

# CLAUSTROPHOBIA IN STUDENTS PERSPECTIVE

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## ABSTRACT:

**AIM:** The study aims to know the effects of claustrophobia and its perspective among the students.

**INTRODUCTION:** Claustrophobia is a form of anxiety that is caused due to the fear of closed spaces. The person will be psychologically affected because of it. Claustrophobia can be analyzed with the help of Agoraphobia. Agoraphobia means getting fear of what would happen to them in public places. Claustrophobia will cause severe breathing difficulties as well. The treatment for the claustrophobia was given according to analyzing the patients and by referring to many previous studies. During the hospital procedures, the patients who had claustrophobia said to have more RBC compared to the patients who did not have claustrophobia.

**MATERIALS AND METHODS:** A survey has been created through Google forms and it has been circulated through social networking and the results obtained through the responses from the survey obtained from the students were put in the form of the pie chart.

**RESULTS AND DISCUSSION:** From the results obtained, we would come to know that 41.5% of students have mentioned that it does not affect their studies and a majority of the students have told that by having good ventilation they could get rid of claustrophobia.

## CONCLUSION

We would like to conclude that the majority of the students are aware of claustrophobia and it does not affect your studies.

## INTRODUCTION:

People get scared because they have to undergo dental treatment like wearing a temporary partial denture, complete ceramic veneer crown and so because of that they will exhibit Claustrophobia as they do not come out of the closed space, always thinking about it [1] [2] [3][4]. People also get very scared thinking that implant is a very complicated procedure in which they have to undergo and so because of this they will exhibit a symptom of claustrophobia that is an increase in the heart rate [5]. People also get frightened about the harm caused due to the bacteria and also by the aloe vera [6][7]. Cellulitis causes panic to the people and thereby they feel isolated thinking about it [8]. People are not aware that ceramic restoration does not cause any harm to them so unnecessarily they are getting tensed for getting done a simple dental restorative treatment [9][10]. Acromegaly, Silicone facial prosthesis, impregnated retraction of the cords

present in the gingiva, pregnant women thinking about the oral hygiene, and the implants, all these medical conditions and the treatment all together makes a person feel that they exhibit Claustrophobia thinking about the fact that they are going to undergo for themselves to be healthy [11][12][13][14][15].

Claustrophobia is a form of anxiety that is caused due to the fear of closed spaces. The person will be psychologically affected because of it [16]. Claustrophobia is said to be frightened of getting suffocated and fear of getting restricted from something. Claustrophobia can be analyzed with the help of Agoraphobia. Agoraphobia means it is getting feared of what would happen to them in public places [17]. It is said that a patient who underwent MRI had undergone claustrophobia for a while. During the hospital procedures, the patients who had claustrophobia said to have more RBC compared to the patients who did not have claustrophobia [18]. Claustrophobia may also lead to an increase in the guilty feeling, depression and it might also gradually re-form the claustrophobic attitude [19].

Claustrophobia causes severe breathing difficulties which leads to several other respiratory complications [20]. The treatment for the claustrophobia was given according to analyzing the patience and by referring to many previous studies [21]. Continuous Positive Airway Pressure (CPAP) therapy was given to the patients who were affected by claustrophobia [22]. Eye Movement Desensitization and Reprocessing (EMDR) treatment can be given for the patients affected with claustrophobia [23]. Auricular acupuncture can be given for dental anxiety which is caused due to claustrophobia [24].

#### **AIM:**

This study aims to know the effects of claustrophobia among the students' perspective.

#### **MATERIALS AND METHODS:**

The study setting will be a university setting. Some of the PRO'S are -a collection of data will be made very easy and that will be aware of plagiarism among the dental students. Some of the CON'S are - outside the university, the opinions will vary among every student. The number of people involved are 106 students from various colleges. The author in his study has considered 210 psychology undergraduate students and analyzed the claustrophobia among them[25]. The author in his study has taken into account 424 students and analyzed their behavior and their responsiveness towards the treatment which has been given for the claustrophobia [26]. Some of the steps taken to minimize bias are: proper questionnaires should be made online and the data collected should not be mixed with other data. A questionnaire has been prepared through the Google forms and it is circulated through social networks. It consists of a total of 10 questions. The data obtained through the survey has been put in the form of a pie chart. Validity checking is done by the three internal exports from Saveetha Dental College and three external experts from other colleges (outside Saveetha dental College ). The statistical test used will be the descriptive analysis and the statistical software used will be SPSS. The dependent variable will be the knowledge and awareness. The independent variable will be age, gender, ethnic city variables, and the educational background.

#### **RESULTS AND DISCUSSION:**

The results showed that claustrophobia does not affect the students' studies and most of them are aware of claustrophobia.

39.62% of students did not know about Claustrophobia. 60.38% of students knew about Claustrophobia (fig1). 29.2% of students said that they do exhibit breathing difficulties. 70.8% of students said that they do not exhibit any breathing difficulties (fig2). 16.04% of students think Postural movement as a symptom of claustrophobia. 19.81% of students think that motion sickness will be the symptom of claustrophobia. 19.81% of students think that headaches will be the symptoms of claustrophobia. 12.26% of students think

that nausea will be the symptom of claustrophobia. 32.08% of students think that all of the above options will be the symptoms of claustrophobia (fig3). 52.83% of students said that acupuncture can be used as a treatment for claustrophobia. 47.17% of students think that acupuncture cannot be used as a treatment for claustrophobia (fig4). 12.26% of students exhibit suffocation due to claustrophobia. 18.87% of students exhibit a change in the heart rate. 27.36% of students feel isolated. 41.51% of students have faced all of the above challenges (fig5). 15.09% of students told that by not being isolated they can get rid of claustrophobia. 36.79% of students told that by maintaining the heart rate they can get rid of claustrophobia and 48.11% of students told that by good ventilation and by not getting suffocated they can get rid of claustrophobia (fig6). 22.64% of students said that claustrophobia affects their studies. 41.51% of students told that Claustrophobia does not affect their studies. 35.85% of students said Claustrophobia might affect their studies (fig7).

The author in his study has explained about claustrophobia and he has also said that claustrophobia will have a common symptom of motion sickness and breathing difficulties as well [27]. Cognitive Behavioural Programs that is (CBT) Has been demonstrated in the treatment of claustrophobia. The author has also mentioned that virtual reality has been used as a very useful tool to treat virtual situations but treating real situations is not at all possible [28]. People will exhibit Agoraphobia, bodily sensations when they get exposed to some small close space [29]. People with claustrophobia were measured for the following criteria such as EEG, heart rate, and respiratory rate concerning the Meridian of the acupuncture. The treatment was done for 30 minutes and the patients exhibited a reduction of EMG in the trapezius muscle and the EEG-theta wave activity was also said to be changed [30]. Some of the limitations are data presented in the study are self-reported and it has the active involvement of the participants. In the future, awareness of claustrophobia can be perceived among the students. It will create a proper knowledge and awareness among the wide population.

#### **CONCLUSION:**

Findings of this study proved that the majority of the students are of claustrophobia and it does not affect your studies.

#### **ACKNOWLEDGEMENT:**

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#### **AUTHOR CONTRIBUTIONS:**

Author 1 (Ashwin Jaikumar Ram), carried out the study by collecting data and drafted the manuscript after performing the necessary statistical analysis. Author 2 (Dr.Venkatesh Kommi,) aided in conception of the topic, has participated in the study design, statistical, analysis and has supervised in preparation of the manuscript. Author 3 (Dr.L.Keerthi Sasanka) has participated in the study design and has coordinated in developing the manuscript. Author 4 (Dr. K.Anjaneyulu) has helped in developing the manuscript.All the authors have discussed the results among themselves and contributed to the final manuscript.

#### **CONFLICTS OF INTEREST:**

Nil

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### Table legends:

**Table 1:** Questionnaire

### Figure legends:

<b>FIGURE 1:</b>	Do you know what is meant by claustrophobia?
<b>FIGURE 2:</b>	Do you exhibit breathing difficulties?
<b>FIGURE 3:</b>	Which among these do you think will be the symptoms for claustrophobia?
<b>FIGURE 4:</b>	According to your perspective, can acupuncture be used as a treatment for claustrophobia?
<b>FIGURE 5:</b>	Challenges faced due to Claustrophobia?
<b>FIGURE 6:</b>	According to you, how can you get rid of claustrophobia?

**FIGURE 7:** Does it affect your studies?

**TABLE 1: QUESTIONNAIRE**

1. **Name**
2. **Age:** 18 - 20, 20 - 22, greater than 23
3. **Year of study :** First-year, second year, third year, fourth year, Intern,PG,
4. **Do you know what is meant by Claustrophobia:** Yes, no
5. **Do you exhibit breathing difficulties? :** Yes, no
6. **Which among these do you think will be the symptoms for Claustrophobia? :** postural movements, motion sickness, headache, nausea, all of these.
7. **According to your perspective, can Acupuncture be used as a treatment for Claustrophobia?:** Yes, no.
8. **Challenges faced due to Claustrophobia?:** Suffocation, changes in heart rate, isolation, all of the above.
9. **According to you, how can you get rid of Claustrophobia?:** By not being isolated, by maintaining heart rate, good ventilation by not getting suffocated
10. **Does it affect your studies?:** Yes, no, maybe.

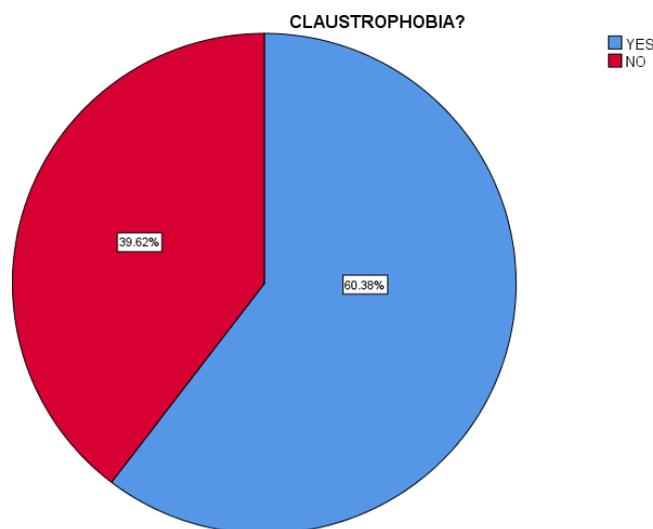


Figure 1 Pie chart representing the percentage distribution on what is Claustrophobia. 60.38% reported yes (blue) and the remaining 39.62% reported no (red).

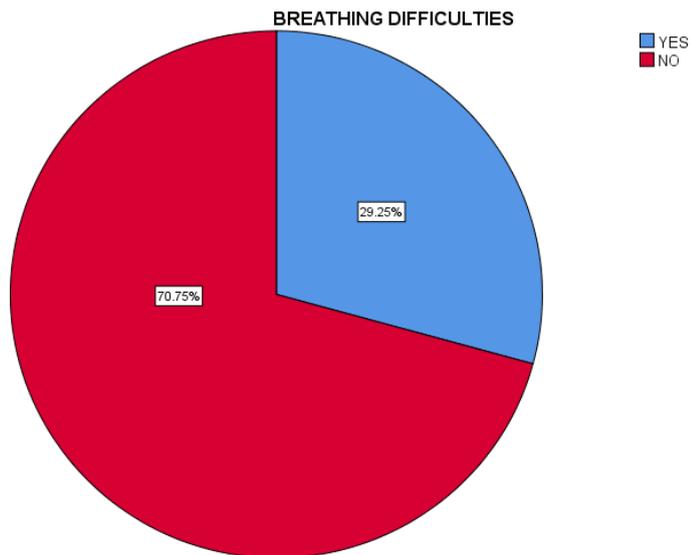


Figure 2 Pie chart representing the percentage distribution on the breathing difficulties. 70.75% reported yes (blue) and the remaining 29.25% reported no (red).

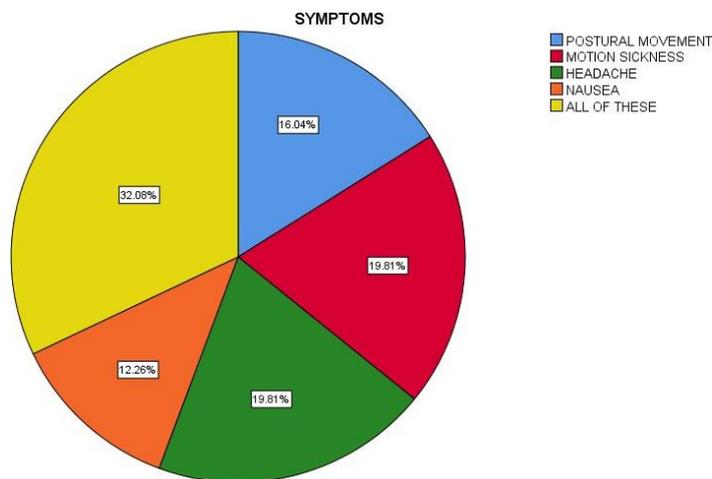


Figure 3 Pie chart representing the percentage distribution on the symptoms of the claustrophobia. 16.04% reported postural movement (blue), 19.81% reported motion sickness (red), 19.81% reported headache (green), 12.26% reported nausea (orange) and 32.08% reported all of these (yellow).

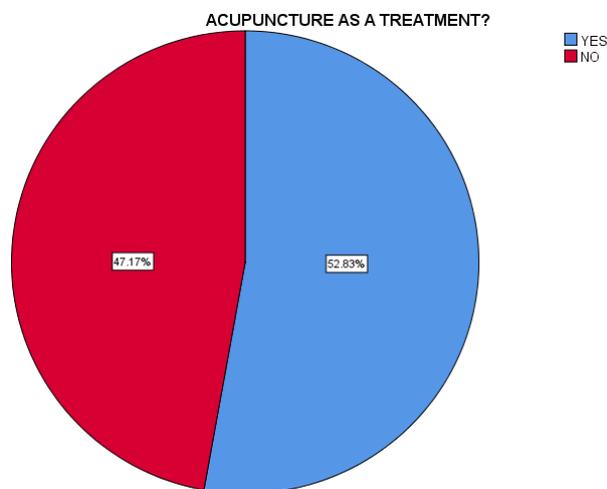


Figure 4 Pie chart representing the percentage distribution on acupuncture as a treatment for claustrophobia. 52.83% reported yes (blue) and 47.17% reported no (red)..

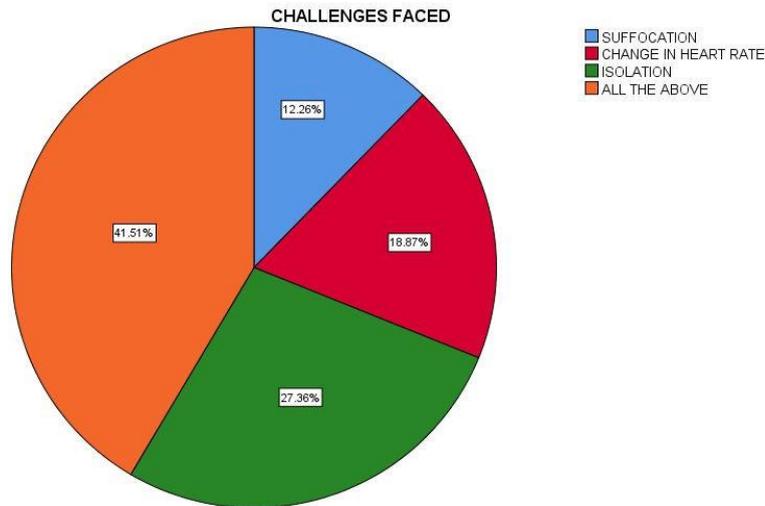


Figure 5 Pie chart representing the percentage distribution on the challenges faced due to claustrophobia.12.26% reported suffocation due to claustrophobia (blue).18.87% reported a change in heart rate (red). 27.36% reported feel isolated (green). 41.51% reported all of the above challenges.

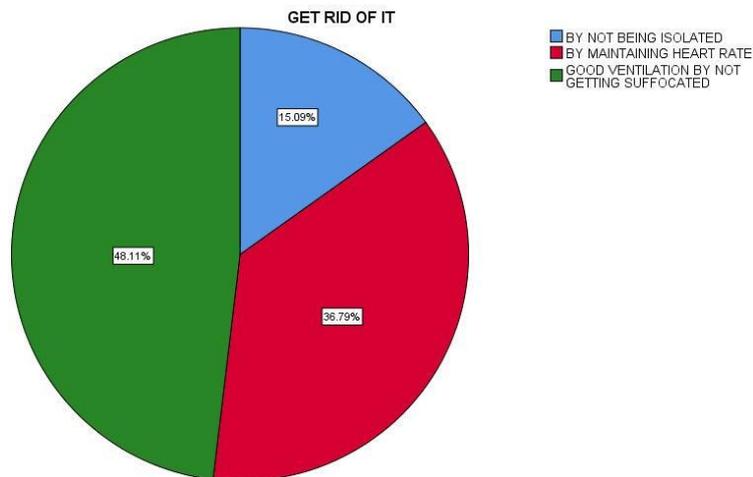


Figure 6 Pie chart representing the percentage distribution of methods to get rid of Claustrophobia.15.09% reported by not being isolated (blue). 36.79% reported by maintaining heart rate (red). 48.11% reported good ventilation and by not getting suffocated (green).

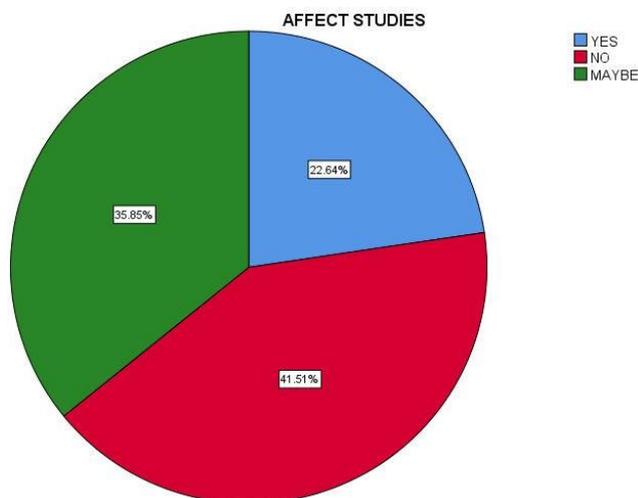


Figure 7 Pie chart representing the percentage distribution on the effects of claustrophobia in studies. 22.64% reported yes (blue), 41.51% reported no (red), 35.85% reported maybe (green).

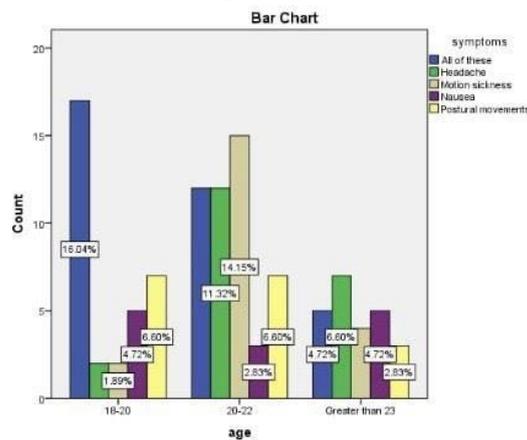


Figure 8 : Depicts the bar chart showing association of responses on age and symptoms of Claustrophobia. X - axis represents the age of each participant and the Y- axis represents the number of participants . Blue represents all of these, green represents headache, yellow represents motion sickness, purple represents nausea and yellow represents postural movements.. Statistical analysis was carried out using chi square test; p value= 10.462 ( > 0.05) , indicating statistically not significant.; however a higher number of 18-20 age group participants (16.04% ) reported all of these.

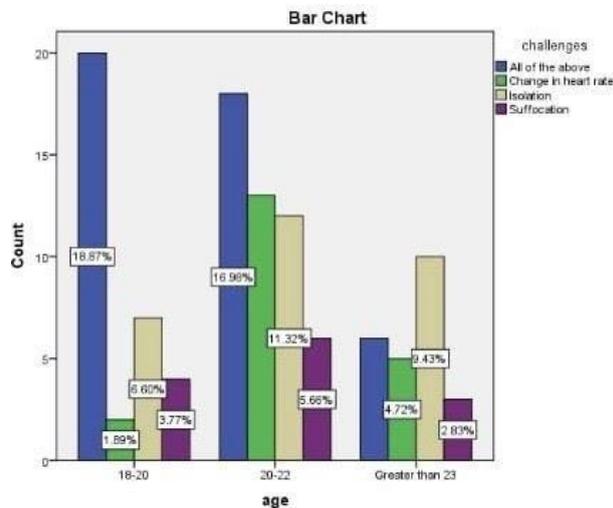


Figure 9 : Depicts the bar chart showing association of responses on age and challenges of Claustrophobia. X - axis represents the age of each participant and the Y- axis represents the number of participants . Blue represents all of these, green represents change in heart rate, mustard yellow isolation, purple represents suffocation. Statistical analysis was carried out using chi square test; p value= 8.538 ( > 0.05) , indicating statistically not significant.; however a higher number of 18-20 age group participants (18.87% ) reported all of these.

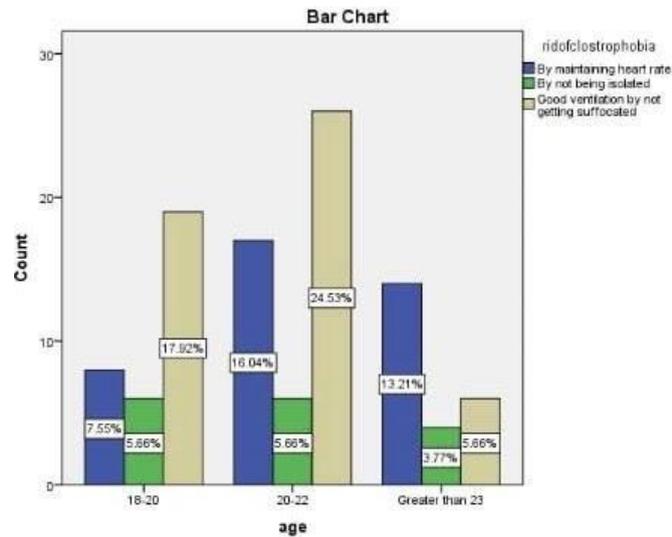


Figure 10 : Depicts the bar chart showing association of responses on age and methods to get rid of Claustrophobia. X - axis represents the age of each participant and the Y- axis represents the number of participants . Blue represents by maintaining heart rate, green represents not being isolated, mustard yellow represents good ventilation by not getting suffocated. Statistical analysis was carried out using chi square test; p value= 1.158 ( > 0.05) , indicating statistically not significant.; however a higher number 20-22 age group participants (24.53% ) reported by not getting suffocated.