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DU students suffer different types of psychic problems

When Moushumi (changed name) was a schoolgirl, she confronted a traumatic experience that still haunts her in waking and sleep, reports UNB.

She is now a Masters student of Dhaka University, and always tries to maintain a distance with other girlfriends as she thinks that she is not as 'clean' as other girls.

The man was her friend's father. There was none in the house when the beast sexually abused her. Moushumi got married when she was the first year student but she still avoids her husband.

Almost every night, a nightmare breaks her sleep.

Russel (changed name), a 3rd year student of DU, came from a remote village but failed to get admission in his desired subject. Now, he could not mix with his classmates and roommates in the dormitory, and always maintains a distance with them fearing if they laugh at him.

Both Moushumi and Russel heard about the Students' Counseling Centre at TSC from their friends and after few counseling they are improving.

Now, like Moushumi and Russel, many DU students, teachers and employees are coming with different types of psychic problems at the clinic. Teachers and employees are also coming with their 'over smart', 'wicked', 'depressed' children, who are in turn going back with happy faces.

The counseling centre has been running by the student-cum-trainee Clinical Psychologists of the Department of Clinical Psychology of DU at the second floor of TSC.

"The students usually come with their academic problem first. Many come with depression and anxiety disorders and then after two or three sittings, we come to know their other problems," Farah Deeba, a trainee clinical psychologist and M Phil (final part) student told UNB.

Maximum clients at TSC are male students from different dormitories. The number of female students is not very poor, but their number is less than their male counterparts (5:1), Deeba said.

"Either, the girls do not know about us much or they feel shy to talk to us," she said adding that very poor number of students of the university know about this counseling centre and this information gap had kept the number of clients within 100 per year.

Many of them do not continue the counseling after coming four to five times depriving them from full cure.

"Unfortunately, people think that how a patient would be cured by spoken words only without medicines," Deeba said.

"Most of the students come here with depression and there is severity of depressions," said Salma Parveen, another trainee and M Phil student of the department.

Severe depression may create various mental and physical disorders and make a life of

to their studies. The investigation of the trainees revealed that they do not have well interpersonal communication with their classmates, hall-mates and other friends.

Many come with examination phobia. "I may not do good in the examination," is a common complaint.

Actually, their anxiety increases during the examination and that's why they failed to perform according to their preparations," Deeba said.

Deeba, Salma and other trainees informed that they counseled clients who had and still have psychosexual disorders.

"Psychosexual disorder comes from sexual abuse. I got a male client with psychosexual disorder. He was sexually abused in his childhood by one of his cousins," Deeba told.

Deeba said there are some problems that we never consider as real problems. For example, one is not able to give attention to classes, cannot control anger etc. "But, health means both mental and physical health."

Psychological problems can completely destroy an individual's life. However, empirical studies and research say that medicinal treatment is not enough for psychological problem excepting some psychological problems having biological basis.

"But in our country people know little about clinical psychology. To get better results, there is a need for both psychiatric and psychological services."

In Bangladesh, there are very limited psychological services, although there are drug oriented psychiatric services. Clinical psychology in this context can reduce the gap to a great extent. It can assess, diagnose and intervene in different psychological problems.

Clinical Psychology is one of the applied specialties of psychology. It is concerned with the application of psychological knowledge and principles, assessment, treatment and prevention of people's mental health problems and also health problems in general.

Apart from TSC centre, the young trainees of the newly established Clinical Psychology Department, treat with patients with different psychological problems of adults, elderly people and children at Dhaka Medical College Hospital, Bangabandhu Sheikh Mujib Medical University, Probin Hitaishi Shangha, Shishu Hospital, Udayan School and some other private clinics.

"All the government hospitals should have clinical psychologists and most of the countries of the world are now providing their people with this healthcare facility," Deeba commented.