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RESEARCH ARTICLE

HODOPHOBIA AND GENDER-A CASE STUDY.

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Abstract

Hodophobia is a fear of travel. The present study was carried out to know the degree of Hodophobia among 8th to 10th Government high school students. The response was taken from 2743 students (Male: 1589 Female: 1154). The study found that 12.13% of total female students expressed the phobia and it is 11.64% in the case of male. Some of the useful treatment methods are Homeopathy, Exposure based therapy, Cognitive therapy and Relaxation techniques.

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Introduction:-

Hodophobia is an irrational fear, or phobia, of travel. It is also referred to as a travel phobia or fear of travel ("healthcentral: Hodophobia (2018).

Some people are afraid only of specific methods of transportation, such as planes or trains, while others fear all types of trips (<https://www.verywellmind.com>). At one point or another, as many as 12.5% of Americans will struggle with a phobia "an intense, irrational fear of something that poses little or no actual danger" according to the National Institute of Mental Health. Of these, a fear of flying, or aviophobia, is one of the most common, with an estimated prevalence ranging from 2.5% to 6.5% of the population (<http://time.com>).

The present study was carried out to know the degree of Hodophobia among male and female students of 8th to 10th class Government high school students.

Symptoms:-

The symptoms vary by person depending on their level of fear, include extreme anxiety, dread and anything associated with panic such as shortness of breath, rapid breathing, irregular heartbeat, sweating, excessive sweating, nausea, dry mouth, nausea, inability to articulate words or sentences, dry mouth and shaking (<http://common-phobias.com>).

Causes:-

It is generally accepted that phobias arise from a combination of external events (i.e. traumatic events) and internal predispositions (i.e. heredity or genetics). Many specific phobias can be traced back to a specific triggering event, usually a traumatic experience at an early age. It is believed that heredity, genetics, and brain chemistry combine with life-experiences to play a major role in the development of phobias. (Wikipedia - phobia) (<http://common-phobias.com>).

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Methodology:-

A total of 2743 students, studying 8th to 10th in Government high schools was participated, out of them 1589 are male and 1154 were female. The 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 the journey ?” The purpose of the study and the details regarding the phobia were explained in their mother tongue. The data were analyzed using statistical analysis. Percent variation was observed and presented under results and discussion.

Table 1:- School Wise, Class Wise and Gender Wise Student’s Strength.

Classes → Schools	8th			9th			10th		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
Ponnekallu	52	40	92	36	42	78	49	40	89
Takkellapadu	27	37	64	25	22	47	24	23	47
Venigalla	33	52	85	31	37	68	48	55	103
Koppuravuru	40	36	76	39	28	67	30	23	53
SK	104	75	179	106	54	160	118	70	188
SJRR	80	53	133	78	47	125	48	45	93
SKS	55	45	100	46	48	94	67	51	118
P	75	17	92	62	21	83	57	20	77
KSR	26	26	52	62	17	79	30	26	56
SCMP	54	39	93	40	36	76	47	29	76
Total	546	420	966	525	352	877	518	382	900

Table 2:- School Wise and Gender Wise Students with Hodophobia.

Classes → Schools	8th		9th		10th	
	Male	Female	Male	Female	Male	Female
Ponnekallu	7	1	6	3	12	6
Takkellapadu	2	1	5	3	2	4
Venigalla	1	6	0	4	8	6
Koppuravuru	4	3	1	4	1	2
SK	24	8	8	4	14	11
SJRR	9	1	7	4	2	11
SKS	2	1	3	6	8	12
P	13	4	11	2	7	3
KSR	3	3	8	1	2	3
SCMP	8	13	6	2	1	8
Total	73	41	55	33	57	66

Results and Discussion:-

A percent variation of the male and female students, those suffering from Hodophobia was shown in table 3 and figures 1 and 2.

Table 3:-Percentage of Male and Female Students with Hodophobia

Classes → Schools	8th		9th		10th	
	Male	Female	Male	Female	Male	Female
Ponnekallu	7.61	1.09	7.69	3.85	13.48	6.74
Takkellapadu	3.13	1.56	10.64	6.38	4.26	8.51
Venigalla	1.18	7.06	0.00	5.88	7.77	5.83
Koppuravuru	5.26	3.95	1.49	5.97	1.89	3.77
SK	13.41	4.47	5.00	2.50	7.45	5.85
SJRR	6.77	0.75	5.60	3.20	2.15	11.83
SKS	2.00	1.00	3.19	6.38	6.78	10.17
P	14.13	4.35	13.25	2.41	9.09	3.90
KSR	5.77	5.77	10.13	1.27	3.57	5.36
SCMP	8.60	13.98	7.89	2.63	1.32	10.53

Male:-

8th class Highest percent of P school students (14.13) were marked the Hodophobia (Figure 1A), followed by SK (13.41%), SCMP (8.60%). The lowest percent was noticed with Venigalla (1.18%).

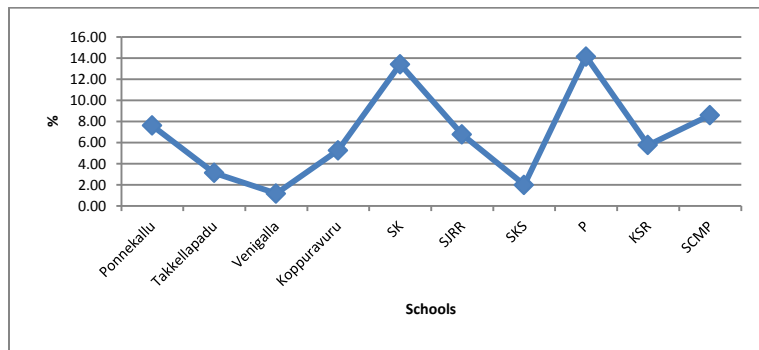


Figure 1A:- 8th Male Students with Hodophobia.

9th Class=13.25% of P school students had expressed the Hodophobia (Figure 1B), followed by Takkellapadu school students (10.64%) and KSR (10.13%). No student was marked the phobia from Venigallaschool.

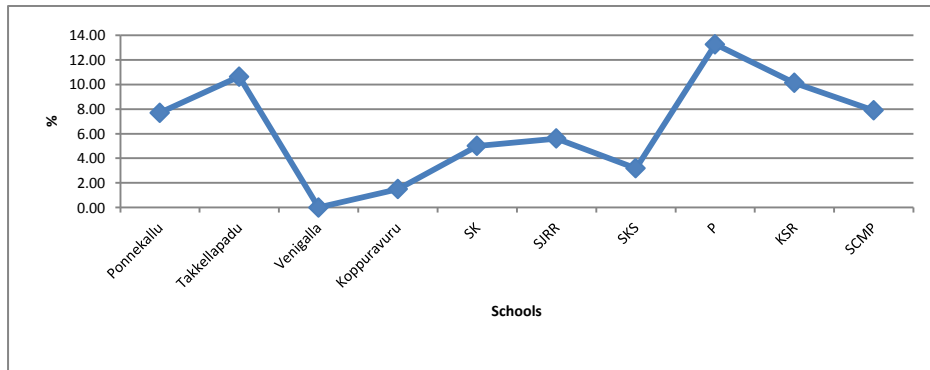


Figure 1B:- 9th Male Students with Hodophobia

10th Class Highest percent of Ponnekallu students (13.48) were marked the Hodophobia (Figure 1C), followed by P (9.09%) and Venigalla (7.77%). The lowest percent was noticed with SCMP (1.32).

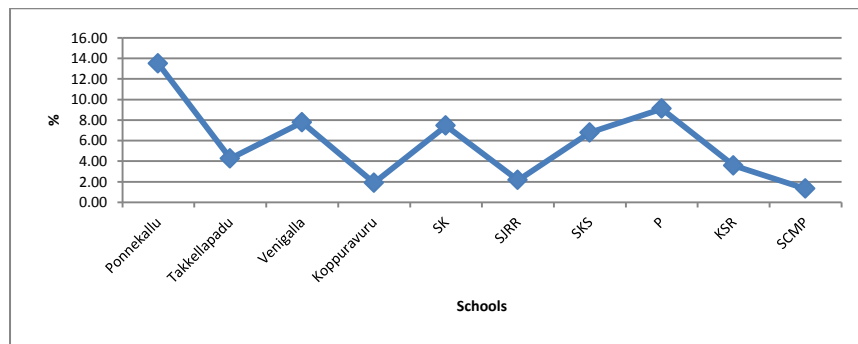


Figure 1C:-10th Male Students with Hodophobia.

Female:-

8th Class 13.98% of SCMP students were pointed Hodophobia (Figure 2A), followed by Venigalla (7.06%) and KSR (5.77%). The lowest percent was observed with SJRR (0.75%).

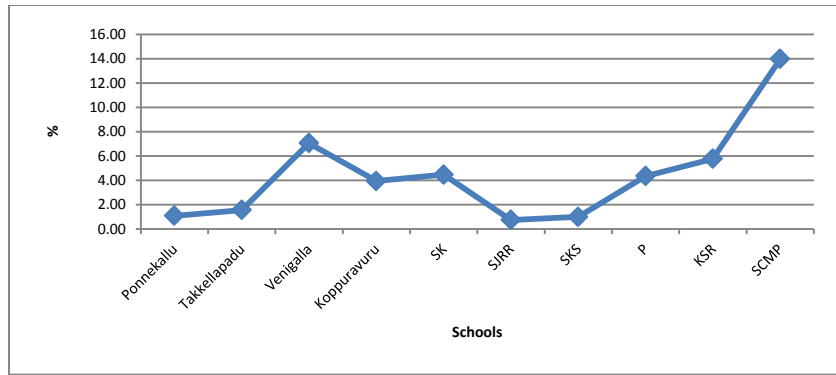


Figure 2A:- 8th Female Students with Hodophobia.

9th Class Highest percent of Takkellapadu and SKS (6.38) school students had Hodophobia (Figure 2B), followed by Koppuravuru (5.97%). The lowest percent was observed in KSR students (1.27%).

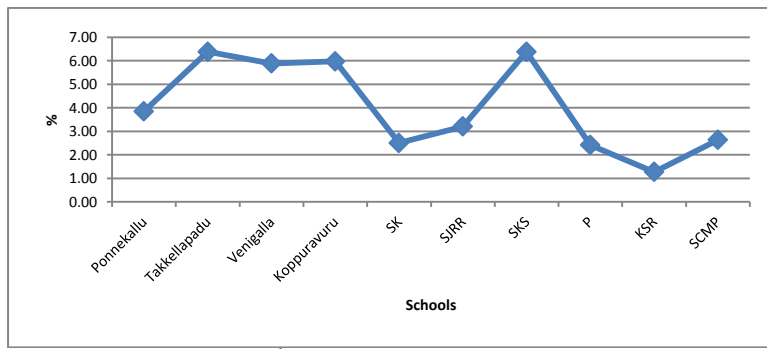


Figure 2B:- 9th Female Students with Hodophobia

10th Class 11.83% of SJRR students were suffering from Hodophobia (Figure 2C), followed by SCMP (10.53%) and SKS (10.17%). The lowest percent was observed with Koppuravuru (3.77%).

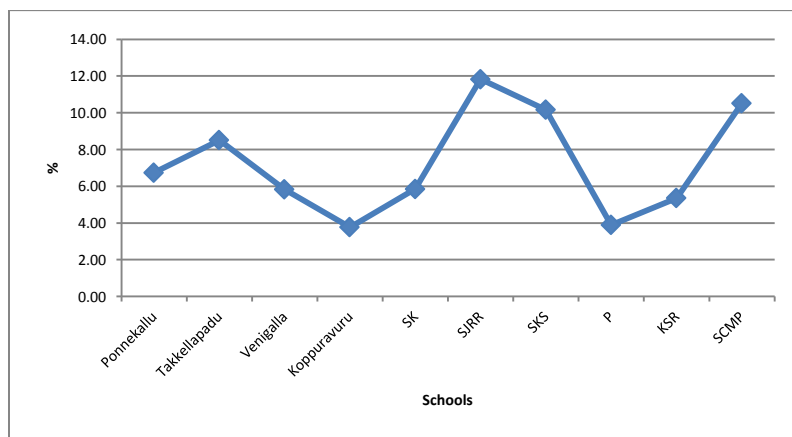


Figure 2C:- 10th Female Students with Hodophobia.

**Comparative study:-
Male (8th to 10th):-**

Comparison of Hodophobia among 8th to 10th class male students was shown in table 3 and figure 3). Among the male students, high percent of P, 8th students (14.13%) had Hodophobia followed by Ponnekallu (13.48%), and SK (13.41%). The lowest percent was observed with Venigalla, 8th class students (1.18%).

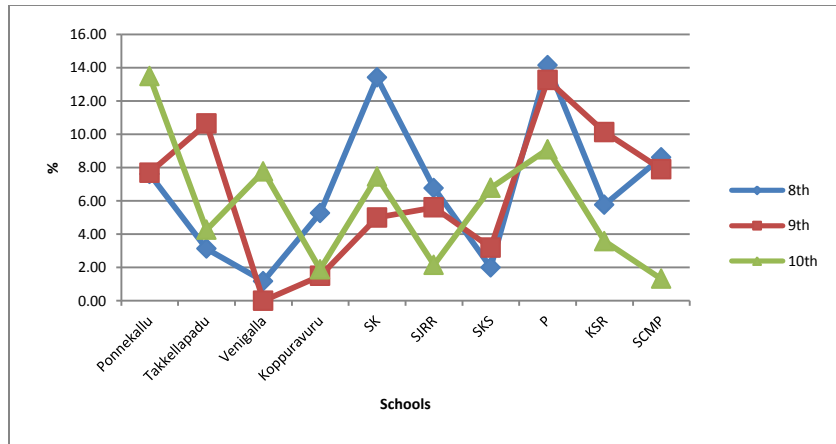


Figure 3:- 8th to 10th class male students with Hodophobia

Female (8th to 10th):-

In the case of female students, high percent of SCMP students (13.98) had a Hodophobia (Table 3 and Figure 4), followed by SJRR (11.83%), SCMP (10.53%). The lowest percent was observed with SJRR 8th class students (0.75%).

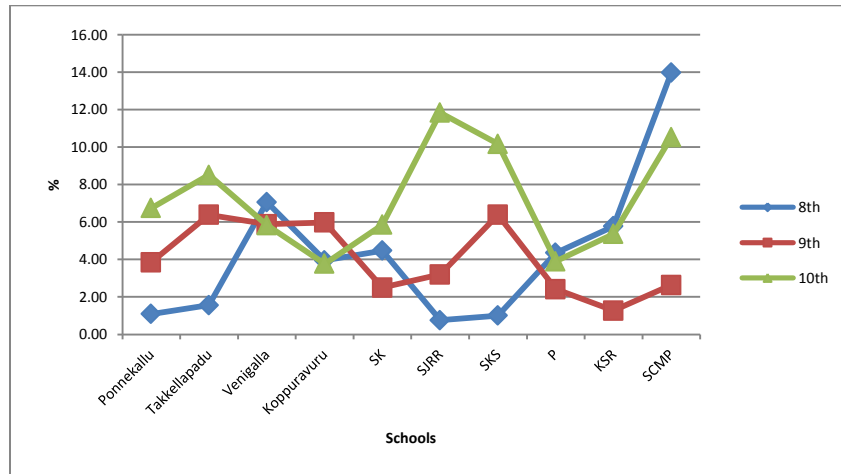


Figure 4:- 8th to 10th class Female students with Hodophobia.

Comparison of Hodophobia between Male and Female:-

Comparison of Hodophobia among 8th to 10th class male and female students was shown in table 4 and figure 5). Highest percent of P (12.30) male had expressed Hodophobia, followed by Ponnekallu (9.65%) and SK (8.73%). The lowest percent was observed with Koppuravuru (3.06%). In the case of female students, highest percent of SCMP (9.39) had chosen, followed by Venigalla (6.25%) and SKS (6.09%). The lowest percentage was observed with P (3.57%).

The study found that only 0.49% variation was noticed in the occurrence of Hodophobia between male and female.

Table 4:- Comparison of Hodophobia Between Male and Female Students (%).

Schools	Male	Female
Ponnekallu	9.65	3.86
Takkellapadu	5.70	5.06
Venigalla	3.52	6.25
Koppuravuru	3.06	4.59
SK	8.73	4.36
SJRR	5.13	4.56
SKS	4.17	6.09
P	12.30	3.57

KSR	6.95	3.74
SCMP	6.12	9.39

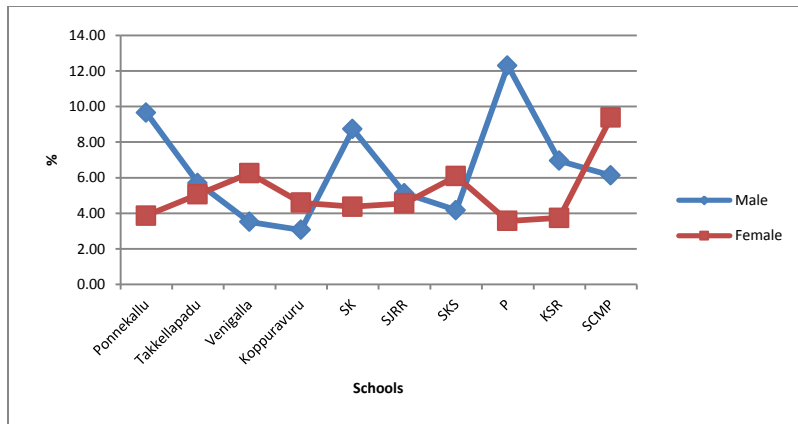


Figure 5:-Hodophobia among 8th to 10th class male and female students.

Treatment Methods:-

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).

Studies of interventions like CBT have reported rates of reduction in anxiety of around 80%, however, there is little evidence that any treatment can completely eliminate fear of flying (Oakes and Bor, 2010).

Acute anxiety caused by flying can be treated with anti-anxiety medication. The condition can be treated with exposure therapy, including use of virtual reality equipment, which works better when combined with cognitive behavioral therapy. Relaxation techniques and educated about aviation safety can also be helpful in combination with other approaches Mulcahy et al., (2016) and Oakes and Bor (2010). Around 60% of people with fear of flying report having any other anxiety disorder (Clark and Rock, 2016).

Some of the useful methods:-

1. Exposure-based therapy - (Singh and Singh, 2016)
2. Cognitive therapy (CT) - (Specific phobia. <http://www.med.upenn.edu>).
3. Progressive desensitization (Specific phobia. <http://www.med.upenn.edu>).
4. Relaxation- (Specific phobia. <http://www.med.upenn.edu>).
5. Hypnosis (hypnotherapy)- (Natural treatment for phobia and anxiety. <http://www.phobicssociety.org>)
6. Homeopathy- (<http://www.phobicssociety.org>).
7. Herbal remedies- (Natural treatment for phobia and anxiety. <http://www.phobicssociety.org>).

Conclusion:-

The present study made a comparison of Hodophobia among 8th to 10th male and female students. Out of the total 1589 male students 185 students have Hodophobia. Similarly, in the case of female students, 140 students out of 1154 expressed the phobia. Highest percent of P school male students (12.30) and SCMP female students (9.39) had the phobia. There is no significance difference (0.49%) in extent of Hodophobia between male and female Government high school students. There are certain therapies by which Hodophobia is treatable. State Government shall find the suitable mechanism to assess the specific phobias among the students and to treat the phobias.

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