



CHAPTER – VIII

Case Study

CHAPTER VIII

CASE STUDIES AND INTERPRETATION



Quote to Ponder

“You are either a part of the solution, or a part of the problem, create innovative ways to problem solving – Eldridge Cleaves 1998

Introduction

In the present chapter an intrinsic case study of twelve cases is undertaken because the researcher wants a better understanding about the case, and also more insight into the issue of stress along with a better picture of the phenomenon.

The case study method has been used as a tool.

There are four steps in the case study

1. Collection of background profile
2. Collection of family and case history
3. Analysis and construction of diagnosis cum treatment plan
4. Image of family interaction through socio matrix and socio gram

The case studies have enabled the researcher to understand the complexities of human behaviour, so that further action research may be taken up.

Methodology

Having established rapport and identified the frequency of stress experienced along with the analysis, a few distinguished cases having high stress have been selected for case study, after discussion with the school authority

Semi non – directional verbal interview have been conducted and the information has been compiled based on sittings with the child and settings with the mother only, taking into consideration the short term report due to time constraints.

The information has been limited as students and families have resilience.

About 19 students are found to have very high stress, on the answer mode as well as according to the opinion of class – teacher as a verification measure.

Three students have refused to give information, two of the houses are locked in the urban area and two families had shifted to another location, in rural area.

Note:

- The commonality between the cases have been summarized based on classified causative factors (stressor) to arrive at a concise opinion about the major issues. They are as follows:
 - 1 Role played by visiting father
 - 2 Impact of parents extra marital sex and remarriage.
 - 3 Social system and conflict
 - 4 Parenting style
 - 5 Loss of family member
 - 6 Lack of family support, warmth and low cohesiveness
 - 7 Impact of NRI Culture
 - 8 Migration and break away from original system / family.
 - 9 Caste creed and class
 - 10 Peer pressure and its impact on goals and life style

CASE STUDY 1 (Urban)

Informant (Interviewee) : Student and Mother

No of sessions : 1 with student and 2 with mother = 3 sessions

Name: Ashish (name changed)

Age: 14 years 3 months

Sex: Male

Main problem: Absenteeism and day dreaming (according to teacher)

Caste: Non Gujarati (Father from A. P and mother from Mangalore)

Religion: Hindu

Family: Nuclear

Family Size: Four Members

Father's age: 49yrs

Father's education: MD (Medicine)

Father's occupation: General Physician

Father's Income: Rs.26000/p.m.

Mother's age: 45yrs

Mother's education: Psychiatric Nursing (B. Sc)

Mother's occupation: Housewife

Mother's Income: Nil

Ordinal Position: Elder of two siblings (having younger brother aged 9yrs)

Family History

Ashish's father is an icon in his town, hailing from an affluent family whose glory has feigned after death of Ashish's paternal grand father. The paternal grand mother is a haughty, domineering and cold person as reported by Ashish's mother. Ashish's father is the youngest of three brothers and one sister; he has lived out of the home for most of the time. Ashish's father prefers spending time with friends.

As said by Ashish, his father hardly bothers about domestic affairs and has no time. He is also reported to be chronic tobacco addict. He never appreciates Ashish, whenever he shows his result.

Ashish's mother, seems to be a highly ambitious lady apart being an outspoken person. She feels stifled being confined to domestic chores.

Her mother is described as an affectionate and submissive lady while her father is highly talented but a dogmatic man with obsessed views about discipline, as said by Ashish's mother. She is the elder of two siblings having a younger sister 9 years younger.

As described by Ashish, his mother is an intelligent but simple non assertive lady, who is too demanding, rather over protective – Ashish appears to be attached to the mother but, feels guilty of letting her down, through his deteriorating results that is, from 95% to 65% during the past two past years.

Although the parents have a marriage by choice, Ashish feels that it is a "mismatch"

Ashish's mother has been going through her menopause since the past two years and is a victim of chronic headache that upsets her mood.

Ashish's views: he feels isolated and humiliated because all the two of his close peers are wealthy. One belongs to Gujarati Patidar family owning huge land and the other is a Sindhi having multiple family business. A reluctantly abstains from sports, although he is good at athletics, in order to score high academically, in vain. He is unclear and disturbed about his future career. He is good at drawing and language, both of which are 'useless' for making him successful.

He aspires to become a computer Engineer, working independently in a luxurious office and setting aboard, so as to earn a lot of money. However, he is unsure of the result and is confused as to how he can make things work. He appears to be highly ambivalent towards his father. He admires him for his credentials but feels antagonistic towards his incapability as a provider and planner for the family. He is unhappy about the father being an addict and having to send Rs.3000/- every month to his paternal grandmother, who owns considerable ancestral property.

Ashish seems to be attached to his younger brother, who is his only close associate at home. Ashish feels that his father is lenient towards his younger brother who is lucky to enjoy benefits like joining swimming and cricket coaching camp.

Psycho Social Diagnosis: Ashish seems to be insecure, having low self esteem. He seems to be self-condemning too. He feels deprived and therefore depressed probably.

- The typical adolescent transition phase, the father's apparent aloofness or dejection, the excessive maternal binding and the financial problems, along with the influence of wealthy need to be understood.

Causative Stressors

- Subtle sibling rivalry
- Push factor
- Fear influence
- Double bind values, old vs. modern
- Role of father as an outsider
- Strict parenting and over demand by mother

INTERVENTION STRATEGY

Individual Level

- Further diagnostic sessions by social worker to confirm his problem and extent of internalization.
- Relaxation measures like exercise and Yoga
- Enabling to enhance self awareness
- Supportive work for boosting self image
- Help him to formulate goals.
- Aptitude testing
- Career Guidance

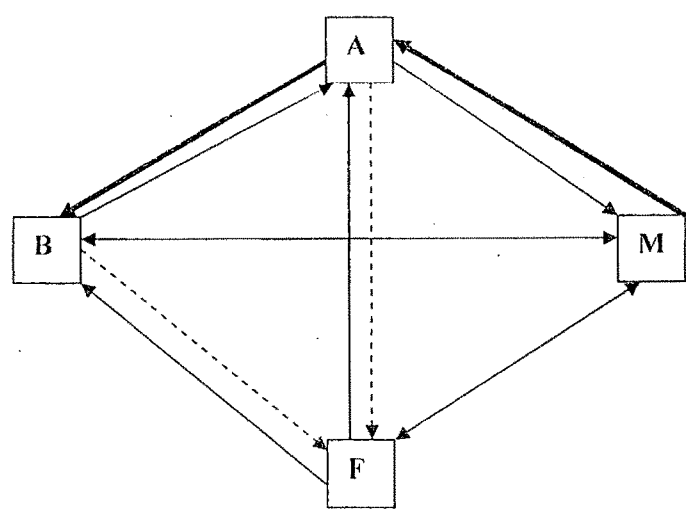
Family Level

- Marital interaction of parents needs to be understood to facilitate Ashish's needs. Parents need to come together for working out reasonable goals and activities and providing facilities required to boost up the self esteem of Ashish.
- Working with mother for providing emotional support, promoting emotional self reliance.
- Facilitating mother to be independent economically and emotionally.
- Father needs to be understood in terms of his needs and expectations
- Work with father for insight development and behavioural change

Interpretation of Sociogram

The father has little interaction with Ashish, his brother and his mother. While mother is highly attached to Ashish indicating probably the impact of oedipus complex.

Case – 1 : Sociogram of family relation



Key:

- Strong bond
- Moderate Bond
- - - Weak bond

Table – 1 : Sociometric tabulation of family relation

	Ashish	Brother	Father	Mother
Ashish		H	L	H
Brother	M		L	M
Father	M	M		M
Mother	H	M	M	

Key:

H : High

M : Moderate

L : Low

CASE STUDY – 2

Informant : Student and Mother

No. of Sessions : 2 with Bhadresh + 2 with Mother = 4

Name: Bhadresh (name changed)

Age: 14 years 5 months

Sex: Male

Main problem: Absenteeism and mischief monger (according to teacher)

Caste: Non Gujarati (Father from Kerala and mother from Kolkata)

Religion: Mixed (Father – Muslim, Mother – Christian)

Family: Nuclear

Family Size: Four Members

Father's age: 54yrs

Father's education: B.E. Civil

Father's occupation: Govt. Servant (engineer)

Father's Income: Rs.18000/p.m.

Mother's age: 45yrs

Mother's education: Home science B.Sc

Mother's occupation: Tuition teacher (Private classes)

Mother's Income: Rs 6000p.m.

Ordinal Position: younger of two siblings (having one elder brother seven years elder to him)

Family History

The parents met during college education. Around this time both the parents would stay in hostel. Bhadresh's parents seem to have discord in spite of having a

marriage by choice. His father comes from a large family, having six other siblings (three females and three males). He is the fourth child. He has very little contact with his family of origin as reported by Bhadresh's mother. He is a workaholic, having a touring job. He is also an alcoholic who beats up his wife occasionally. Bhadresh's paternal grandfather is a small merchant and a religious man respected in his community. The family culture is reported to be dogmatic

Bhadresh's mother is reported to be a "submissive" and "sacrificing" lady who is a "creature of circumstance" according to Bhadresh she is smart and charismatic too. Bhadresh's mother is short tempered and she nags her husband daily, in vain, as said by Bhadresh. Bhadresh's family has migrated from a near by city since a decade, about which, Bhadresh is antagonistic. Bhadresh often compares his previous school, peer group and the leisure time activity he enjoyed earlier. Bhadresh feels disgusted and insecure whenever the parents quarrel. Bhadresh's mother has frequent giddiness and low blood pressure, since the past year, due to menopause. To quote Bhadresh "some times my mother gets irritated and she shouts loudly which is quite embarrassing." "Mummy devotes her time and energy at the cost of her health but Pappa does not take notice". "Pappa should time to family and not spend on addiction". "Both Mom & Dad are concerned about their problem but what about us".

Bhadresh's maternal grandmother expired when his mother was in early teens, while maternal grandfather was a distinguished and strict police commissioner. Bhadresh's mother can not give much time to him, for study, as she is too busy with the house hold chores and the part time jobs she does to meet the two ends.

Bhadresh has a history of chronic illness during childhood being vulnerable to bronco pneumonia. He had to give up “normal lifestyle during childhood, though he is currently cured”.

Bhadresh feels dejected and neglected and prefers to spend time with friends, in spite of his knowing that they are not the ideal ones. He confesses that he has been smoking and consuming alcohol sneakily, once in a while. Bhadresh’s elder brother is the only support and ideal for him. He is good scholastically and praised by all. However Bhadresh feels guilty, which he tries to cover up by saying that he, will improve his performance, when the “right” time downs as he wants to become a finance manager and earn a lot of money, unlike his father.

Bhadresh is ambivalent towards his mother and apparently indifferent towards his father. He seems to be quite and carefree boy, who is still incapable of taking decision. Bhadresh and his brother are friendly and the two share events and experiences occasionally. He is attached to his brother to some extent, as he is also scared of him.

Bhadresh feels that his teachers do not understand him as modern teachers prefer “good buddies” who butter teachers. Currently, he scores 60% marks, although he was a rank holder until STD VIII. The teachers at primary and middle were motherly and reassuring according to Bhadresh. He constantly compares his past school with the present one.

Psycho Social Diagnosis: Bhadresh seems to be confused and in secured with a feeling of dejection, he tries to cover up through singing and posing to be care free.

Bhadresh probably seems to be looking forward unconsciously to a steady role-model. His chronic illness along with the migration perhaps makes him feel insecure. Parental conflict has been threatening.

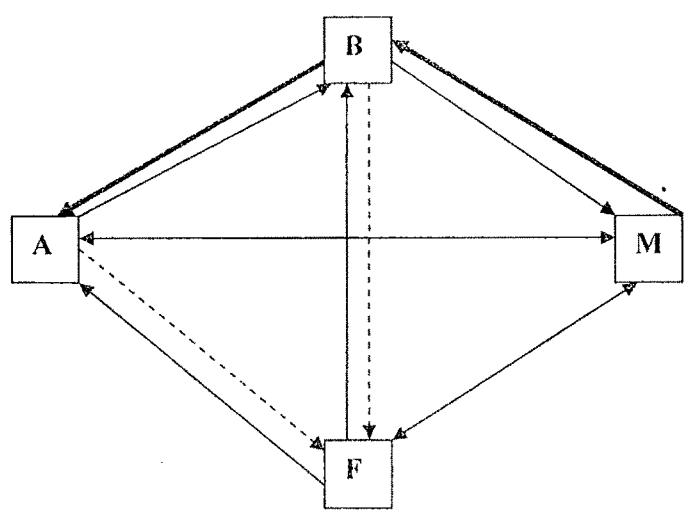
Factors causing stress

- Maternal overprotection
- Migration of school
- Parental conflict
- Financial problem
- Mother's helplessness
- Role of peripheral father

Suggestion: Individual Level.

- 1). Bhadresh needs firm but positive re – assuring relationship that can gradually help to make him persistent in approach.
- 2). He needs to be sensitized to realize his own strengths.
- 3). Father needs to develop better communication skills with family.
- 4). Brother needs to counsel to provide ego – support for developing better self discipline.
- 5). Mother needs emotive therapy for realistic stand.

CASE – 2



Key:

- Strong bond
- Moderate Bond
- Weak bond

Table – 2

	B	A	F	M
B		H	L	M
A	M		L	M
F	M	M		M
M	H	M	M	

Key:

- H : High
- M : Moderate
- L : Low

Interpretation: Peripheral role of father and low family support.

CASE STUDY – 3

Informant : Student and Mother

Number of Sessions: Student 2, Mother 1 = 3 Sessions

Name: Chintan (name changed)

Age: 16 years 2 months

Sex: Male

Main problem: Truancy from school and aggressive with peers

Caste: Anavil Brahmin

Religion: Hindu (Shaiva Cult)

Family: Nuclear

Family Size: Four Members

Father's age: 52yrs

Father's education: B. Sc. Civil

Father's occupation: Business (Owns a Khadi Store selling traditional handicraft cloth)

Father's Income: Rs.30000/p.m.

Mother's age: 48yrs

Mother's education: Comp sect.

Mother's occupation: Secretary with a MNC

Mother's Income: Rs18000p.m.

Ordinal Position: Eldest among two siblings (having one younger sister)

Family History

Chintan's parents have an arranged marriage. One wonders whether the mother was ready for marriage and motherhood. Also mother's role model and unresolved identity formation needs to be understood. His mother was reluctant to get married as she wanted to pursue higher studies and become an entrepreneur (who is an

“accident baby”). Chintan’s maternal grandfather was an eminent merchant in textiles. Chintan’s mother is the youngest of one brother and three sisters. The responsibility of running errands was taken care by her. She was more of a man. As a contrast at her husband’s place she supposed to be a typical bahu that is a home maker.

Chintan’s father, a “rigid” follower of Gandhian Philosophy is a shop owner dealing in handloom textiles and handicraft. He is generally an “isolated” figure at home, spending time in reading spiritualistic and philosophical books and practicing meditation.

Chintan’s father feels that people are valued even within the family by the money earned. He is fed up of life and he attributes “everything to fate and ‘Karma’

Chintan’s parents have frequent quarrels with respect to settling abroad as his maternal aunts and uncles live in USA or UK.

Chintan’s paternal grand parents were freedom fighters. The paternal grand father was a school teacher. Chintan’s father is the eldest of three siblings, having two younger sisters, both married.

Chintan studies in a semi government English Medium School, while his sister studies in a renowned private school belonging to the vernacular medium.

Chintan has ambivalent feelings for his sister. “Girls are pampered and privileged”. “She is father’s pet”. Chintan has failed in STD VIII and has scored 58% in STD in spite of six tuitions.

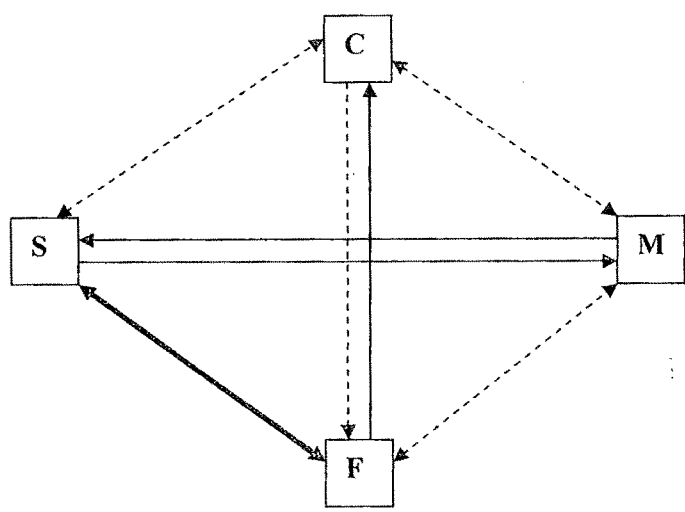
Psychological diagnosis: Reactive Behaviour due to maternal attitude, paternal behaviour and sibling rivalry. Application of Structuration Theory and Systems Theory helps to understand the dynamic of stressors.

- Ideology and goal clarity of Chintan
- Inner diffused turmoil due to aggressive mother and passive father
- Sibling rivalry

Suggestion

- Allowing vent of negative feeling by Chintan
- Positive reinforcement e.g., extra curricular activities for boosting confidence
- Awareness building in mother and insight development
- Cognitive therapy for mother along with emotional guidance for mothering skills as reassurance
- Re assuring father to look at life positively
- Sensitizing father and enabling him to be more understanding accepting and be friendly with Chintan.

CASE – 3



Key:
— Strong bond
— Moderate Bond
----- Weak bond

Table – 3

	C	S	F	M
C		L	L	L
S	L		H	M
F	M	H		L
M	L	M	L	

Key:
H : High
M : Moderate
L : Low

Interpretation : No family support and maternal rejection.

CASE STUDY -4

Informant	:	Student, Mother and Father
No. of Sessions	:	Student-1, Joint Session Parents-1, Mother 1=3
Name	:	Dolly
Age	:	15 years 1 month
Sex	:	Female
Referral problem	:	Withdrawn and careless study.
Caste	:	Non Gujarati (Brahmin) from Rajasthan--Jodhpur
Religion	:	Hindu
Type of family	:	Nuclear
Father's Age	:	50 yrs
Family size	:	04 members
Father's Education:		Matriculate
Father's income	:	Rs.6000/- per month
Mother's age	:	49 years
Mothers Education:		Metric +PTC
Mother's occupation:		Government servant (primary teacher with government school in a village on out skirt)
Ordinal position	:	Elder of 2 siblings, having a 10 years younger sister.

Family History:

The family has migrated from Rajasthan about 10 years ago for better prospects. The father's family of origin is disintegrated as they were landless laborers have to starve to death, as reported by Dolly's mother. The father has tried his hand at a factory as a daily wage earner for a few years. He had been compelled to migrate to a nearby village on the outskirts, for working as a construction worker until acquisition the job of a peon 3 years later.

Dolly's parents have had an arranged marriage. Dolly's mother had got married as a child though she cannot tell the exact age. Her parents had expired and she had been brought up by grand mother and maternal uncle aunt. After the death of grandmother her 'bad days' had started, she marked tearfully.

Dolly's mother feels that marriage is compromise and that a man marries probably only for sex and she is disgusted of sexual intimacy. She is scared to refuse sex as her husband becomes violent if refused. Dolly's mother says "women must study and earn. Then only children and families can be happy". Dolly's father is very handsome and resembles D. He has extra marital affairs with a colleague and returns home drunk late, on the pretext of heavy work. Dolly's father feels bad being concerned for office colleague of the opposite sex is misunderstood.

Dolly has lost a brother 2 years younger to her owing to fatal diarrhea and another brother, 4 years younger due to accidentally falling into a pit. Her mother still gets pre occupied and sad thinking about all these incidents.

Talking to D personally has been very interesting but disturbing, she needs repeated reassurance and probing, in spite of 3 sessions, little information has been elicited. She has tremendous anger towards her father and she feels that her mother needs to be more assertive. Dolly feels that women are 'helpless'.

Dolly is deeply attached to an elderly girl, her only friend, philosopher and guide. This friend knows 'everything' about her and understands her. Dolly's mother incidentally is a patient of chronic migraine and therefore, she has to rely on Dolly for help in the household work.

Dolly feels that the number 3 is very lucky for her. Whenever she does something on the 3rd date of a month or a multiple of three, she is successful. She writes her name 3 times on the answer sheet that sounds mysterious. She feels sorry for having failed last year, but is confident that she will pass this year, as 9 is a multiple of 3 she prays 3 times daily at night, so as to avoid 'bad' dreams. One wonders what they are: Dolly almost mothers her younger sister and feels that it is her moral duty.

School History

Dolly goes to a government girl's school, which is one of the oldest in town. When asked about school, D feels 'school does not matter much' as, all schools are useless except 'posh' schools, that is affordable for elites she wants to start a school, in future, although she is unsure of the possibility and strategy. She does not wish to get marked. Dolly says "can school's like mine produce Anuska Shankar or Priyanka Gandhi?"

Psycho Social Diagnosis:

Dolly seems to be suffering from neurotic obsession for reason yet unknown somewhere she is deeply hurt or guilty one wonders. She says is destined "We have to pay price for every thing" Again what she may unintelligible.

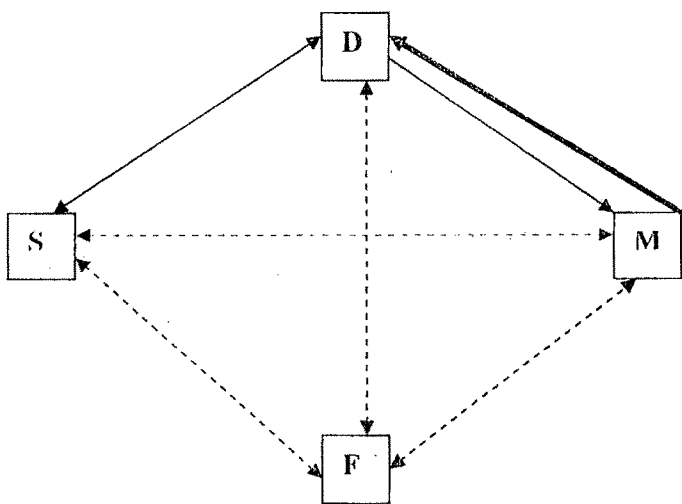
Stressors Influencing Dolly

- Ascribed liability
- Diffuse identity formation
- Internalized double bind values
- Repeated migration

Suggestion

- More of diagnostic session with Dolly and her mother.
- Rapport and supportive work with Dolly.
- Projective test by a psychologist to understand Dolly.
- Dolly may be counseled by a Psychiatric
- Supportive work with mother to enable her to look beyond.
- Working on mother daughter dyad for symbiotic relation and developing positive attitude.
- Resolving Dolly's guilt for resembling her father with respect to her physical appearance.

CASE – 4



Key:

- Strong bond
- Moderate Bond
- Weak bond

Table – 4

	D	S	F	M
D		M	L	M
S	M		L	L
F	L	L		L
M	H	L	L	

Key:

- H : High
- M : Moderate
- L : Low

Interpretation: Extremely poor family support

CASE STUDY 5(Urban)

Informant	:	Student
No. of Sessions	:	2
Name	:	Esha
Age	:	14 years 6 months
Sex	:	Female
Caste	:	Scheduled Caste
Religion	:	Hindu
Family Type	:	Nuclear.
Family size	:	5 members
Father's Age	:	48 years
Father's occupation	:	B.A (in Economics)
Father's occupation	:	service (Pvt. Organization)
Father's income	:	15000/-
Mother's Age	:	50 yrs (step mother)
Mother's Education	:	Matriculate
Mother's occupation	:	House wife
Mother's income	:	Nil

Ordinal Position: Eldest amongst 3 siblings, having 2 younger brother of whom 1 a step Brother

Family History: Esha's mother has expired 2 years ago, being a case of chronic pulmonary T.B. Esha's mother had been a n Anganwadi worker unlike her step mother. Esha's mother was 4 yrs younger to her father and a cheerful warm person while her step mother is too "cold" according the Esha. Esha's father has to tour a

lot having a sales job. Esha cut shorts any discussion that intimate. Esha seems to have ambivalent feelings towards her father and refuses to comment about the step mother. "After all, everybody needs companionship". Men have hardly any responsibility towards

Family. Poor papa, he has to travel for almost 20 days in a month. Fathers any way have to earn money"

Esha is caring towards her step brother but envious too. She helps both the brothers in their study. She is proud of her own brother, who is brilliant, but feels that males are privileged. Her brother is in Std. V and step brother is in Std I

Esha spends her spare time in reading spiritual books or praying and observes fast on thrice a week basis. She is not certain of her future.

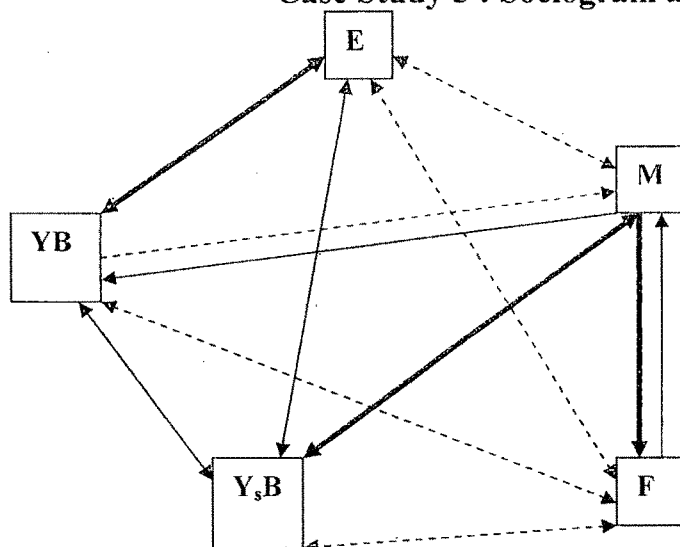
School History: Esha has been scoring 55-58% marks since the past 2 years, though earlier she was a distinction holder. She has no friends, and she prefers to be a left to herself.

Psycho-Social Diagnosis: Esha seems to be a depressed due to the loss of mother, lack of warmth and early responsibility. She tries to seek refuse through religion. Esha perhaps feels antagonistic towards the step mother she probably feels unwanted and deprived and guilty.

Suggestion

- Supportive work to enable Esha to ventilate her feelings and experiences
- Encouraging her to socialize more and set objectives in her studies to reach her goals.
- Enabling her to find out other resources and search out potential recreation.
- Encouraging achieving meaningful alternatives.
- Grief counseling for unresolved feeling of maternal loss.

Case Study 5 : Sociogram and Sociomatrix



Key:

— Strong bond

— Moderate Bond

- - - Weak bond

Table – 5

	E	F	M	YB	Y _s B
E		L	L	H	M
F	L		M	L	L
M	L	H		M	H
YB	H	L	L		M
Y _s B	M	L	H	M	

Key:

H : High

M : Moderate

L : Low

Interpretation: There is similarity of situation between Esha and Step Mother in terms of relationship with the younger siblings. Also father has little binding with Esha and her siblings.

CASE STUDY 6(Urban)

Informant	: Only Student
No of Sessions	: 1
Name	: Fakir
Age	: 14 year s 6 months
Sex	: Male
Ref. Problems	: Careless, perpetual late comer, mischief monger and poor handwriting
Caste ;	: Patel (An a typical Patel family)
Religion	: Hindu
Family type	: Nuclear
Family size	: 5 members.
Father's Age	: 40 years
Father's Education	: M.Sc
Father's occupation	: Lecturer in Physics with a private college
Mother's Age	: 37 years
Mother's education	: B.A (Gujarati)
Mother's occupation	: House wife.

Ordinal position: Middle child of 3 siblings, having elder sister ad one younger brother.

Family History:

Fakir's parents have been married at an early age. It is an arranged marriage. Fakir's grand father a school principal belongs to a rural family. He died when his father was in high school. Fakir's father has 3 younger brothers and 3 younger sisters, all of whom are married?

Fakir's father has migrated to urban area, and lives in a nuclear family. However, he has to shoulder all the major responsibilities in times of events and ritual.

The paternal grand mother and the youngest uncle and family still lives in the small ancestral village house.

One of Fakir's paternal uncles is a well off NRI in UK. However, he is quite indifferent, having a Burmese wife.

As reported by Fakir and his mother, Fakir's father is an idealistic person who goes out of the way to help his kith and kin and he is too docile.

Fakir's mother married at the age of 18 years, an obsessed lady suffering from diabetes and arthritis. She is too mild a lady – 'like a cow' as described by Fakir. She has studied up to STD II and is the daughter of a temple priest.

Fakir is highly attached to his sister, who is 5 years older and is extremely talented. She has eloped since two years with a Christian boy from the neighborhood. Fakir misses her fondly and he maintains secret correspondence with her, as the family has cut off all ties with her. Fakir's brother, 3 years younger to him is sickly child, right from birth

School History: Fakir is excellent at language and social studies but not very good in mathematics. His parent want him to become a doctor and go abroad, while Fakir a want be a manager with posh company in India. Fakir has been a mediocre student scoring 65%. However in last two years he has been getting merely 50%.

Psycho Social Diagnosis: Depressed, in secured and confused person due to reaction to family circumstances.

Fakir is a victim of the system having dogmatic family values, migration and lack of family as well as social support.

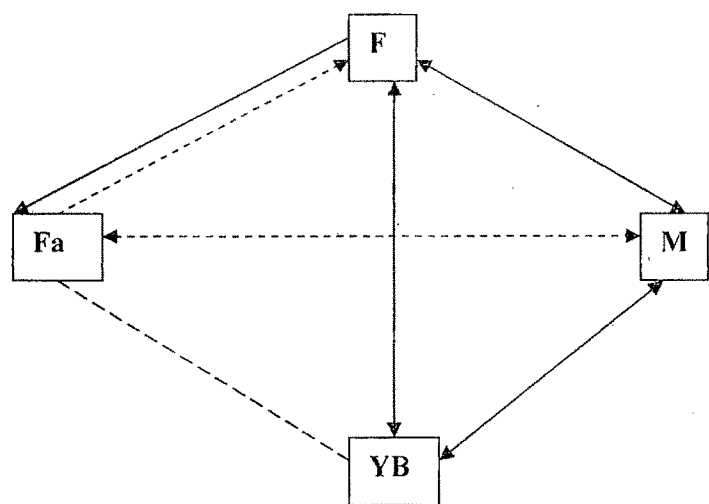
Stressor:

- Push factor
- Loss of sister who has eloped
- Father's excessive attachment with family of origin and unresolved rivalry with brother.

Suggestions:

1. Working with Fakir's feelings of loss insecurity / agony due to sister's absence.
2. Individual work with Fakir for goal clarity and ego support to become an independent rational thinker.
3. Career guidance and counseling for Fakir
4. Cognitive Therapy with Fakir for establishing a balance between old and modern values.
5. Working with father and mother dyads and exploring their feelings values need and aspiration.

CASE – 6



Key:

- Strong bond
- Moderate Bond
- Weak bond

Table – 6

	F	F _a	M	YB
F		L	L	M
Fakir	L		L	L
M	L	L		M
YB	M	L	L	

Key:

- H : High
- M : Moderate
- L : Low

Interpretation: Low family cohesiveness.

Note:

In the rural area the following stressors have been observed.

- Gender discrimination due to double bind culture and multiple dynamics of social systems.
- NRI family problem
- Male dominance and role of peripheral father
- Migration
- Grief owing to loss of family members.
- Parenting style and disciplining style.
- Influence of the institution of marriage.
- Class and creed.
- Size of family

CASE STUDY 7 (Rural)

Informant	: Student and Mother
No. of Sessions	: 1 with student + 1 with mother = 2
Name	: Geeta
Age	: 14 yrs 8 months.
Sex	: Female
Referral problem	: Absenteeism and talkative in class
Caste	: Brahmin
Religion	: Hindu (Vaishnav)
Father's Age	: 42 yrs
Family type	: Joint
No. of family members	: 9
Father's education	: STD VII
Father's occupation	: Temple priest.
Father's income	: 8000/-
Mother's Age	: 31 yrs
Mother Education	: illiterate
Mother's occupation	: Housewife
Mother's income	: Nil
Ordinal position	: Eldest amongst 4 siblings with 1 younger sister followed by 2 younger brothers

Family History: Geeta's father comes from a prestigious family, where the father is the 3rd amongst 4 sisters and 2 brothers of whom 2 elder siblings are sister. The father being reserved and strict family members avoid him.

Geeta's paternal grand father too has been a temple priest and gram mitra of the village. He has been a renowned astrologer apart from being an Ayurvedic practioner. The grand father is a stickler of norms and dogmatic.

Geeta lives in an extended family with grand father, uncle and his wife. The parental aunts that are father's sisters are married.

Geeta's grand mother is good at embroidery and so is her mother. The family owns a cow and very small farm. Geeta's grand mother says that a girl's prestige, fortune and happiness lays inn getting married to a boy from "good heritage" a family having a house, mulch cattle and some land".

Geeta's mother feels that, living in a joint family gives 'security' and 'company', even though one has to work hard. According to her" my marriage has been done at a tender age and my husband is much elder, but he keeps me as a daughter and my family is a affluent- "Khata pita Ghar".

She further says that Geeta must get married within a year. She blames the 'modern education' whereby girls do not learn house keeping for, ultimately a happily marriage requires a beautiful wife, who cooks well and cares for all. She is proud of the fact that Geeta is a gentle and obedient girl who has learnt the skill of milking the cow, cooking and all other domestic work. Geeta feels, she gets little time to study, to complete her home work but she is helpless.

She curses herself for being born as a female in INDIA.

School History: Geeta was good at studies until std. V. and distinction student up to Std. VII but in the VIII Std she has scored 59 % and in IX 55.3%.

Teachers are concerned over her absence and sudden talkative attitude. Seeta's teachers have a soft corner for her as she is a helpful and well mannered girl apart from being an intelligent girl.

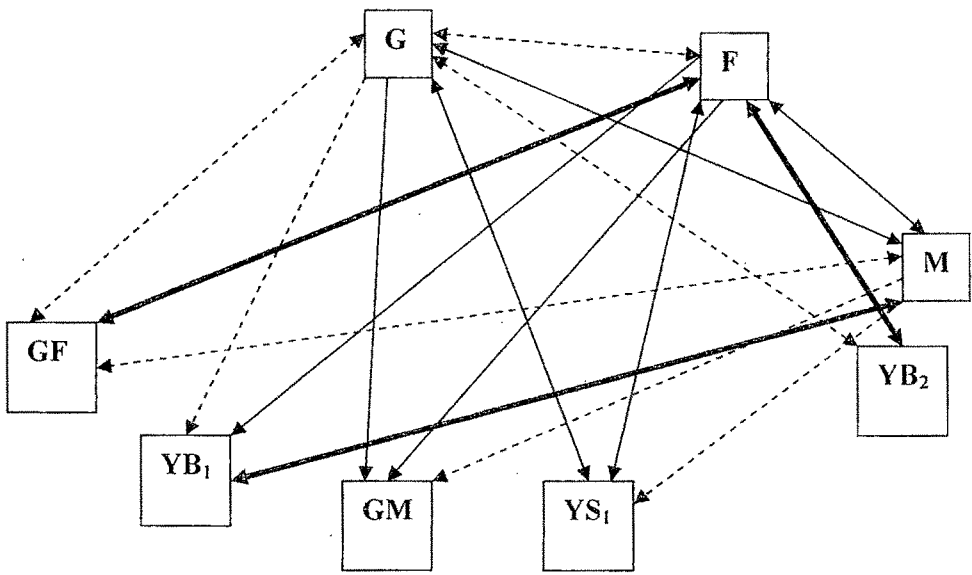
One wonders at the talkative girl at school as against the quite and obedient girl at home as per the structuration theory.

Social diagnosis: Geeta is victim of value conflict and identity diffusion with her mother being a typical conformer and father being a dogmatic authoritarian figure. This is accountable for her confused identity. She has been unable to have her teeth into the family expectation and role., as per the System theory.

Suggestion:

- 1. Geeta needs opportunity to ventilate and emotional support.
- 2. Geeta needs to be counseled to be realistic in aspirations.

CASE – 7



Key:

- Strong bond
- Moderate Bond
- - - Weak bond

Table – 7

	G	F	M	GF	YS₁	YB₁	YB₂
G		L	M	L	M	L	L
F	M		M	H	M	M	H
M	M	M		L	L	H	M
GF	L	H	L		L	L	L
YS	M	M	L	L		M	M
YB1	L	L	L	L	M		M
YB2	L	L	L	L	M	M	

Key:

H : High

M : Moderate

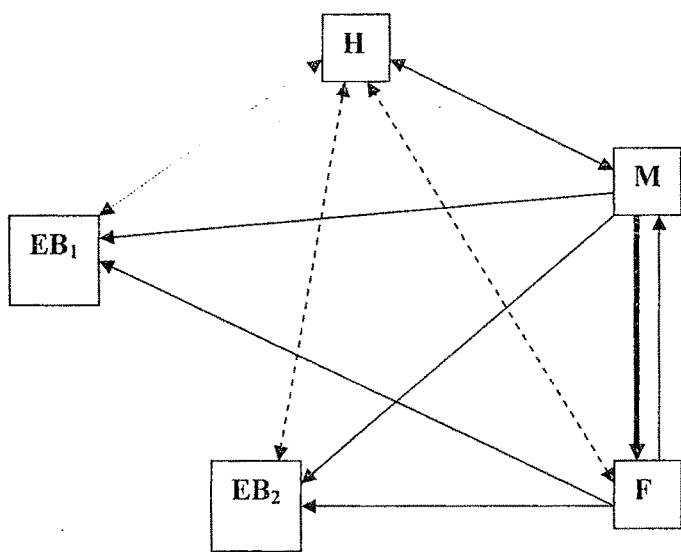
L : Low

Interpretation: There is a strong bond between all male members and the mother and the younger brother. This sociogram has been worked out for the immediate family members.

CASE STUDY – 8

Informant	: Student
No. of Sessions	: 1 with student
Name	: Himansu
Age	: 14 yrs 9 months.
Sex	: Male
Referral problem	: In attentive in class, arrogant and careless, uses abusive language.
Caste	: Gujarati Patidar from Bavisgam
Religion	: Hindu (Swaminarayan)
Family type	: Joint
No. of family members	: 5
Father's Age	: 43 yrs
Father's education	: M.S. M.B.A
Father's occupation	: Engineer.
Father's income	: Unknown
Mother's Age	: 44 yrs
Mother Education	: M.D. Gynecology
Mother's occupation	: Doctor
Mother's income	: Unknown
Ordinal position	: Eldest out of 3 siblings

CASE – 8



Key:

- Strong bond
- Moderate Bond
- Weak bond

Table – 8

	H	F	M	EB ₁	EB ₂
H		L	M	L	L
F	L		H	M	M
M	M	H		M	M
EB ₁	L				
EB ₂	L				

Key:

- H : High
- M : Moderate
- L : Low

Interpretation: Poor family cohesiveness

Family History:

Himanshu's parents are in USA, New York. Himanshu's parents had an arranged marriage. When he was 3 years old he came to live with his grand parents, great grand mother and elder male cousin, after the birth of his twin sisters. This is extremely resented by Himanshu.

Himanshu's cousin's parents have settled in U.K and the cousin is the only child. Himanshu's father is the youngest of two brothers in his family while his mother is the only child of a rich couple from Ahmedabad. The mother's mother had developed some complication and was unable to produce children.

Himanshu's paternal grand father was a diamond merchant in east Africa, who expired very young owing to some unknown illness.

Himanshu's views about family

Himanshu is somewhat attached to his cousin and is indifferent towards all others. He says "I am casual and normal in my relationship". "Why take everything very seriously, after all sab kuchh chalta hai". "I hate emotions and nautanki".

School History.

Himanshu is careless about every thing although he intelligent as per teachers. He is excellent at initiative, leadership and creative projects, but perhaps he is lazy and arrogant.

Psychosocial Diagnosis

Himanshu is a victim of the systems in society. He is perhaps incapable or scared of intimacy. He has probably internalized only the materialistic structurism aspect of the community.

The NRI culture and trend comparing off springs to live back at 'home', in India with grand parents or relatives for schooling is worth to be scrutinized in terms of its rolling affect on the young minds.

Suggestions:

- Diagnostic interview by social worker.
- Projective test by psychologists
- Exploring his talents to make him feel recognized and wanted
- Cognitive therapy to become positive
- Counseling to realize a need for emotional intimacy.

CASE STUDY – 9

Informant : Student
No. of Sessions : 2 with students
Name : Indu (name changed)
Age : 14 years 2 months
Sex : Female
Main problem : Inattentive in class, moody, day dreaming, not friendly with peers.
Caste : Gujarati (Father an Anavil Brahmin and mother is a Charotari Patel)
Religion : Hindu (Shakti Cult)
Family : Joint
Family Size : Six Members
Father's age : 40yrs
Father's education : MD (Aesthetician)
Father's occupation: Doctor
Father's Income : Unknown - Rs.2.5 lakhs p.m.
Mother's age : 40yrs
Mother's education: MD (Radiologist).
Mother's occupation: Doctor
Mother's Income: Same as the father.
Ordinal Position: Only child

Family History

Indu's parents had a marriage by choice, at the age of 25 years. Soon after marriage Indu was born. When she was three months, the parents went to U.S and settled there.

Indu lives with her maternal grand mother and grand father, uncle and aunt, who have no offspring inspite of 10 years of marriage and one lady cousin of the same age, whose parents are in U.K (that is Hindu's elder maternal uncle and Aunt.)

The family owns huge mansion and land (eucalyptus and tobacco fields) and a hosiery shop too). The maternal grandmother is domineering but a modern lady. Shi is an executive member of voluntary organization.

The father's family is orthodox. The paternal grandfather was a doctor in a village, owning a private clinic. The father has a younger sister married to a Marathi boy, as CA in U.S and the mother has a brother settled in Australia as a Management person

Indu's comments: "People are crazy to settle abroad" She refuses to discuss further.

Indu feels terribly hurt, angry and confused as to why her parents have not allowed her to stay with them, although she has all the facilities, attention and comfort at her maternal grandparents place. She has joined several classes like music, painting and dancing. She does not like socializing. Indu's only friend is her cousin but Indu has ambivalent feelings.

Indu's cousin is 7 years elder to her and is awaiting to get married. The cousin is perhaps motherly figure who cares a lot for Indu. Indu says "why should I be a parasite from my cousin after all everyone has their own life".

School History: She has been an average student getting a higher second class but an all rounder. She is good at performing arts that is vocal music and dance. She does not become friendly with others. She intends becoming a fashion designer.

She does not intend to get married, which is quite symbolic of her emotional world.

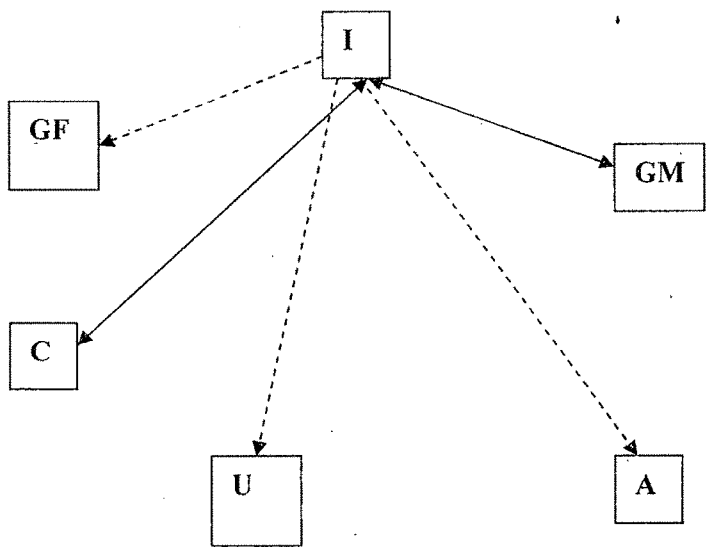
Social diagnosis: Reactive behaviour due to suppressed feeling of perceived dejection by parents. She is a victim of a typical NRI Patidar family having affluence but lacking sensitivity.

One wonders if she has been able to assimilate the structural restrictions and limitations.

Suggestion:

- More of diagnostic interview with Indu by social worker to explore the extent of internalized negativity.
- Emotive therapy
- Guidance in decision to develop a feeling of being wanted.
- Projective tests by psychologist to know more about her.
- Counseling to develop rational outlook and attitude towards intimate relations.
- Guidance to decide her future.

CASE – 9



Key:

- Strong bond
- - -** Moderate Bond
- Weak bond

Table – 9

	I	GM	GF	U	A	C
I		M	L	L	L	M
GM	M		L	L	L	L
GF	L	L		L	L	L
U	L	L	L		M	L
A	L	L	L	M		L
C	H	L	L	L	L	

Key:

- H** : High
- M** : Moderate
- L** : Low

Interpretation: Poor family cohesiveness

CASE STUDY – 10

Informant : Student and Mother
No. of Sessions : 1 + 1 = 2
Name : Jigisha (name changed)
Age : 16 years 1 month
Sex : Female
Main problem : Very quiet and never participates in class
Caste : Schedule Tribe
Religion : Hindu (Ramdevpid's follower)
Family : Joint
Family Size : Nine Members
Father's age : 42yrs
Father's education : Primary Education
Father's occupation: A truck driver
Father's Income : Unknown - Rs.2500p.m.
Mother's age : 38yrs
Mother's education: Illiterate (Balmandir)
Mother's occupation: Construction worker (daily wage worker)
Mother's Income : Rs. 1000/-.
Ordinal Position : Eldest of three sisters (one studying in V STD and other one studying in II STD).

Family History

Jigisha lives in an extended family having 9 members. She has her old grand mother, a mentally ill person, a disabled aunt, a young uncle, about the same age as that of her mother. He works at a petrol pump station earning Rs. 1000/- p.m.

There is paying guest, a friend of her uncle staying with the family. He seems to very friendly with Jigisha's mother. One wonder about the relationship.

The father is chronic alcoholic who comes home once in 10 days or 15 days and has odd hours of travel. He often abuses his wife physically. The information has come spontaneously from the paying guest.

Jigisha's mother was forced to marry because her elder sister who was engaged to Jigisha's father fled away. Her maternal grandfather had gone into debt due to excessive alcohol consumption and therefore he had promised to give one of his daughter's hands in marriage to the money lender. This information was shared by her mother. Jigisha helps her two sisters in their study and her youngest sister is very much attached to her sister.

Jigisha seems to be sad and pre – occupied. She is shabbily dressed and is negative about her future, with respect to marriage, career, friendship and any relationship. She wishes to come out of the situation, but she does not know how to do so. Her emotional crisis perhaps has contributed towards her skinny built, brittle hair and chopped skin. She attributes her 'ill fate' to God. She is very supportive of her mother as without her support she would not have pursued study. Her father does not want her to study. In fact he hates all the daughters as per Jigisha.

School history: she has secured 54.3% in STD VIII and 50.7% in STD IX. She aspires to do PTC and become a teacher in the village girls' school.

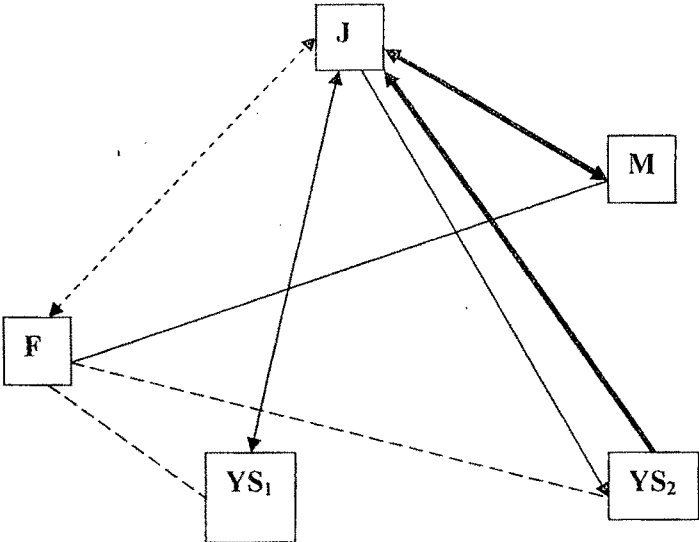
Social Diagnosis: A battered girl who accepts challenges due to maternal support.

- The social systems and values are double bind in nature creating confusion for Jigisha. The caste and class barrier is a hindrance to her career.
- Maternal support somewhere has given her the confidence.

Suggestion

- Help Jigisha to study and get good marks and make study plans, schedule and habits to boost up self image and make herself independent economically by teaching life skills
- Work with mother daughter dyad and facilitate mutual benefits to each other.
- Emotive and supportive therapy for mother
- Exploring deeper into the family dynamics for detail diagnosis.

CASE – 10



Key:

- Strong bond
- Moderate Bond
- - - Weak bond

Table – 10

	J	F	M	YS ₁	YS ₂
J		L	H	M	M
F	L		L	L	L
M	H	L		M	M
YS ₁	M	L	M		M
YS ₂	H	L	M	M	

Key:

- H : High
- M : Moderate
- L : Low

Interpretation: Poor family cohesiveness, strong bond with mother.

Case Study – 11

Informant : Mother
No. of Sessions : 1
Name : Kumar (name changed)
Age : 16 years 3 months
Sex : Male
Main problem : Very sad and moody – possessed by spirits
Caste : Backward class (Halwai)
Religion : Jain
Family: Núclear
Family Size : Four Members
Father's age : 41yrs (Expired due to snake bite two years ago)
Mother's age : 41yrs
Mother's education: First standard
Mother's occupation: Servant
Mother's Income : Rs. 1200/-.
Ordinal Position : Middle child, having one elder and younger sister.

Family History

The family has sold off the ancestral house and small land as well as a cow. They live in a one room hut. Kumar's mother is a case of child marriage. Kumar hardly talks with his family members. He has no friends as per his mother. He is 'disinterested in everything'. Until last two years the mother was proud of kumar "he does not touch onion and garlic and potatoes inspite all temptation for junk food by his friends. He prays 4 times and observed fast strictly. He eats before dusk. Infact he is better than me as a Jain. He has the blessings of our Tirthankar". Of recent he has a mood swings and has outbursts of bitter sob.

He spends long hours at a temple wandering till late night. During the last summer holidays he had written a suicide note to his elder sister, which served as an alarm both for the mother and elder sister feels that, there is an 'evil cast'.

Kumar refused to talk with the researcher and tried to smile saying 'namaste' and walked off on the pretext of buying something kumar's brother works as a helper at grocer's shop earning Rs.300 p.m.

School history:

Kumar was good at study until his father's demise. Over the past two years he has scored 54.2% and 50.9% respectively

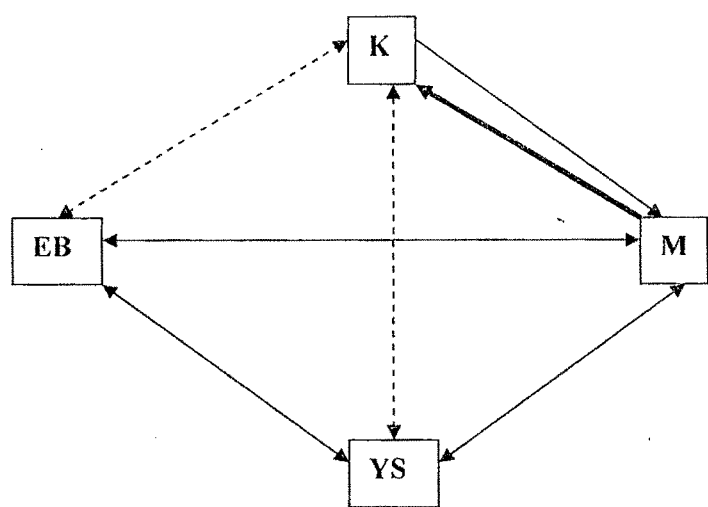
Social diagnosis

Kumar seems to be a case of chronic depression unable to overcome the grief and trauma of father's death and his pre-morbid personality needs to be explore having a rigid Jain background. He seems to have internalized the moral values but has unconscious resistance in accepting the values, which is unintentional. Also responsibility of his sisters and mother, and loss of the father figure, at the adolescent phase may be scaring. There is no family support that worsens the situation.

Suggestion

- Individual sittings for better understanding and emotional support
- Vocational counseling to generate sustainable economic development.
- He needs to be clinically diagnosed for his depression and administered drugs
- Family needs counseling to deal with loss of family head.
- Mother and elder brother needs to be subtler dynamics need to be understood and guided for increasing income.

Case – 11



Key:
 Strong bond
 Moderate Bond
 Weak bond

Table – 11

	K	M	EB	YS
K		L	L	L
M	H		M	M
EB	L	M		M
YS	L	M	M	

Key:
H : High
M : Moderate
L : Low

Interpretation: Poor family support excepting for mother.

Case Study – 12

Informant	: Student and mother
No.of Sessions	: One (Joint session)
Name	: Laju (name changed)
Age	: 15 years 11 months
Sex	: Male
Main problem	: Steals others belonging, picks up quarrels and abuses using slang language, indiscipline.
Caste	: Schedule Caste
Religion	: Hindu (Follower of Ramapir)
Family	: Nuclear
Family Size	: four Members
Father's age	: 40 yrs
Father's education	: Illiterate
Father's occupation	: Construction work
Father's Income	: Rs.1000p.m.
Mother's age	: 40yrs
Mother's education	: Illiterate
Mother's occupation	: Construction worker (daily wage worker)
Mother's Income	: Rs. 800/-.
Ordinal Position	: Eldest of two siblings, having one younger brother studying in STD I

Family History:

Both parents work on construction site. They commute a long way daily and have to depend on pick and drop facility.

Laju's father had a step father and he used to receive flogging as a child. He therefore had to run away from home, at the tender age of 11 years. He worked at a Dhaba (mini way side hotel) on Ahmedabad Baroda High way, scrubbing vessels.

One day the owner was bitten up by the police and the hotel was dismantled. Following the event he joined a textile mill in Ahmedabad as a daily wage earner.

Around the same time he married Laju's mother, whose father live in the same slump (chawl) and was a textile laborer as well as a chronic alcohol. After the premature death of her father, Laju's mother was compel to get married to Laju's father in order to escape the torture of step mother and two step brothers.

Upon the closure of textile mill the family has migrated to Anand with the help of a friend.

Laju has lost two younger siblings, that is one sister in her first year and the other, a brother, during the third year, due to diahorrea and accident respectively.

Liju has to care for his younger brother, in the absence of his parents. He can cook 'rotla', fetch water from the pond. He also worked part time at a Garage.

Laju feels ashamed to go to school shabbily dressed. He manages to score 50 to 55 %. His dream is to become a garage mechanic and make his mother happy.

At this point Laju's mother became tearful and further discussion was interrupted.

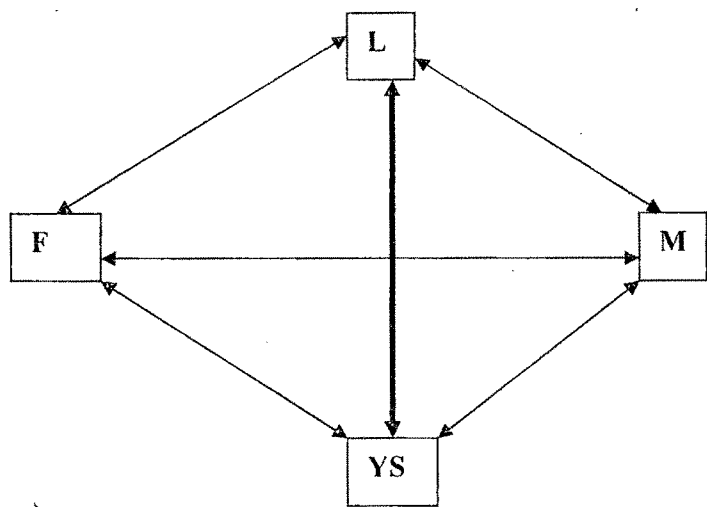
Social Diagnosis:

Laju seems to a creature of circumstance. The adverse social system has had the scar on him making him insecure. He has masked his emotional and aesthetic self. He resents ascribed family liability. The family repeated migration also has influence in some way.

Suggestion:

- Mother needs to ventilate the multiple traumatic events and experience.
- Laju needs to be coached for learning life skills that generate supplementary income
- Laju needs positive feed back and consistent warm relation to regain faith in humanity.

Case – 12



Key:

- Strong bond
- Moderate Bond
- Weak bond

Table – 12

	L	M	F	YS
L		M	M	H
M	M		M	M
F	M	M		M
YS	H	M	M	

Key:

- H : High
- M : Moderate
- L : Low

Interpretation: A battered family due to repeated financial blows and multiple deaths. Family bond is moderate excepting between Laju and his younger sister.

**Summary of highlighting features of acting as stressors for the
urban case study:**

Case – 1

- Peripheral role of father
- Push factor
- Maternal attachment
- Peer influence
- Parental conflict

Case – 2

- Father's peripheral role
- Migration
- Childhood chronic illness
- Marital conflict
- Peer influence
- Diffused Role model

Case – 3

- Conflicting values of parents (structuration theory)
- Maternal rejection
- Sibling rivalry
- Battered father (systems theory)
- Inability to establish identity

Case – 4

- Extra marital affair of father
- Loss of family member
- Repeated migration (no family or social support)
- Ascribed responsibility
- Lack of role model and diffused identity
- Guilt associated with resemblance to father (physical appearance)

Case – 5

- Grief due to loss of mother
- Role of visiting father (though not intended)
- Gender discrimination
- Step mother acceptance (Electra complex)
- Similar situation of step mother (with respect to siblings)

Case – 6

- Atypical Patel family
- Attachment with sister who is cut off by the family.
- Father's unresolved sibling rivalry and push factor
- Migration
- Lack of family and social support.

Note : A few photographs have been attached with the consent of the client, although the identity is kept confidential.

**Summary of highlighting features of acting as stressors for the
Rural case study:**

Case – 1

- Peripheral role of father
- Push factor
- Maternal attachment
- Peer influence
- Parental conflict

Case – 2

- Father's peripheral role
- Migration
- Childhood chronic illness
- Marital conflict
- Peer influence
- Diffused Role model

Case – 3

- Conflicting values of parents (structuration theory)
- Maternal rejection
- Sibling rivalry
- Battered father (systems theory)
- Inability to establish identity

Case – 4

- Extra marital affair of father
- Loss of family member
- Repeated migration (no family or social support)
- Ascribed responsibility
- Lack of role model and diffused identity
- Guilt associated with resemblance to father (physical appearance)

Case – 5

- Grief due to loss of mother
- Role of visiting father (though not intended)
- Gender discrimination
- Step mother acceptance (Electra complex)
- Similar situation of step mother (with respect to siblings)

Case – 6

- Atypical Patel family
- Attachment with sister who is cut off by the family.
- Father's unresolved sibling rivalry and push factor
- Migration
- Lack of family and social support.

Case – 7

- Value conflict leading to push and pull due to social stigma around female higher education.

- Identity diffusion
- Male domineering society and its dilemma.

Case – 8

- NRI trend of compelling off springs to acquire school education in India and staying away from parents.

Case – 9

- NRI trend
- Perceived rejection

Case – 10

- Social stigma causing dilemma
- Caste and creed barrier

Case – 11

- Loss of family head and prolonged trauma
- Early ascribed family responsibility
- Unconscious conflict due to dogmatic values associated with religion

Case – 12

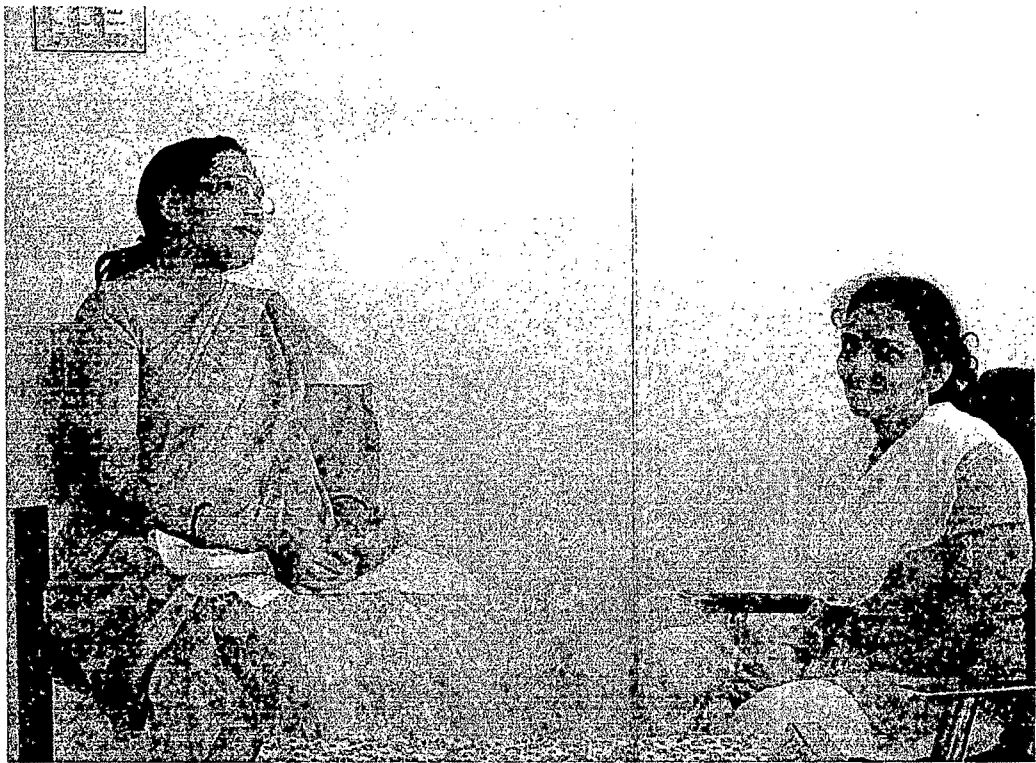
- Ascribed family liability
- Repeat financial blows
- Multiple deaths in family.

Note: The 'at risk' students have been reported to the principal for further

follow-up and referral to specialist

Note : A few photographs have been attached with the consent of the client, although the identity is kept confidential.









Reference:

1. Becker, H.S. (2004). "Cases, causes, conjunctures, stories and imagery". In Gomm, R., Hammersley, M. and Foster, P. (eds.), *Case study Method: Key Issues, Key Texts*, pp. 223-233, New Delhi: Sage Publication.
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