



A Study To Assess The Knowledge On Risk Factors And Warning Signs Of Nyctophobia Among The Selected Community

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Abstract

Background of the Study:

Nyctophobia is a relatively rare specific phobia characterized by an irrational and persistent fear of darkness. While often associated with childhood, it can persist into adulthood and significantly impact daily functioning.

Objectives:

The primary objective of this study was to assess the level of knowledge regarding the risk factors and warning signs of Nyctophobia among affected individuals.

Methodology:

The study targeted individuals aged 35 to 40 years. A total of 20 clients were selected based on their scores using the Nyctophobia Severity Scale (PSS) and the Generalized Anxiety Disorder-7 (GAD-7) scale. Participants were given a self-administered questionnaire focused on identifying their knowledge of Nyctophobia risk factors and warning signs.

Outcome Measures:

Participants' knowledge levels were assessed using the questionnaire, specifically examining awareness of risk factors related to Nyctophobia.

Results:

Among the 20 clients, 50% demonstrated poor knowledge (0–50%), 25% had moderate knowledge (51–75%), and the remaining 25% showed good knowledge (76–100%) regarding the risk factors and warning signs of Nyctophobia.

Conclusion:

The study revealed that a majority of individuals with Nyctophobia had limited knowledge about its associated risk factors and warning signs. These findings highlight the need for increased education and awareness to support early recognition and effective management of the condition.

Keywords: knowledge, Risk factors, warning signs of Nyctophobia, selected community

INTRODUCTION:

Nyctophobia, also known as the **fear of the dark**, is a specific phobia characterized by an intense and irrational fear of darkness or nighttime. While it is common for young children to feel uneasy in the dark, Nyctophobia becomes a clinical concern when the fear persists into adolescence or adulthood and begins to interfere with daily functioning. This phobia often stems from the fear of the unknown, where the mind imagines potential threats or dangers hidden in the absence of light. Individuals with Nyctophobia may experience heightened anxiety, rapid heartbeat, sweating, or even panic attacks when placed in dark environments. Although often dismissed as a childhood fear, Nyctophobia can be deeply distressing and may require professional treatment through therapy, exposure techniques, or cognitive-behavioral interventions. Understanding the roots and impact of this fear is essential in helping individuals overcome it and improve their quality of life.

STATEMENT OF THE PROBLEM:

A study to Assess the knowledge on Risk factors and warning signs of Nyctophobia among the Selected Community in Coimbatore.

OBJECTIVES OF THE STUDY

- ◆ To assess the knowledge regarding risk factors and warning signs of Nyctophobia among individuals in a selected community.
- ◆ To find Association between the knowledge on risk factors and warning signs of Nyctophobia client with selected demographic variable.

MATERIALS AND METHODS

Research Design:

A **descriptive research design** was used to assess the knowledge regarding risk factors and warning signs of Nyctophobia among individuals in a selected community.

Study Setting:

The study was conducted in a selected community at Coimbatore.

Population:

Individuals aged 35 to 40 years, both male and female, who have hearing problems.

Sample Size:

A total of **20 participants** were selected for the study.

Sampling Technique:

Purposive sampling was used to select participants who met the inclusion criteria.

The methods used is PSS (Nyctophobia Severity Scale) and the Generalized Anxiety Disorder -7 (GAD-7) scale for this study

CRITERIA FOR SAMPLE SELECTION

- ◆ Age group of 35 to 40 years,
- ◆ Both male and female participants were included.
- ◆ Individuals who have fear of darkness problems were considered for inclusion in the study

EXCLUSION CRITERIA

- Individuals who regularly use ear buds or other hearing devices during nighttime.
- Individuals currently employed in high-noise environments such as metal and steel factories, construction sites, or printing presses.

THE TOOL SECTIONS

1. Knowledge Questionnaire

A **structured self-administered questionnaire** was developed to assess the participant's knowledge regarding the **risk factors and warning signs of nyctophobia**.

The questionnaire consisted of multiple-choice and true/false items based on reliable sources and validated content related to nyctophobia.

2. Personal Protective Tool

If by "personal protective tool" you meant **demographic data sheet** or **screening tool**, here's a suggested phrasing. Otherwise, please clarify:

A **personal information form** was used to collect demographic details such as age, gender, occupation, and hearing condition, which could influence the participant's risk or perception of nyctophobia.

INTERPRETATION OF SCORE

score	Level of knowledge
<50%	Poor knowledge
51-74%	Moderate knowledge
75-100%	Good knowledge

ETHICAL CONSIDERATION

All participants were informed about the purpose, procedures, and nature of the study. Written informed consent was obtained from each participant prior to data collection. The privacy of participants was strictly maintained. Personal information was kept confidential, and data were used solely for research purposes. No names or identifying information were disclosed in the final report. The study posed minimal risk to participants. The questionnaires were designed to avoid emotional distress. Any participant experiencing discomfort during the process was offered appropriate support or referred to a professional if needed.

We get proper approval and voluntary response from the consent clients to participate in the study and provided proper privacy throughout the study

STATISTICAL ANALYSIS

The data was analyzed using the knowledge by questionnaire variable using PSS (Nyctophobia Severity Scale) and the Generalized Anxiety Disorder -7 (GAD-7) scales.

RESULT

This study is to assess the knowledge on risk factors and warning signs of Nyctophobia among the community client. Among 20 clients 50% had poor knowledge, 25% had moderate knowledge, and 25% had good knowledge.

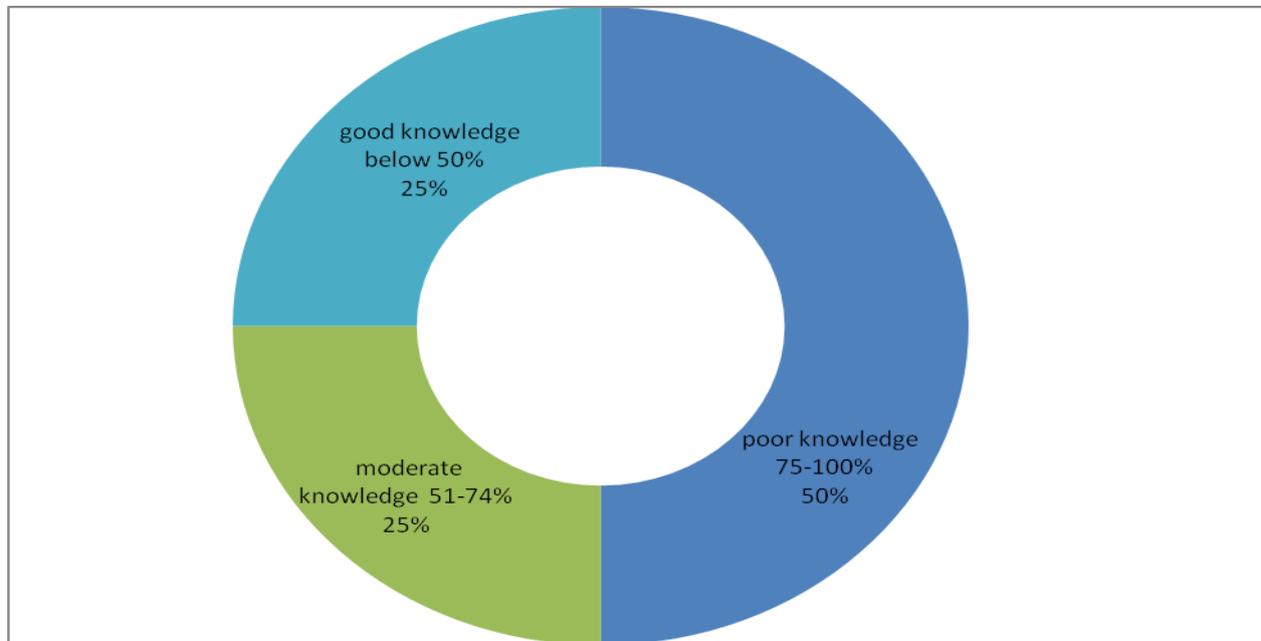


Figure 1, Percentage distribution of knowledge on risk factors and warning signs of Nyctophobia

DISCUSSION

Nyctophobia—an intense and irrational fear of darkness, can significantly disrupt an individual's daily life. Those affected may avoid social situations, experience difficulties in academic or work settings, and often suffer from feelings of isolation. In children, the condition can be particularly challenging, as they may struggle to express or explain their fear, leading to misunderstandings by parents, teachers, or caregivers. Despite its impact, awareness and understanding of Nyctophobia remain low among the general population. Effective treatment typically includes **exposure therapy**, **relaxation techniques**, and in some cases, **medication**, depending on the severity of symptoms.

CONCLUSION

Among the 20 individuals in the community diagnosed with Nyctophobia, it was observed that the condition significantly impacted their emotional well-being, daily activities, and social interactions. Most participants reported heightened anxiety, avoidance behaviors, and difficulty in environments with unpredictable or loud sounds. While the intensity of symptoms varied, a common theme was the feeling of being misunderstood by others, leading to social withdrawal.

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