

A CASE STUDY RELATIONSHIP PROBLEM

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Received: 22 Dec 2018

Accepted: 25 Dec 2018

Published: 31 Dec 2018

ABSTRACT

This case deals with the study of a 28-year-old woman who comes in with complaining of anger, insecurity, adjustment problems and lack of concentration in her daily familial activities and she is emotionally disturbed. Qualitative method was adopted in this study. Unstructured interview was used to find out the reasons behind the marital adjustment problem. She was given a relaxation therapy and asked her to continue for 22 days and in the next visit she was given cognitive behavior therapy. Nine follow up sessions were needed. Signs of improvement were observed in the lady after each visit and after completing session she seemed to be happy. The main aim was to find out the problem behind her present situation and to rule out with the best possible solutions and help her to lead a happy family life. By the end of the therapy sessions the aim was attained.

KEYWORDS: *Marital Adjustment Problem, Cognitive Behavior Therapy and Relaxation Therapy*

INTRODUCTION

Marriage is a union between two families and of course between two people. Marital adjustment is defined as the experience of a married couple adapting to a marital relationship. Marriage counseling and prevention programs should be focused on reducing marital dissatisfaction and adjustment problems. If marital maladjustment decreases, sexual problems and disorders will improve.^[1] Many programs have been assembled and presented for intervention in marriage. These can be classified into 3 major categories: premarital counseling, enrichment programs and marriage counseling for incompatible couples. Some of the methods used in the treatment of couple problems are behavioral models, cognitive approaches, psychoanalytic approaches and the systemic approaches.^[2] Psychological factors behind marital dissolution are multifaceted. Frequent interpersonal conflict between couple is one of the most visible reason behind marital distress and divorce.^[3] In a marriage, family plays an important role. If any imbalance occurs in the family it can lead to adjustment problems within the family as well as it can influence kids' life also. Thus, family organizations are closely related to the health and development of the children. A child is physiologically vulnerable to everything going on between their parents and it triggers the emotional arousal in a child, which led to physiological and psychological responses. A child with an attachment disorder feels unsafe and alone and later on develops behavior problems.

Case Summary

This case deals with the study of a 28-year-old woman who comes in with complaining of anger, insecurity, adjustment problems and lack of concentration in her daily familial activities and she is emotionally disturbed. An informed consent was obtained from the lady at the time of consultation. This lady is a single child, her mother is a homemaker and her father is an NRI. Due to her mother's illegal relationship her parents have been quarrelling since childhood so this lady was in a boarding school. She loved her mother more than anything but in her age 13 she witnessed the scene of her mom with the other guy. After that there occurred a fight between mom and child. This disturbed her a lot and she was very much disturbed. She had good academic records till 7th but slowly started going down and after 12th she did not get admission for medicine but she completed her post-graduation but her parents started degrading her, and putting her down since she did not get medicine this also affected her. Her mother's relationship affected her a lot and thus she became very moody and moreover she doesn't have much friends.

After marriage her in-laws could not accept her. Her husband is an engineer. Her husband's family is a joint family since she was the only child, she could not co-operate with so many people and the in-laws and there also she had problems. Her husband is the eldest of the family and he has 2 more siblings. Her mother in law always interferes in her marriage. She won't allow her son to mingle with this lady. She always makes this girl do all the work and she tell everyone that this girl doesn't know anything, she always teases her also. She always goes behind in their personal problems. Somehow, she had a child but after that this mother in law won't allow her to talk or even see her husband for 4 months. This affected her a lot and she started become moody again. This started affecting both the husband and the child. She could not look after the child. Now the child is 1-yr-old. After 15-yrs she has a second blowup that is because of this mother in law. Because of her mother's problem she loved her mother in law a lot but her cruelty completely made her upset and started having adjustment problems. All these factors lead to her present status. She is seeking for love and care but the parents and her in laws didn't realize it. Her husband is a very loving person but he cannot make his mom unhappy. This makes her disturbed and finally started adjustment problems in her marital life.

Diagnosis

Anger, insecurity, adjustment problems, lack of concentration in her daily familial activities and emotional disturbance

Significance

The significance of this study was to assess the woman's present situation and emotional insecurities which led to behavioral imbalance and therefore led to a negative impact on her marriage. Since she lacks care and affection in her childhood, she couldn't adjust to the new life and her mother in law also played a significant role in her present situation but now she is the affected person and she realizes that this affected her family life and so she wants to get rid of this. The childhood experiences affected her emotions a lot. The unconscious feelings also affect the conscious activities of a person. The past and current experiences affect emotional, physical, and biological development of a person. This study concentrates mainly on the marital adjustment problems of a 28-year-old woman due to emotional insecurity and lack of affection.

ANALYSIS

The Specific Incidents and Anecdotes That Leads to the Marital Adjustment Problem of this 28-Year-old Woman

From the unstructured interview it was able to observe that she has a series of fights with her mom regarding the extramarital issue and whenever she talks about it her mom starts to curse her and tells she was an unwanted child. Her father won't go against her mother since she had done this and they curse together. Years passed and she started ignoring her mother. She tried to convey this message to her maternal uncle but the thing is that the moment her mom came to know about it she started scolding her for this. Due to this she can't concentrate on her studies. Years passed and she got married but since it was a joint family she could not adjust to the present situation and her mother-in-law also played a significant role in her marital life. Thus, the big problem arose. Her in-law always treats her oddly this affected her a lot and when her husband was not at home mother-in-law used to make her lots of work. But when she tells this to her husband he won't believe and thus the problem arose.

The Environmental Factors for the Lack of Concentration on Familial Activities

Since the woman has an unaffectionate family and her parents quarrelling affected her childhood. Moreover, they always curse her like because of her father lost his job. That is due to her horoscope it happened. After this incident she was staying in the boarding. She completed her 10th grade and she joined college and completed her post-graduation. After that she had her marriage. She loved her parents but because of their character she could not adjust with them. This adjustment problem also arose in her marriage.

To Sensitize Non-Environmental Factors Which Affect the Family Life.

Since she knows that she should look after the child and should engage in daily familial activities she could not do it due to her emotional problems. She is not able to control her emotions since she hasn't got a good parental nurture, and moreover her in-laws were also rude to her. They too took advantage of her. Since she is unable to control her emotions her behavior also changed. Since the circumstances were this, she could not cope with it and so she developed adjustment problems.

To Study the Post Therapeutic Changes in This 28-Year-old-Woman

Intervention was given to change her life style. Empathy, rapport and providing information comprised introduction, encouragement and challenge, providing information, assurance, encouragement to cooperate and enhancement of self-esteem. In this study the intervention methods used are marriage counseling, relaxation therapy and cognitive-behavior therapy. She was given a relaxation therapy and asked her to continue for 22 days and then come back for a follow up. During the next visit she was calm and so next session was little bit easy to give her an encouragement and evaluation comprised teaching about life tasks, assessing goals and previous life tasks and evaluation of previous aims and performance. Developing of new cognitions and distinctions included awareness of the tasks and aims of life, determining of aims and alternative methods, helping to accept the change, encouragement leaving their previous aims and ideas, encouragement to forgive others, clearing the feelings for mom and mother-in-law and concentrate on her and her child. Reorientation, include the development of attitudes toward the life goals, development of new attitudes toward life, breaking of previous habits, taking new actions, encouragement to develop and cooperate with spouse and mother-in-law. Role playing, challenging and changing comprised encouragement to be unique, taking new actions, breaking the previous habits, to make distinctions performance of alternative methods using the method of role playing, encouragement to take

new actions in real life and encouragement to feel commitment and responsibility. Support was given to her if needed by telephonenwhen needed. She was noted to be happy. Nine follow up sessions were needed. Notable changes were observed in the behavior of the woman after therapy. Follow up was given if needed.

FINDINGS AND DISCUSSIONS

From this study it is clear that the woman lacks parental nurture and so she is having an insecurity and adjustment problem which led to a behavior problem which in turn affects herfamily life. After the first visit she seemed to be quite happy and seemed to be having a good presence of mind, so cognitive instructions and behavior therapy was given to her and it was fully accepted by her. In the next visit it is observed that, she seemed to be more pleasant and she is fully satisfied with our therapies and she is now able to put in her full effort in her family life. Now she can stop the unwanted thoughts coming to her mind and she can concentrate in her day to day activity. She is able to realize the facts and face it with full confidence.

CONCLUSIONS

The woman is having lack of concentration in her familial activities due to the emotional insecurity and lack of parental nurturance. This led to a behavioral imbalance of this 28-year-old-woman and ends in adjustment problems in her family life. After the timely therapy, the negative effects which influenced her life were minimized. From unstable mind slowly she recovered to self-reliant and courageous to face the adverse situations.

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