

Keywords: Hemophobia, Specific Phobia, Anxiety Disorder, Treatment, Rural And Urban High School Students

I. INTRODUCTION

"Hemophobia", is derived from the Greek "haima" (blood) and "phobos" (fear). It 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).

Hemophobia, or fear of blood, is a common specific phobia. The fear is categorized by the DSM-5 (Diagnostic and Statistical Manual, 5th Ed.) as part of the subtype “blood-injection-injury” phobias. This subtype, which also includes needle phobia, can cause symptoms that are not frequently seen in other types of specific phobias (https://www.verywellmind.com).

The present study was carried out to know the extent of the Hemophobia among 8th to 10th class students, studying in rural and urban Government schools.

Symptoms

Phobias of all types share similar physical and emotional symptoms. With hemophobia, symptoms may be triggered by seeing blood in real life or on television. Some people may feel symptoms after thinking about blood or certain medical procedures, like a blood test (https://www.healthline.com).

Physical symptoms triggered by this phobia may include:
- trouble breathing
- rapid heart rate
- rightness or pain in chest
- shaking or trembling
- lightheadedness
- feeling nauseated around blood or injury
• hot or cold flashes
• sweating

Emotional symptoms may include:
• extreme feelings of anxiety or panic
• overwhelming need to escape situations where blood is involved
• detachment from self or feeling “unreal”
• feeling like you’ve lost control
• feeling like you may die or pass out
• feeling powerless over your fear

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).

II. METHODS AND MATERIAL
A total of 3399 students was participated, out of them 1175 are studying 8th, 1095 are 9th and 1129 are 10th class. 1342 were studied in seven rural schools and 2057 in seven urban schools. 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 a fear of blood?”. 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.

<table>
<thead>
<tr>
<th>Place/School</th>
<th>8th School Strength</th>
<th>No. of students with Hemophobia</th>
<th>9th School Strength</th>
<th>No. of students with Hemophobia</th>
<th>10th School strength</th>
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<tr>
<td>Tadikonda girls’</td>
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<td>57</td>
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<tr>
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<td>69</td>
<td>2</td>
<td>101</td>
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<th>No. of Students with Hemophobia</th>
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<td>159</td>
<td>5</td>
<td>189</td>
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<td>77</td>
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<td>8</td>
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<td>P</td>
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<td>53</td>
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<td>93</td>
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<td>76</td>
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</table>
III. RESULTS AND DISCUSSION

A percent variation of the rural and urban students, those suffering from Hemophobia was shown in tables 2 and 3 and figures 1 and 2 and is explained below.

Rural Schools

8\textsuperscript{th} class

Highest percent of Namburu school (18.56) were marked the Hemophobia, followed by Chinakakani (16.95\%) and Namburu girls (13.33\%). The lowest percent was noticed with Venigalla school (5.06\%).

9\textsuperscript{th} Class

19.05\% of Namburu girls school students had expressed the Hemophobia, followed by Takkellapadu school students (12.77\%) and Tadikonda girl (8.77\%). Comparatively, the problem is low in Venigalla (2.90\%) and Chinakakani (3.57\%).

10\textsuperscript{th} Class

Highest percent of Namburu girl students (23.33) were marked the Hemophobia, followed by Tadikonda girl (12.24\%) and Chinakakani (8.16\%). The problem is low in Namburu (2.33\%).

Table 3. Hemophobia Among Rural School Students (%)

\begin{tabular}{|c|c|c|c|}
\hline
Schools & 8th & 9th & 10th \\
\hline
Chinakakani & 16.95 & 3.57 & 8.16 \\
Namburu girls & 13.33 & 19.05 & 23.33 \\
Namburu & 18.56 & 6.25 & 2.33 \\
Ponnekallu & 10.87 & 7.69 & 5.81 \\
Takkellapadu & 9.38 & 12.77 & 10.64 \\
Tadikonda girl & 8.16 & 8.77 & 12.24 \\
Venigalla & 5.06 & 2.90 & 5.94 \\
\hline
\end{tabular}

Figure 1. Percent variation of Hemophobia in rural school students

Urban Schools

8\textsuperscript{th} Class

20.00\% of SJRR students were pointed Hemophobia, followed by KSR (15.69\%) and SKS (13.00\%). The lowest percent was observed with SCMP (7.53\%).

9\textsuperscript{th} Class

Highest percent of KSR (31.17) school students had Hemophobia, followed by SJRR (24.73\%) and SGNKR (10.11\%). The lowest percent was observed in SK students (3.14\%).

10\textsuperscript{th} Class

16.88\% of SGNKR students were suffering from Hemophobia, followed by SJRR (16.13\%) and KSR (11.32\%). The lowest percent was observed in SCMP (6.58\%).

Table 4. Hemophobia Among Urban School Students (%)

\begin{tabular}{|c|c|c|c|}
\hline
Schools & 8th & 9th & 10th \\
\hline
SK & 8.67 & 3.14 & 6.88 \\
SGNKR & 10.61 & 10.11 & 16.88 \\
SJRR & 20.00 & 24.73 & 16.13 \\
SKS & 13.00 & 8.51 & 9.48 \\
P & 8.70 & 0.00 & 0.00 \\
KSR & 15.69 & 31.17 & 11.32 \\
SCMP & 7.53 & 6.58 & 6.58 \\
\hline
\end{tabular}
Comparative study
Rural schools

Comparison of Hemophobia among 8th to 10th class rural and urban students was shown in table 5 and figure 3). Among the rural schools, high percent of Namburu students (21.31) had Hemophobia followed by Ponnekallu (17.21%) and Takkellapadu (13.93%). The lowest percent was observed with Venigalla (9.84%).

Table 5. Comparative Study of Hemophobia (%)

<table>
<thead>
<tr>
<th>Rural Schools (%)</th>
<th>Urban (%)</th>
<th>Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinakakani</td>
<td>13.11</td>
<td>SK</td>
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<td>Venigalla</td>
<td>9.84</td>
<td>SCMP</td>
</tr>
</tbody>
</table>

Urban schools

In the case of urban schools, high percent of SJRR students (28.96) had an Hemophobia (Table 4 and Figure 4), followed by KSR (17.19%), SK (14.93%) and SKS (14.48%). The lowest percent was observed with P (3.62%).

Treatment Methods

Although phobias often go underreported, the statistics for people who have phobias are thought to be more than 6 million people in the United States. Women tend to be twice as likely to develop a phobia compared to men. 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)

Hemophobia may also be associated with health phobias including hypochondriasis and nosophilia. In some cases, the fear of blood may be related to the fear of death (https://www.verywellmind.com).

The treatment involves learning how to raise your blood pressure, typically by tensing and squeezing your large muscle groups, to make it harder to faint. This treatment, systematic tensing of your muscles, is the opposite of relaxation. Relaxation can be helpful.
for most phobias and anxiety problems, and may be useful to you in managing other anxiety symptoms. It's not part of the treatment for blood phobia! (https://www.anxietycoach.com/blood-phobia.html)

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).


**Hypnosis (hypnotherapy)** - (Natural treatment for phobia and anxiety. http://www.phobicssociety.org)

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


**IV. CONCLUSION**

Hemophobias, its causes, symptoms and treatment methods are reported in literature. The highest percentage of students from 8th class, Namburu (18.56), 9th and 10th classes Namburu girls' (19.05) and (23.33) were marked the phobia. In the case of urban schools SJRR (8th), KSR (9th) and SGNKR (10th) school students shown highest percentage, i.e., 20.00, 31.17, 16.88 respectively.

**V. ACKNOWLEDGEMENT**

Authors are thankful to Rotary club – Adharsh, Guntur Commissioner, GMC and the Authorities of Acharya Nagarjuna University for the financial assistance.

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Cite this article as :


Journal URL : http://ijsrst.com/IJSRST196126