

GENDER DISTINCTION IN ALEXITHYMIA AMONG GRADUATION STUDENTS OF PAKISTAN

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ABSTRACT

The current research was focused on exploring the gender difference in Alexithymia among Graduation Students of Pakistan. Participants of (N=200) students men (n=100) and women (n=100) selected from poles apart academic organization in Faisalabad city of Punjab, Pakistan. TAS 20 item (Bagby, Parker, & Taylor, 1994) was used to measure Alexithymia. An independent sample t-test was used for statistical analysis. The results of this study supported the findings of earlier studies which indicated a significant gender difference in Alexithymia. It was concluded that men experience high level of Alexithymia as compared to women. Implications of these findings and suggestions for future researches are discussed.

Keywords: Alexithymia; Gender difference; Graduation Students; Pakistan; t-test.

INTRODUCTION

The current research was focused to assess the gender discrimination in Alexithymia among graduation students of Pakistan. Alexithymia is a word coined by psychotherapist Sifneos in 1973 to explain a condition of difficulty in understanding, processing, or describing emotions. The word originated from the ancient Greek words (*lexis*, "diction", "word") and (*thumos*, "soul, as the seat of emotion, feeling, and thought") modified by an alpha privative, literally meaning "without words for emotions".

Individuals with Alexithymia might on later indication increase an indistinct sense that they were in the grasp of a tough emotion like in tears, sorrow or regretful anger but are more often than not at a loss when irritating to piece jointly what caused such emotions to apparent, i.e. they cannot picture what motivated the mood. At most they might have a painful sense of impressive changing within their body augmented heart rate, withdrawn, or butterflies in the abdomen, and when pushed to provide an explanation of their feelings, an Alexithymic person will have no vocabulary to present, might mishandle with an artificial response or purely transform the subject (Ackrill, 1972). Numerous writers have celebrated this absence of naturalness in Alexithymic imagine, remarkably McDougall (1984) and Krystal (1998). It is this second wisdom of imagining as spur-of-the-moment which carries the essential empirical images of what we are bodily emoting, provided that for additional consumption to recognize, imagine about and articulate one's feelings (Damasio, 1999).

Two common conceptions of Alexithymia are present in academic literature psychiatric (in mental health literature) and psychometric (in intellectual literature). Original notion emerges in the background of psychiatry and psychosomatic medication and conforms to the

customary "health model" of psychopathologies widespread in psychiatry. Alternative sagacity of Alexithymia in psychometric psychology conceived it as a dimensional individuality attribute. It implied an incessant variety of abilities and is not unavoidably investigative of a disorder. The dissimilarity in definition is delicate other than imperative (Brzeziński, 1995)

Primary vs. Secondary Alexithymia

There are two fundamental potentials: natural world and nurture. The academic people seem to be saying that if it comes from nature, it is "primary" Alexithymia. If it comes from nurture (the lack, or opposite, thereof), it is "secondary." For Freyberger (1971) *primary Alexithymia* is an enduring feature of a patient's profile, like a personality trait, that changes little over time or with changing circumstances. *Secondary Alexithymia*, on the other hand occurs in response to rigorous psychological disturbance, whereby a long suffering suppresses aching emotions as an impermanent protection adjacent to disturbance; at what time the psychological stressor is removed, the Alexithymia disappears.

Objectives

- To find out the gender difference in Alexithymia among students.

Hypotheses

- There would be a significant difference on Alexithymia among men and women in graduation students.

MATERIALS AND METHODS

This chapter deals with the method and procedures of the study adopted to investigate the research problem. The study was aimed to examine the gender disparity in Alexithymia among graduation students.

Participants

Sample was consist of ($N=200$) individuals both men ($n=100$) and women ($n=100$) stuck between the mature of 18 to 25 years, enrolled in graduation, and they had been inhabitant of Pakistan for at least 10 years.

Sampling strategy: Convenient sampling procedure was used for illustration assortment.

Research Design: The in attendance study was bottom on comparative group research design.

Instruments

Toronto Alexithymia Scale: TAS is a 20item scale that is developed by Graeme J. Taylor, R. Michael Bagby, and James D. A. Parker in 1994. The TAS20 has 3 subscales;

- *Difficulty Describing Feelings:* This subscale measures the difficulty describing emotions. It has 5 items –2,4, 7,12,17,
- *Difficulty Identifying Feeling:* This subscale measures the difficulty identifying

emotions. It has 7 items – 1, 3, 6, 11, 9, 13, 14,

- *Externally Oriented Thinking*: This subscale measures the tendency of individuals to center their concentration outwardly. It has 8 items – 5, 8, 10, 15, 16, 18, 19, 20.

Items are rated by means of a 5point Likert scale whereby 1 = *strongly agree*. And 5 = *strongly disagree*. There are 5 items that are negatively scored (items 4, 5, 10, 18 and 19). The total Alexithymia score is the summation of responses to all 20 items, at the same time as the score for each subscale aspect is the summation of the responses to facilitate subscale. The TAS20 apply cutoff scoring: Equal to or less than 51 = Non Alexithymia, Equal to or greater than 61 = Alexithymia, Scores of 52 to 60 = Possible Alexithymia. TAS20 make obvious good internal consistency (Cronbach's alpha = .81) and test retest reliability (.77, $p < .01$). Researches using the TAS20 confirmed sufficient levels of convergent and concurrent validity.

Procedure

In order to assess the gender diversity in Alexithymia among graduation students Toronto Alexithymia Scale (TAS) developed by Graeme J. Taylor, R. Michael Bagby, and James D. A. Parker (1994) was used. For the intention of data assortment different academies of Faisalabad were stopover. According to the APA moral principles institutional endorsement considered former. Then the subjects were come up to and briefed about the rationale of the study later than obtaining their approval to contribute in the study. At the next step TAS was provided to the participants. Then they were inculcated vocally about how to act in response to scale as well as on the subject of the demographic information. They were initiated to rate each item by preferring one of the five points of TAS. After the procedure of data gathering the investigator interpreted the data by means of manual of the scales.

Statistics

Data of the current stud was run in the course of Statistical Package for Social Sciences for Windows (16.0 Version). An independent sample t-test was used to find out the sex disparity in Alexithymia among graduation students.

RESULTS

The current research focused to investigate the gender difference in Alexithymia among graduation students. A sample of 200 graduation enrolled student was selected from diverse private learning institutions of Faisalabad. Study tool TAS 20 item (Bagby, Parker & Taylor, 1994) was used to determine Alexithymia. To assess the hypothesis statistical tool of t-test was used. Attained results are given in Table 1. (About Table.1 here)

Table 1: Mean, Standard deviations, *t* and *p* values of men (*n*= 100) and women (*n*= 100) contributors on Alexithymia.

Variable	Gender	<i>N</i>	<i>M</i>	<i>SD</i>	<i>Df</i>	<i>T</i>	<i>p</i>
Alexithymia	Men	100	61.35	6.92	198	3.52	.001
	Women	100	57.89	6.98			

Table 1 showed the comparison through independent sample *t*-test and clearly indicated a significant difference among men and women graduation students on Alexithymia $p < 0.01$. Men Scored high as compared to women in Alexithymia among Graduation Students.

Result of the current study is supported by the past studies as Men demonstrated higher levels of Alexithymia (Christine et al., 2009). Levant et al.'s (2006) description evaluation recommended that men be liable to score higher than women in Alexithymia. Further a study concluded that alexithymia was more strongly involved in emotional eating of obese men than women (Larsen, Strienm Eisinga, & Engels, 2006). Levant et al. (2003) indicated that even after controlling for demographic differences, traditional masculinity ideology accounts for unique variance in alexithymia in men. Some studies in the last century said that Alexithymia was connected with male sex (Lane, Riedel, & Sechrest, 1998). Another study stated that men score high in Alexithymia as compared to women (Pasini, Chiaie, Seripa, & Ciani, 1992).

CONCLUSION

The current research focused to investigate the gender difference in Alexithymia among graduation students. A sample of 200 graduation enrolled student was selected from diverse private learning institutions of Faisalabad. Study tool TAS 20 item (Bagby, Parker & Taylor, 1994) was used to determine Alexithymia. The study hypothesis was tested by using statistical tool of *t*-test. The study results are supported by the past studies which approve the high level of Alexithymia among men. The current study revealed that men are more Alexithymic than women.

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