

# Types and Management of Phobia

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## Description

A phobia is a kind of nerve disorder. It is defined as an excessive fear of something or situation. Phobias naturally result in a rapid onset of fear; it lasts for more than six to seven months. A phobia is an extreme and unreasonable fear reaction. A person who has a phobia may experience a deep sense of fear or anxiety when they come across the source of the fear. The fear can be of a particular place, state of condition, or thing. Unlike common anxiety disorders, a phobia is usually related to a particular nerve. The effect of a phobia can range from irritating to strictly disabling. People who suffer from phobias frequently realize their fear is unreasonable, but they're incapable of doing anything. Such types of fears can affect work, college, and personal relationships. Two factors cause phobia, genetic factors, and environmental factors. Children who have an excitement or anxiety disorder are at risk of developing this type of phobia. Upsetting and worrying events, such as nearly dying, can cause a phobia. Experience in narrowed spaces, risky heights, and animal or insect bites can also be causes of phobias. People who are using medicines continuously or under health concerns frequently have phobias. There's a high occurrence of phobias in people who have undergone traumatic brain injuries. Substance mishandling and depression are also the main reason for phobias. People suffering from phobias have to experience different symptoms such as schizophrenia. In schizophrenia, people have optical and auditory hallucinations, illusions, fear, negative indications such as anhedonia, and confusing indications. Phobias may be unreasonable.

The most common phobias are

- Agoraphobia: Fear of open spaces
- Acrophobia: Fear of heights
- Pteromerhanophobia: Fear of flying
- Claustrophobia: Fear of enclosed spaces
- Entomophobia: Fear of insects, social phobias
- Astraphobia: Fear of storms

- Cynophobia: Fear of dogs,

Phobia was most commonly observed in childhood, the teenage years, or early adulthood. This condition is unusual after 30 years. Phobias are of two types; one is specific phobias and, another one is complex phobias. Specific phobias usually develop from the age of 4 to 8 years. In some cases, it may be the effect of a painful early experience. The best example of specific phobia is claustrophobia. Complex phobias are affected by life experiences, brain interaction, and genetics.

The best example of this phobia is agoraphobia or social anxiety. Phobias are usually durable, and people suffering from them are virtually aware of their disorder. If the phobia does not cause severe difficulties, most phobias can be treated with suitable treatment. The treatment required mainly depends on the patient's behavior. It varies from individual to individual. The doctor may suggest behavioral therapy, medications, or a combination of medicine and treatment. Therapy is to decrease fear and anxiety symptoms and aid people to reduce their responses to the object of their phobia. The medications that are effective for the treatment are beta-blockers, benzodiazepines, antidepressants, and tranquilizers.

## Conclusion

Try not to avoid situations that you are afraid of rather than entirely avoiding fearful situations, practice being as close to them as possible, make contact. Consider attending a self-help or support group, where you can meet people who understand your situation. Make sure you look after yourself.

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