

भारतीय समाज में एक ओर हजारों वर्षों पुरानी सांस्कृतिक परम्पराएं जीवित हैं। वहीं आधुनिकता और वैज्ञानिक प्रगति के रास्ते पर भी तेजी से आगे बढ़ रहा है। यहाँ परम्परा और आधुनिकता का एक ऐसा संगम देखने को मिलता है जो संसार के किसी भी दूसरे समाज में नहीं है इसी कारण जवाहरलाल नेहरू ने लिखा है कि युगों-युगों से भारत की मौलिक एकता ही उसका सबसे महान और मौलिक तत्व रहा है। भारतीय समाज को समझने के लिए उन प्रमुख सामाजिक और सांस्कृतिक भिन्नताओं को समझाना आवश्यक है जो इस भारतीय समाज के अभिन्न अंग बन चुकी हैं।

#### सन्दर्भ ग्रंथ सूची :

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- (2) इंडियन एन्टिक्वेरी, 1924, पृ०-130
- (3) कौटिलीयम् अर्थशास्त्रम् – वाचस्पति गैरोला, पृ०-19 (मर्यादां स्थापयेदा चार्यान्मात्यान् वा)
- (4) कौटिलीयम् अर्थशास्त्रम् – वाचस्पति गैरोला, प्रकरण-2, अध्याय-4 (कृतकः स्वाभाविकश्च विनयः)
- (5) कौटिलीयम् अर्थशास्त्रम् – प्रकरण-2, अध्याय-4 (वृत्त चौलकर्मा लिपि संख्यानं चोपयुंजीत)

## Neurosis, Neurotic and Neuroticism : Theoretical Dinensions

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In psychoanalysis the term "Neurosis" has been used with reference to mental disorder. Neurosis is simply a deviation from normalcy. Neurosis may be considered as the outward and visible sign of an inward and invisible conflict between certain innate tendencies and moral and religious precepts imposed upon mind. As a matter of fact the term Neurosis is somewhat a misnomer. Freud believed anxiety as the central problem of Neurosis. Neurosis essentially depends on conflict and repression within sexual life. Freud made division of nervous disorder into two groups (i) true neurosis and (ii) psychoneuroses. In true neuroses he included neurasthenia and anxiety neurosis by hysteria and obsessional neurosis come under the category of psychoneurosis. In 'true neuroses' sexual disturbances play an important part in psychoneuroses the heredity factor is dominative.

Alder has pointed out "Every neurosis can be understood as an attempt to free oneself from a feeling of inferiority in order to gain a feeling of superiority. This striving is ever present in the neurotic as in the normal and is termed by Adler as "masculine protest". Janet believes that neurosis depends on the failure of the individual to adjust himself to life.

According to Jung the neurosis is the result of an act of adaptation that has failed. When the libido is unable to find an outlet in the right adaptation it seeks abnormal line of development. Actually the neurosis results when conscious activity is thwarted and the unconscious hold its mastery over the individual. Jung regarded neurosis as a failure of self realisation due to somewhat "similar. lack of courage" and inability to maintain a balance in conducting, one's life. To him neurosis is not only a negative factor and a troublesome disorder or an alignment, put a positive and a salutary force that can contribute to the formation of personality: This is the corner stone of Jung's view. To cure neurosis

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certain contents of the unconscious' have to be assimilated with conscious and thus it involves the broadening of consciousness. Jung made an important contribution to the system of typology by making reference to extroversion and introversion. Jung believed that extrovert in the case of neurotic breakdown falls in the category of hysteria and the introvert in psychasthenia which is characterized by marked sensitivity.

According to Gorden "the difficulty in neurotic's life is to adopt himself to circumstances both within and without himself No doubt the intrapsychic difficulties are more important but the extraneous difficulties must not be forgotten for one intensifies the other. Neurotic strives to gain and often succeed in gaining his wishes by means of his illness. In neuroses, the level of cortical activity is definitely lowered as a result of conflicts which are taking place.

Thus in the psycho analytical literature the concept of neurosis has been elaborated in general as a form of mental disorder.

Allport defined true neurosis as "stubborn self-centeredness", and he regarded a neurotic as a cognitive cripple. Like Freud he believes that true neurotics are largely dominated by unconscious Burt's general factor also resembles with the general factor of neuroticism. Neuroticism trait makes a continuum from the normal and to the neurotic end. A normal person is suspicious where he sees or feels reasons for being so, a neurotic person may be suspicious regardless of the situation. In the same way in normal person differentiates between a sincere compliment and the insincere one, a neurotic is unable to differentiate between the two. In spite of having all the possibilities and favourable life situation for feeling happy he cannot enjoy what he possesses. Cattell maintained that neurosis do have in common a factor which shows itself in a wide variety of behaviour manifestation. A common syndrome of general neurosis is not easily perceived and defined.

Factor analytic methods reveal that neurosis does have in common a factor which shows itself in wide variety of behaviour manifestation and is common to the different syndromes. General neuroticism may further be illustrated by Eysenck's account of civilians neuroses and Grinker and Spiegel's account of war neurosis. In Slater's study (1933) war neurotics were found having sexual impotence or inadequacy. In the general neurotic picture stammering, enuresis, instability-of emotions, nail-biting, inability to swallow pill, frequent

headache, desire to be alone, increased pulse rate, and dilated pupils etc. can be included. Women tend to show more neurotic reaction than men at all ages. Thus, the neurotic personality may be defined as a basic-quality -or complex of qualities of traits that lead to overt manifestations of neurosis. It may be conceived as a matter of degree. A person, having a kind of personality likely to develop into neurosis, is a person predisposed to neuroticism.

In his analysis, Guilford has succeeded in isolating various group factors such as social introversion, emotional introversion, masculinity, nervousness and general factor of neuroticism and introversion. He used statistical methods of rotations that can eliminate any general factor and can spread its variance among group factors. He believed that these factors themselves are inter-correlated. Results of Guilford are not different from those who extract the general factor first and then the group factors. The factors which emerge from these two types of analysis are fundamentally identical.

Eysenck characterised neurotic personality as badly organised, dependent, schizoid, dyspepsia, poor muscular tone, unsatisfactory home, no group membership and cyclothymic. Generally this factor delineates a general lack of personality integration, lack of adaptability and lack of general drive which might justifiably be called neuroticism. Eysenck has pointed out that these are four independent factors in the psychometric field namely (i) psychoticism (P. Factor), (ii) Neuroticism (N. Factor), (iii) Introversion and Extroversion (I. Factor) as an independent factor which interacts with neuroticism and (iv) intelligence which is relatively independent of the other-three but interacts with all of them in complex and almost non neurotic ways.

Mower (1950) refers neuroticism as the 'neurotic paradox', it is postulated that Pavlov's conditioning is involved in the great majority of neurotic illness characterised by anxiety, phobic fears, obsessional reactions and other dysthymic responses.

The trait of neuroticism taken by Eysenck is similar in conception to the general trait of intelligence. He is concerned with the 'normal variant' rather than the pathological variant and the tests which measure degree of neuroticism in his neurotic group also measure this trait as between a neurotic and a normal group. If the neurotic proper is considered to constitute a pathological variant, similar to the psychotic,

then it appears rather unfortunate that the general trait should be called neuroticism.

The classification of a neurotic disorder by Eysenck has been done in two phases - Categorical and dimensional German philosopher emphasised the categorical point of view with the idea that every person could be assigned to a particular, category melancholic or phlegmatic. This notion of category resembles with the psychiatric notion of disease, entities and their diagnosis, hysteria, anxiety states, paranoia, obsession illness and soon are treated as categorical. Any particular portion in the two dimensional framework is due to a combination of quantitative variation along with a continual labeled introversion 7 extroversion, stable unstable.

Wundt (1903) favoured the dimensional view. He labeled one axis hi 'slow quick' instead of introversion extroversion and other 'strong-weak instead of unstable and stable. It is not correct to presume that the' notation of the typology presupposes a categorical system. Actually, Jung and Kretschmer postulated a dimensional view rather than a categorical system. Through the doctrine of dimensionality an experimental and statistical basis and a quantitative system of personality is built. For the description of a major dimension of personality, one of its end is labeled unstable. This is called a factor of emotionality or neuroticism. At the one end are those people whose emotions are liable, strong and easily aroused. They are moody, touchy, restless and anxious.. At the Other end are people whose emotions are stable, not easily aroused and people who are calm even tempered, careful and reliable. Neurotics are of typical unstable type, normal sare of typical stable type.

In psychiatry and medical psychology of contemporary period it may be said that the concept of neuroticism is significant in a specified way-Neuroticism it the abstract quality characterising neurosis. Neurosis is the actual disorder while neuroticism is a mild condition of neurosis. The experimentalists like Allport, Cana, Eysenck and, Guilford brought in the concept of neuroticism. This has been designated as 'common trait' by Allport, 'source trait' by cattell and as one of the dimensions of personality by Eysenck. Gnilford has described personality in terms of different dimensions such as somatic, hermetic, aptitude. temperament and pathological etc. Neuroticism has been taken under the category of pathological dimension by Guildford. Thurston has defined neuroticism as "the failure to express imagination effectively as social reality".

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