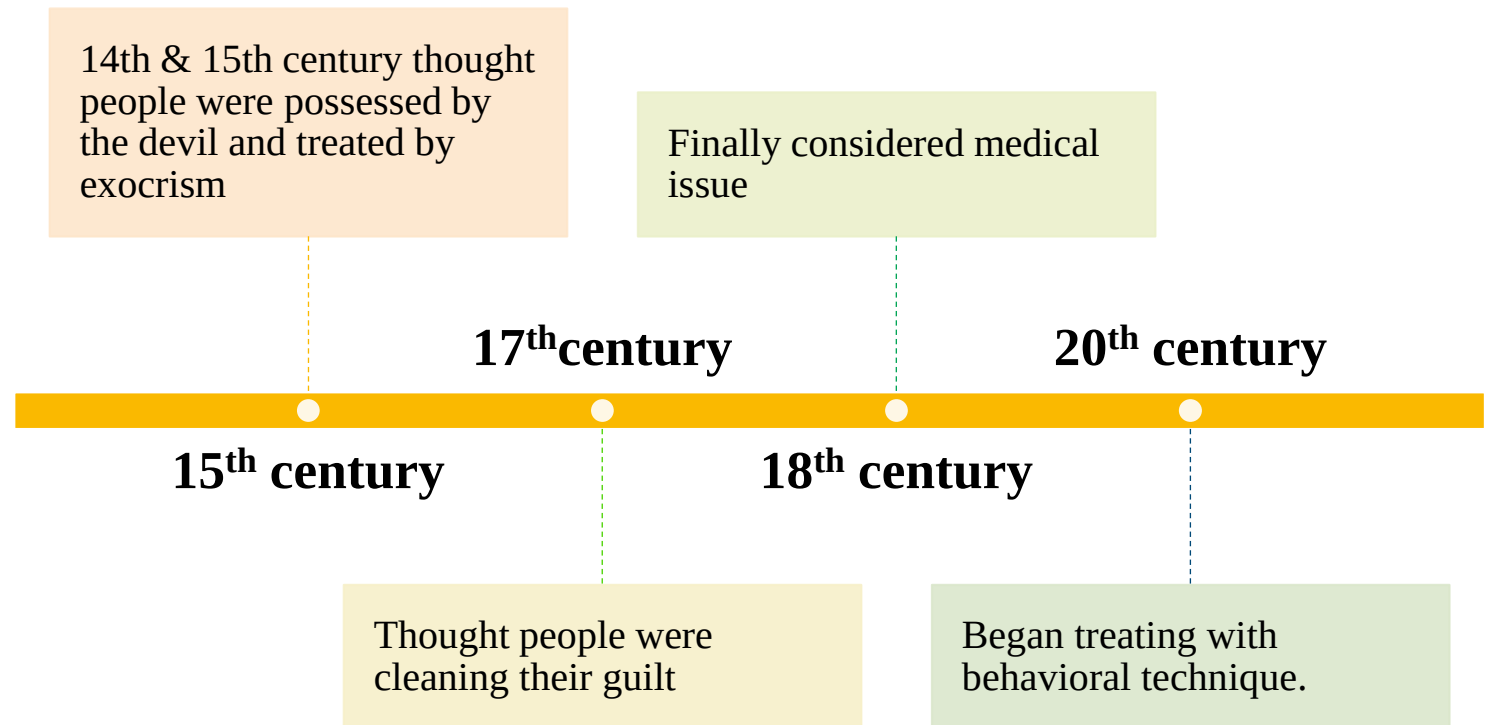


**EVALUATION OF DIFFERENT LEVELS OF
OBSESSIVE-COMPULSIVE DISORDER
(OCD) AND ITS PREVALENCE AMONG
MANAGEMENT STUDENTS**

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History



Introduction



Obsessive-Compulsive Disorder (or more routinely referred to as OCD) is a serious anxiety-related condition where a person experiences frequent intrusive and unwelcome obsessional thought, commonly referred to as obsessions.



Obsessions are very distressing and result in a person carrying out repetitive behaviors or rituals in order to prevent a perceived harm and/or worry that preceding obsessions have focused their attention on. Such behaviors include avoidance of people, places or objects and constant reassurance seeking, sometimes the rituals will be internal mental counting, checking of body parts, or blinking, all of these are compulsions.



The person may try to suppress these thoughts or behaviors but is unable to do so.



The individual knows that the thoughts or behaviors are irrational but feels powerless to stop..

OCD Cycle

OBSESSIONS

ANXIETY

COMPULSIONS

RELIEF



Objective



To understand & study the level of OCD in management students based on demographic factors.



To study the risk factors and therapies in the disease.



To study the prevalence of obsessive-compulsive disorder among the management students across India.

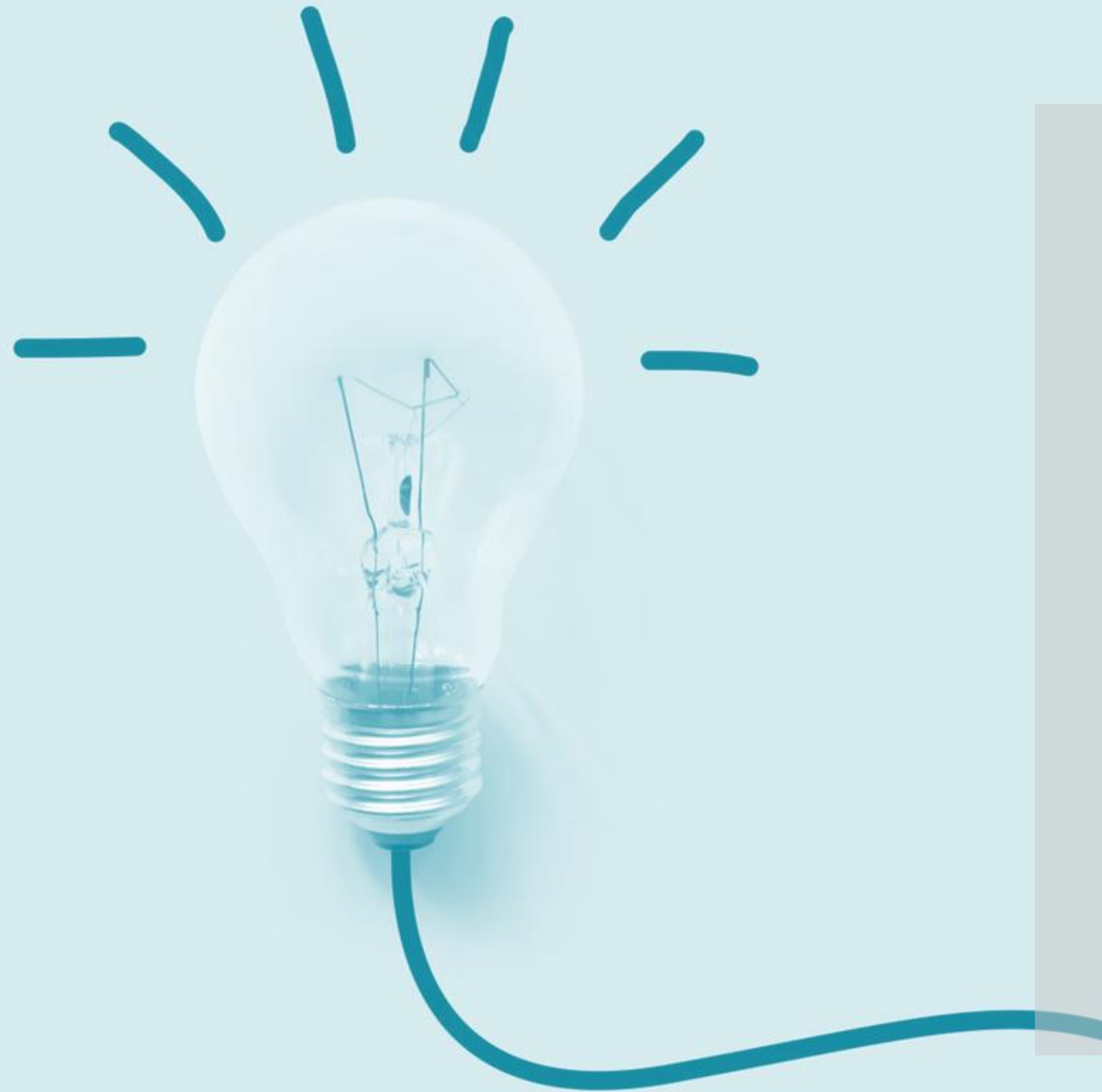
Research question

1. To evaluate the different levels of obsessive-compulsive disorder and its prevalence among management students.

METHODOLOGY

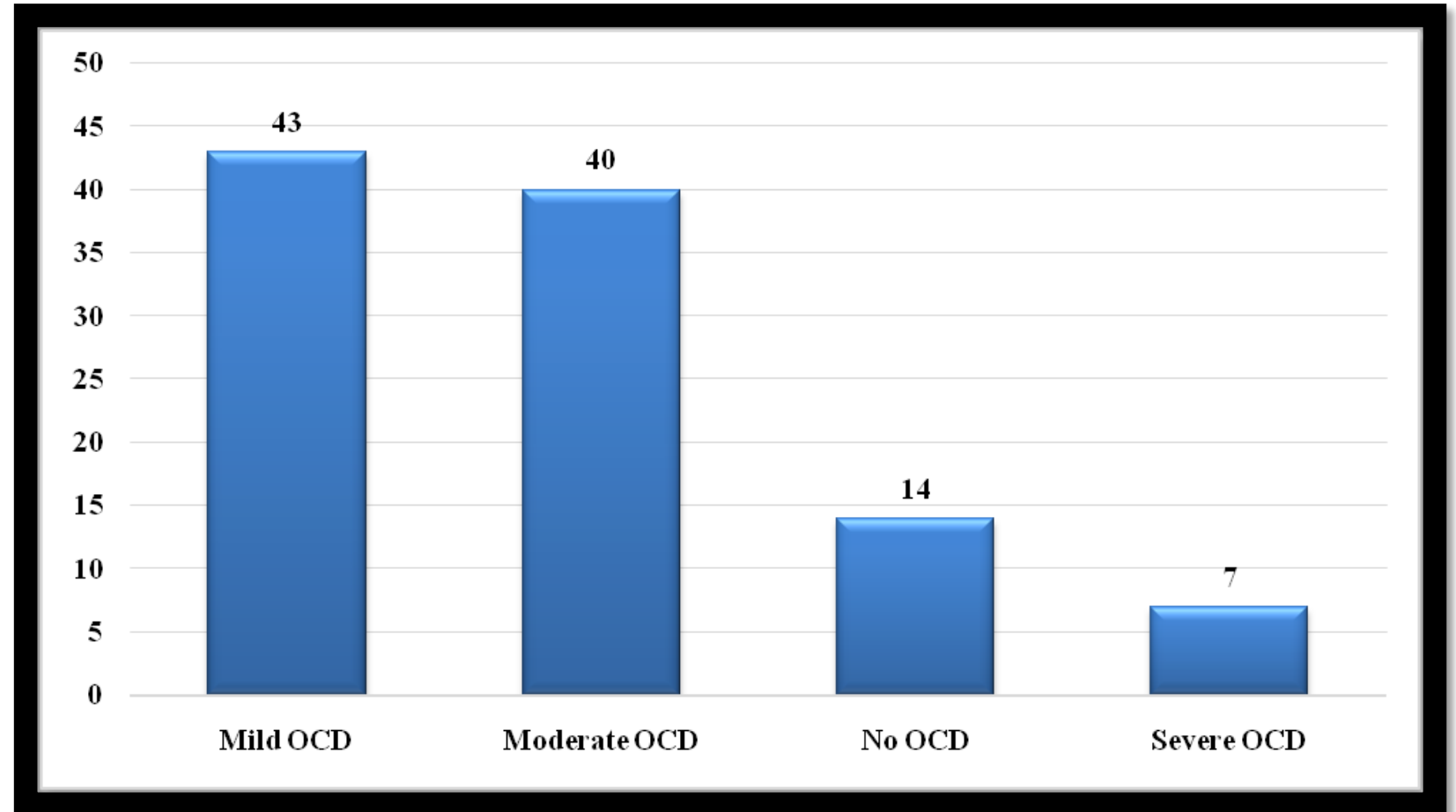
- **Sample Design:** The study was quantitative research approach and the respondents were the students of management from different parts of India.
- **Data collection method:** The information was gathered by utilizing google structure which contains survey which was coursed among the understudies on the web.
- **Sample size:** 104 management students.
- **Analysis:** Analysis was done by using Microsoft Excel and SPSS software.
- **Data collection tool:** Questionnaire.
- **Exclusion and Inclusion criteria:** All the respondents were from IIHMR University, Chitkara university and some other MBA colleges are included.
- **Study area:** PAN India.

RESULTS AND CONCLUSION

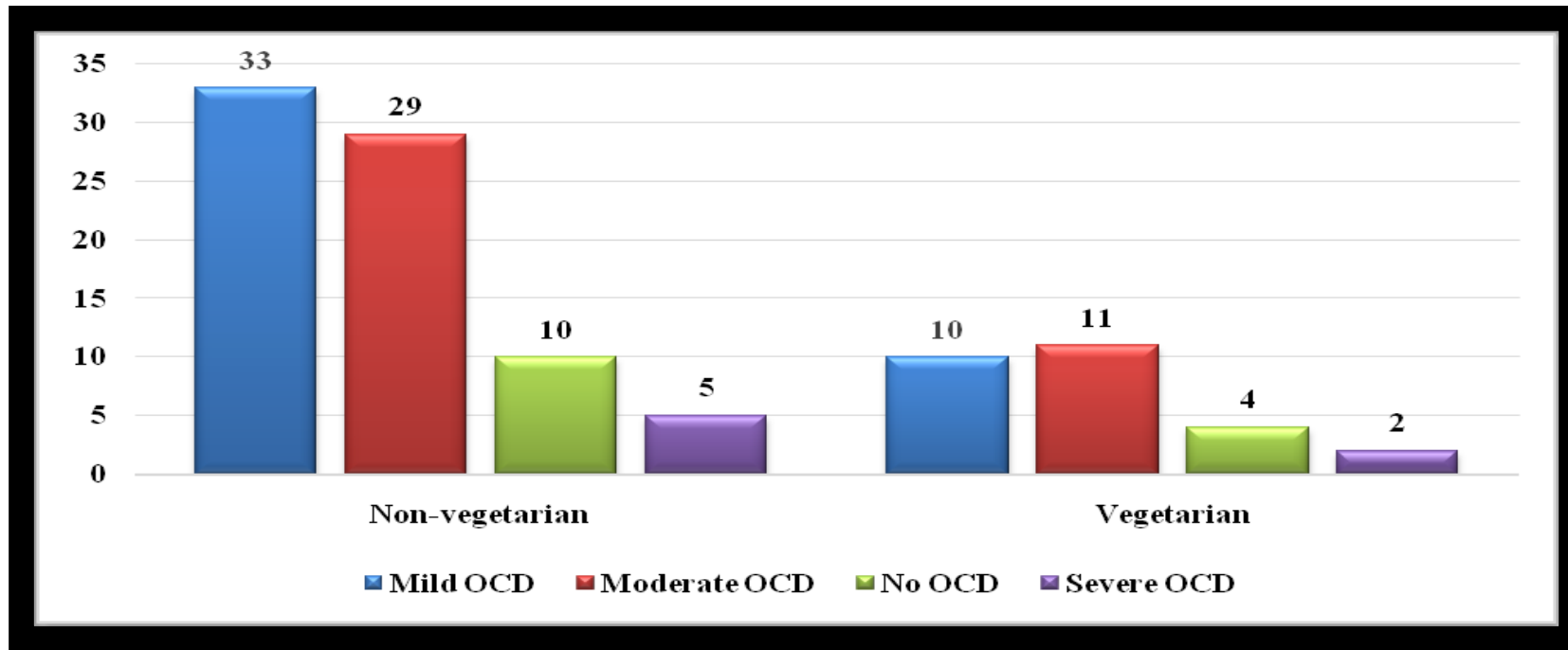


Level of OCD among the population

Higher level of Mild OCD was found than moderate level followed by severe level being the least.

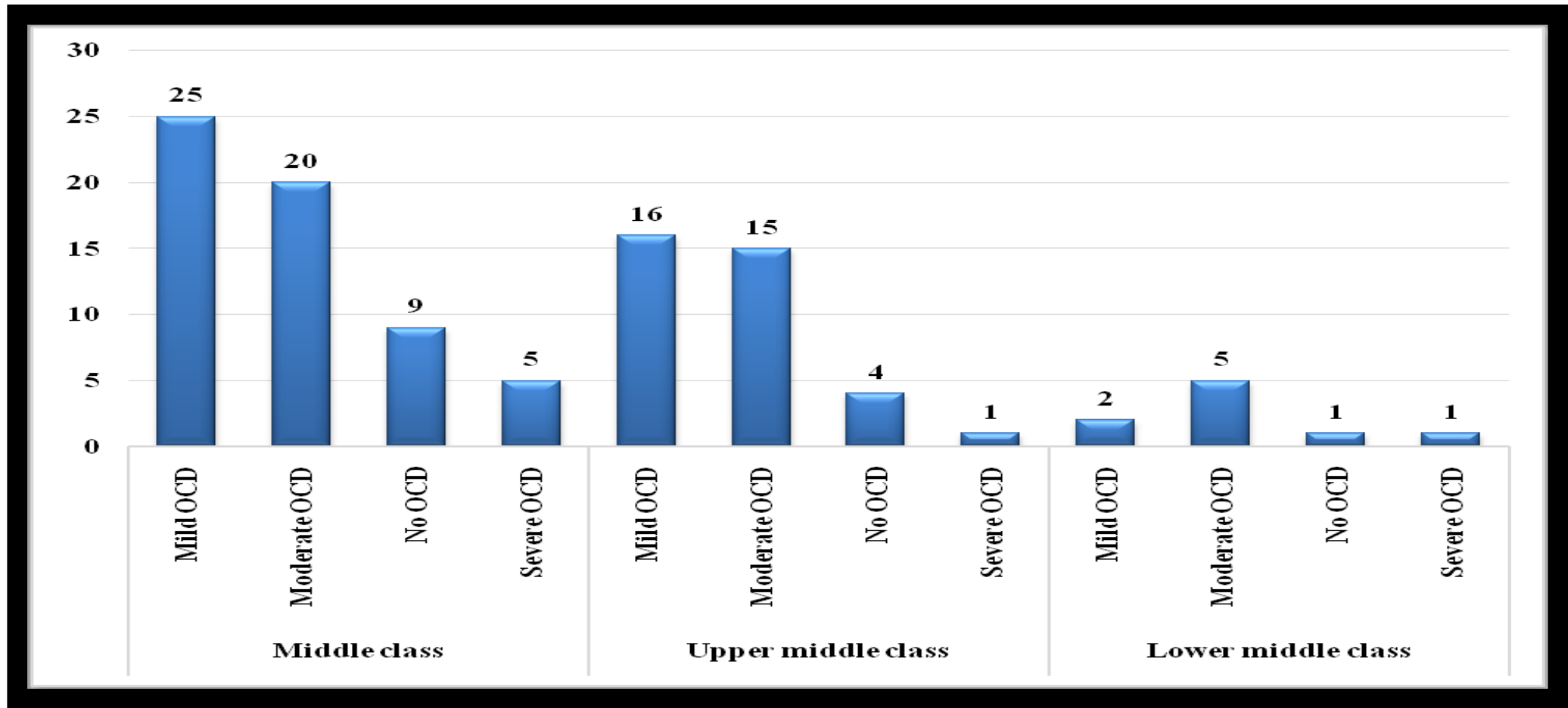


Relationship between level of OCD and food habits



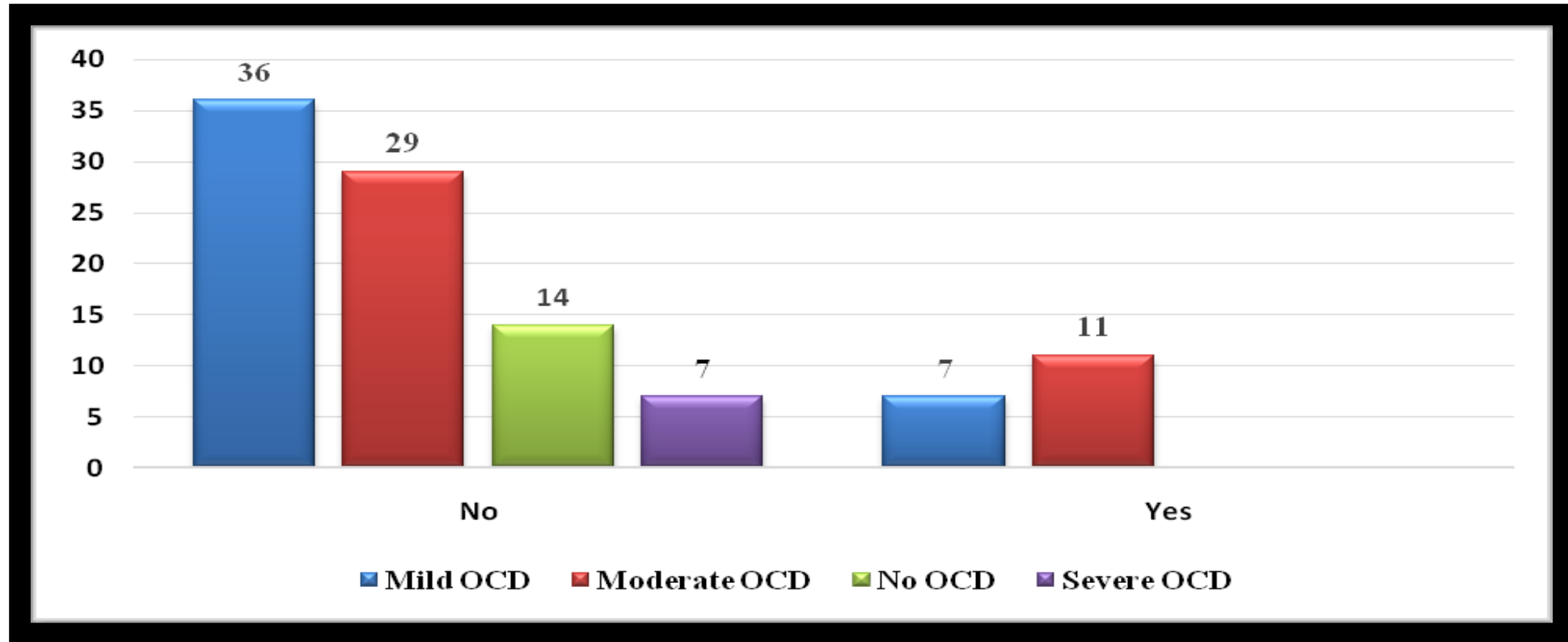
- As depicted in the graph, when compared between OCD levels and food habits, the prevalence is higher in people who are non-vegetarians than vegetarians and it is the starting level of OCD

Relationship between level of OCD and economic background



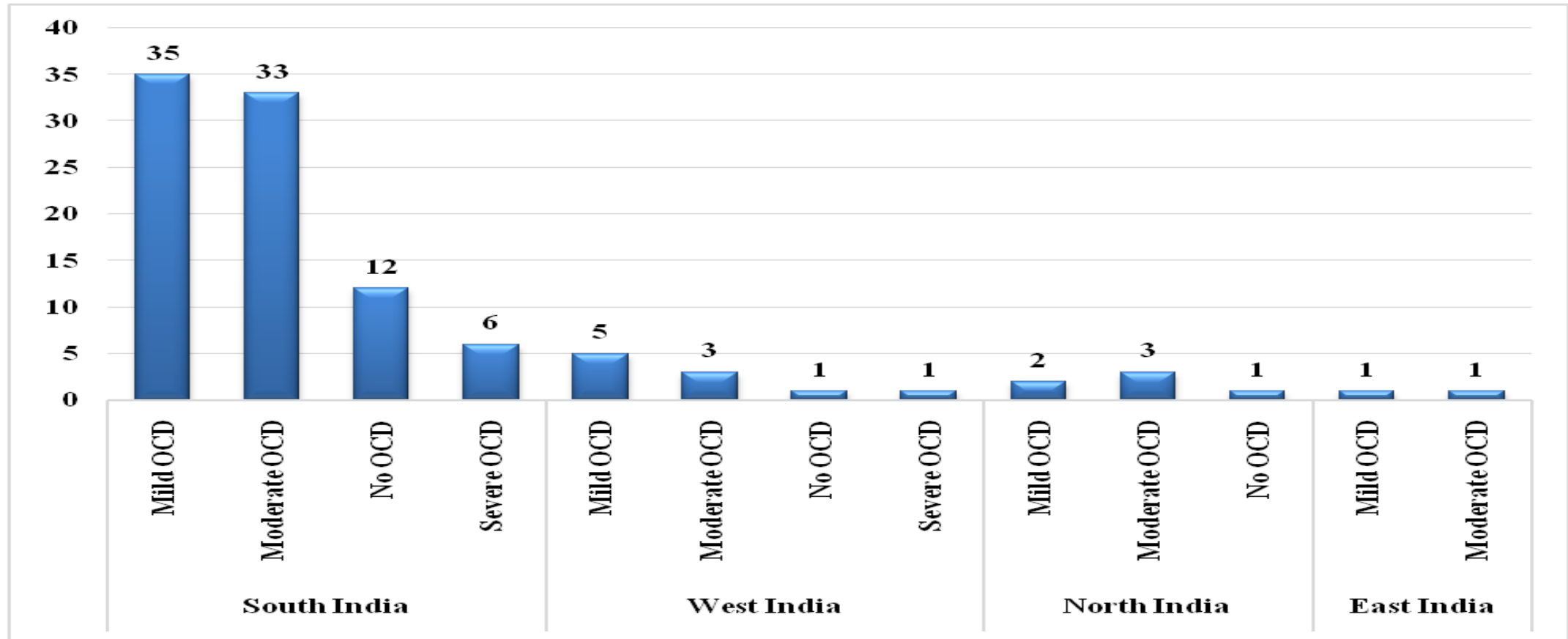
- When compared between level of OCD and economic background, it was highest in people from the middle class and least in the lower middle class

Relationship between level of OCD and drinking habits



- Students with OCD were not attributed to alcohol consumption habits. There were considerably low levels of OCD among alcoholics although its severity is high.

Relationship between level of OCD and Zone



- Higher level of Mild and Moderate OCD was found in South zone than the other parts of India as shown in the graph below.

Conclusion

- The data was collected from the management students across India, through a questionnaire and analyzed based on the standard questionnaire. The standard data was then compared with other factors like student's background, food habits, drinking habits and their location. When compared with the other factors, the level of OCD was mild with most of the factors.
- From the secondary data, we found that the prevalence of OCD in adults is 3.3% and 8.5% in students. From the data we have collected. We can say that majority of the students are in the starting level of OCD which are evident from the above graphs. As the level of OCD is mild in most of the parameters most of the parameters, some basic measures can be taken to overcome it