

Maladaptive daydreaming and Aggression

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Bachelor of Science in Psychology

By

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CERTIFICATE

This is to certify that the dissertation entitled, “Maladaptive daydreaming and Aggression”, is a bonafide record submitted by Anakha Anil (SB20PSY017), of St. Teresa’s College, Ernakulam under the supervision and guidance of Ms. Anjitha Venugopal and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

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DECLARATION

I, Anakha Anil do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Anjitha Venugopal, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

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ABSTRACT

The current study assessed the relationship between aggressive behaviour and maladaptive daydreaming. 398 individuals between the ages of 18 and 56 comprised the study's sample. The Maladaptive Daydreaming Scale (Maladaptive daydreaming scale 16) and the Buss Perry Aggression Questionnaire (AGQ) were used to collect the data. Eli Somer, a professor, was the first to define the term "maladaptive daydreaming" in 2002. Maladaptive daydreaming (MD) is described by him as an extensive fantasy activity that replaces human interaction and/or interferes with academic, interpersonal, or vocational functioning. Aggression is defined by Baron and Richardson (1994) as any act that harms another individual who is motivated to avoid such harm. **Aim:** To study the correlation between Maladaptive daydreaming and aggression in individuals. **Method:** The Spearman correlation test was the technique utilised for data analysis. **Results:** It demonstrates a positive correlation between maladaptive daydreaming and aggression. The findings also shows a positive correlation between Maladaptive Daydreaming and physical aggression, verbal aggression ,anger and hostility

Keywords : *maladaptive daydreaming, aggression*

Chapter I

Introduction

Maladaptive daydreaming (MD) is a pattern of excessive daydreaming that interferes with or replaces human interaction and/or academic, interpersonal, or occupational functioning.

Violence, Idealized Self, Power and Control, Captivity, Rescue and Escape, and Sexual Arousal were recurring themes in MD (Eli Somer, PhD, 2002). According to T. Klinger (1971), the majority of daydreams and dreams when awake are representations of "current concerns". This mental activity was supposed to be mostly focused on making future plans and analysing interpersonal interactions, and was said to occur most frequently when one is alone (for example, in bed before sleeping). Because of this, it is difficult to define pathologically elaborate or abnormally extensive daydreaming from normative data.

A group of frequent daydreamers were accidentally identified by Wilson and Barber (1981, 1983), who later labelled them as "fantasy-prone types." The propensity to "spend much of the time in a world of their own making—in a realm of imagery, imagination, and fantasy" was noted to be a trait shared by these people (Wilson & Barber, 1981, p. 31). They suggested that fantasising as a coping mechanism for loneliness or isolation and as a means of escaping from unpleasant circumstances was the other route to severe daydreaming. Among individuals with a history of childhood abuse the incidence ranged between 9% and 14% (Rhue, Lynn, Henry, Buhk, & Boyd, 1990).

- Violence

Five participants discussed how violence, sadism, and bloodshed dominated their imaginations. They did not discuss the fact that they frequently engaged in savage brutality as a source of emotional distress since it appeared ego-synthetic. Subject 2

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imagined fierce military conflicts between superpowers in a variety of war-related themes. Violent themes were also represented in the imagery of female interviewees.

- Power and Control

Four individuals' daydreaming contained interpersonal themes that expressed desires for dominance and authority. After unpleasant interpersonal interactions, Subject 1 claimed that he frequently replayed the distressing incident in his head using phrases that were edited to give him the superior moral and polemical position. Subject 3 admitted that she frequently enjoyed daydreaming about seizing control over precarious situations, acting as the leader of hapless subordinates, and entangling adversaries. Favourite dreams of Subject 5 revolved around sensuous dominance of women. Subject 2 talked about this fantasy: I am a political broker who has the support of the superpowers. I have arrived in a troubled conflict zone. The conflicting sides are worn out but unable to come to an agreement. I call upon the combatant generals.

- Sexual Arousal

This group's experience of sexuality appeared to be a jumbled combination of carnal violent pleasure, ravenous compulsivity, perplexing guilt, and a feeling of depressing loneliness. Four participants voluntarily revealed themes of sexual arousal in their daydreams. Subject 1 claimed that only after having a lengthy compulsive fantasy about dating, courting, and seducing a woman did he fall asleep. Later, he would make love to his folded blanket in the shape of an imagined female torso. Incest survivor Subject 6 embarrassedly admitted that she needed to be "exposed to bondage and rape fantasies" in order to be sexually pleased. They were described by her as "the most effective night tranquillizers." Subject 5 acknowledged that he would never turn

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down the chance to make love to his lover in favour of a protracted fantasia of sexual dominance.

Negative MD frequently featured depictions of unpleasant experiences, inappropriately aggressive reactions, and their interpretations. This fictitious procedure heightens phobic anxieties and encourages avoidant behaviour by serving as a distressing reminder of the dangers present in the actual world. The avoidance is rewarded by both the positive fantasising, which offers an alternative of vividly pleasant emotional experiences, and the negative reinforcement associated with the removal of the disagreeable input. The study of people who are fantasy-prone is a former area of scholarship that appears to be directly applicable to MD. Wilson and Barber, 1982 discovered that belief in parapsychological phenomena and confusion between fantasy and reality were central features of the fantasy-prone personality, despite the fact that this description of fantasy is similar to that provided by Bigelsen and Schupak, 2011, and Wilson and Barber, 1981. However, Bigelsen and Schupak discovered that only a small percentage of their Maladaptive Daydreamers (98%) indicated believing in parapsychological occurrences. Maladaptive daydreamers and those who suffer from behavioural addictions, such as computer gaming, may have traits in common. You might, for instance: feel the desire to flee from actual problems, such social anxiety and traumatic childhood experiences; find daydreaming so rewarding that it is difficult to stop doing it; use daydreaming to seek solutions to problems that seem insurmountable in real life; feel distressed about being unable to control the daydreaming; have dissociative tendencies, such as an excessive focus on internal thoughts or a mistrust of the senses. The person believed that extreme stress and a lack of emotional support had made it difficult for them to engage with people and to ask for help because they had been bullied at school and felt neglected at home.

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In a case study from 2018, a person who had 6 months of counselling therapy, which included mindfulness meditation and cognitive behavioural therapy (CBT), saw a reduction in their daydreaming of more than 50%. Exposure and response prevention (ERP), a method put forth by some researchers, attempted to lessen or halt maladaptive daydreaming by altering the conclusions of stories so that they were unpleasant to the subject. An earlier study from 2008 found that fluvoxamine (Luvox) was useful for helping someone with maladaptive daydreaming control their daydreams. For OCD, doctors recommend this medication.

Social psychologists define aggression as behaviour that is intended to harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Cognitive behavioural therapy (CBT) can help you learn to identify and change unhelpful behaviour patterns and practice more helpful coping techniques to manage aggression. Psychodynamic therapy can help you address mental health symptoms and emotional distress by tracing their roots to earlier life events.

Rationale of the study

Maladaptive daydreaming (MD), a psychological condition that has only recently been identified, is characterised by excessive and compulsive fantasy activity that is vivid, narrative, and intensely emotional, sometimes accompanied by music and/or repetitive movements, resulting in distress and functional impairment. There are thousands of self-diagnosed persons who have been researched online, and over 100,000 of them, but there are no extensive clinical investigations. Only a small amount of study has been done on how frequently bad daydreaming occurs. That's in part because this illness hasn't yet received official recognition. Another study estimated that 20% of adults with ADHD experience maladaptive daydreaming.

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80.2% of the respondents are Female.

19.8 % of the respondents are Male.

90.3 percent of the respondents are Students.

It is clear that the disorder is growing inescapable in our metropolis ever since covid 19, as the extended isolation contributed to our growing sense of boredom, loneliness, need for escapism, and dissatisfaction with one's reality. Therefore shedding light on this disorder has proven to be imperative as it is highly prevalent yet not being given enough focus. There are a number of self-diagnosed people, and there has not been a proper study regarding this. There is significant evidence that proves that a considerable amount of people suffer from this disorder. Since the themes of maladaptive daydreaming tend to lean towards socially unacceptable behaviour such as violence and negative affects inducing hostile thoughts; we're testing if there are chances for individuals to turn aggressive and be a danger to society.

Chapter II

Review of literature

A 2016 study about maladaptive daydreaming and emotional regulation issues was undertaken by Talya Greene, Melina West, and Eli Somer. These results confirm research showing that people with MD report difficulties with control as their main worry about their daydreaming habits. They also show that MD may be associated to disordered emotional regulation. In 2018, Nirit Soffer Dudek and Eli Somer carried out another study on the relationship between maladaptive daydreaming and other regular psychopathological symptoms. The rise in MD was discovered to be closely associated to concurrent elevations in all other symptoms, negative mood, and decreased positive emotion. MD was temporally followed by obsessive compulsive symptoms, detachment, and negative feeling. Eli Somer and Herscu did a study in 2017 on the connections between maladaptive daydreaming, social anxiety, absorption, and childhood trauma. Although small impact sizes for both interactions, the data showed a correlation between MD and social anxiety and childhood trauma. Even if absorption did not mediate the link between social anxiety and MD, the mediation model suggested that childhood trauma and social anxiety may be independent risk factors for MD. A study on the phenomena of Maladaptive Daydreaming and its characteristics was undertaken in 2016 by Jayne Bigelsen, Jonathan Lehrfield, Daniela S. Jopp, and Eli Somer. The study discovered that MD is an underappreciated clinical phenomenon that upsets people's lives, makes them less functional, and necessitates more clinical and scientific attention. Another study was conducted by Zainab A. H.Kammad, Dr.Aqeel Ibraheem Al-Sabbagh, Mohammad Ali Hussain in 2018 on the prevalence of proneness to maladaptive daydreaming .The study measured the proneness to MD in students of Basra medical college, and found that 14(18.4%) out of 76(100%) participant had the proneness to it. Regarding the

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stage of studying, it was found that the highest was stage one, 6(42.81%) out of 14 (100%) were found to be positive on CEQ scale, which suggest that younger people are more prone to engage in fantasy than older people, and it is similar result to study by Somer E(2002) (1). A study on the comorbidity of daydreaming disorder was undertaken by Somer, Eli Soffer-Dudek, Nirit, Ross, and Colin A in 2017. According to the findings, attention deficit hyperactivity disorder (76.9%) was the most common comorbid disorder, followed by anxiety disorders (71.8%), depressive disorders (66.7%), and obsessive-compulsive disorders (53.9%). Significantly, 28.2% had tried to take their own lives. Those who fit the criteria for MD have complicated psychological issues that span several DSM-5 diagnoses. This data demonstrates that MD is distinct from ordinary daydreaming and that these people suffer significant distress and impairment. Eli Somer, Liora Jopp, and Daniela S carried out a study on the childhood causes and factors that sustain maladaptive daydreaming in 2016. The study's key finding is that there is early identification of MD and its correct diagnoses in adulthood. A study was conducted by Reut Brenner, Eli Somer, Hisham M. Abu-Rayya (2022) on personality traits and maladaptive daydreaming. The data showed that particular personality facets can uniquely distinguish the functions and contents of fantasies in MD. The findings suggest that maladaptive daydreaming may have a compensatory role in regulating unmet personal needs. A study was undertaken in 2017 by Carmen Bragado-Lvarez to examine the association between fantasy propensity and personality types included in the Five-Factor Model of personality in an adult population. The findings revealed two aspects of fantasy propensity. The first part was marked by intense, vivid dreams that were kept a secret from others, while the second part was made up of activities that were pretend play and developmental precursors. Both elements were associated with general psychological discomfort and severe psychopathological symptoms, as well as with Neuroticism (anxiety, depression, and impulsivity), Openness to Experience (fantasy, aesthetics, and feelings), and

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other personality traits. Competence, order, dutifulness, and self-discipline), the first component was solely correlated with poor conscientiousness, and the second component was only correlated with extraversion (activity, excitement seeking, and positive emotions). Our findings supported the idea that might be a multidimensional construct.

A study on the connection between ADHD and violent aggressiveness was undertaken by Wolfgang Retz and Michael Rösle in 2009. This paper discusses the pleiotropic effects of childhood adversity and a functional variant of the serotonin transporter promoter gene (5HTTLPR) on ADHD and aggressive behaviour. It also reviews current findings from molecular genetic investigations. The integrated review of indirect, relational, and social aggression was the subject of a study by John Archer and Sarah M. Coyne conducted in 2005. This study discovered that relational, indirect, and social aggression are far more alike than they are unlike, and it also made suggestions on how future research may be facilitated by combining the three domains under an adaptable framework. Another study was conducted on the role of loneliness and aggression on smartphone addiction among university students by Fatma Gizem Karaoglan Yilmaz, Ummuhan Avci & Ramazan Yilmaz in 2022 and the Research findings show that the feeling of loneliness affects aggression behaviours and smartphone addiction. Therefore, it can be said that loneliness and aggression are variables in predicting university students' smartphone addiction. A cross sectional study was conducted on Aggression among adolescents by Tanvir Kaur Sidhu, Prabhjot Kaur, Navpreet Kaur Sangha, Avtar Singh Bansal in 2019 . The research has found that, high prevalence of aggression (51.9%) was seen in school-going adolescents with males having more of physical aggression and females having hostility. Chaitrali Deshpande, Rutuja Mendhapurkar, Dr. Arvind Kakulte conducted a study in 2021 to investigate the relationship between aggression, conflict. The details of the results and analysis shows that the Pearson Correlation value for each domain is 1.000 and the correlation is significant at the level of 0.01 level, and the

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findings suggested that there is a positive relation between aggression and conflict and there is positive relation between aggression and expressiveness.

Chapter III

Methodology

Aim

A study to find the relationship between maladaptive daydreaming and aggression

Research Question

Will there be a relationship between maladaptive daydreaming and aggression?

Objectives

- To study the significant relationship between Maladaptive Daydreaming and Aggression
- To study the significant relationship between Maladaptive Daydreaming and physical Aggression
- To study the significant relationship between Maladaptive Daydreaming and Verbal Aggression
- To study the significant relationship between Maladaptive Daydreaming and Anger
- To study the significant relationship between Maladaptive Daydreaming and Hostility

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Hypothesis

H1: There is a significant relationship between Maladaptive Daydreaming and Aggression

H2: There is a significant relationship between Maladaptive Daydreaming and physical Aggression

H3: There is a significant relationship between Maladaptive Daydreaming and Verbal Aggression

H4: There is a significant relationship between Maladaptive Daydreaming and Anger

H5: There is a significant relationship between Maladaptive Daydreaming and Hostility

Operational definitions

Maladaptive Daydreaming: Maladaptive Daydreaming (MD) is operationally defined as sum of the items in Maladaptive Daydreaming Scale 16.

Aggression: Aggression is operationally defined as the sum of scores of physical aggression, verbal aggression, hostility and anger [Bus Perry Aggression scale]

Sample

This questionnaire was provided to 398 Maladaptive daydreamers.

1.Population

This questionnaire was provided to the Indian Population belonging to the age group of 18-56.

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2. Sample Design

Convenient sampling was used for data collection. Convenience sampling is a non-probability sampling method where units are selected for inclusion in the sample because they are the easiest for the researcher to access. This was due to geographical proximity, availability at a given time, and to increase the willingness to participate in the research.

3. Inclusion criteria

1. Persons of Age group 18-56
2. Persons with maladaptive daydreaming
3. Persons willing to participate

4. Exclusion criteria

1. people who are illiterate
2. Individuals currently taking medications
3. Participants diagnosed with other psychotic disorders

Tools

1. Consent form

The form is to be filled only by those that belong in the age group of 18-56 years. The average time for filling the questionnaire is ten minutes. All information provided in this questionnaire is kept confidential and used solely for academic and research purposes. They are given the right to withdraw from the study at any moment if they feel like doing so. If they have any queries, the contact information will be provided.

2.Socio-demographic data

Socio-demographic sheet was developed by the researcher to collect data such as name, age, gender, employment status

3. Buss-Perry Aggression Questionnaire (AGQ)

A popular psychological tool for assessing aggression in people is the Buss-Perry Aggression Questionnaire (AGQ). The Aggression Questionnaire consists of 29 items, each of which is graded from "not at all" to "very much" on a scale of 5. The questionnaire has been used in numerous research to evaluate aggression in various populations. It is a valid and reliable measure of aggression. Aggression in both adults and children, as well as in clinical and non-clinical populations, has been measured using this method. The questionnaire has been proven to be a reliable indicator of aggression in people of both sexes and from various cultural backgrounds.

The Aggression Questionnaire is divided into three subscales: anger, verbal aggression, and physical violence. In a cross sectional study from Shiraz University it was found that the test-retest reliability of this questionnaire was 0.78. Also, the comparison of these factors between

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males and females revealed that males scored significantly higher at anger ($p < 0.001$), aggression ($p < 0.001$) and suspicion ($p < 0.01$). Buss and Perry's Aggression Questionnaire has appropriate validity and reliability for being used by researchers and professionals.

4. Maladaptive daydreaming scale 16

A multinational group of researchers lead by renowned doctor Eli Somer created the Maladaptive daydreaming scale 16 in 2016. The scale's initial design, which contained 14 questions, was shown to be a valid and reliable way to assess the condition. The use of music to assist immersion in daydreams was found to be a key characteristic in almost all people with Maladaptive Daydreaming. The Maladaptive daydreaming scale 16 as it is used now was created after the scale was updated to add two questions about the usage of music. This 16-item scale is the primary Maladaptive daydreaming measure rated on a 10-point Likert scale. Scores may range from 0 to 100. The Maladaptive daydreaming scale 16 total score is the average of its items. A mean score of 40 or higher indicates suspected clinical-level Maladaptive Daydreaming.

The 16 questions on the Maladaptive daydreaming scale 16 scale assess an individual's daydreaming tendencies across various dimensions: The Maladaptive daydreaming scale 16 is a self-report measure composed of 16 items designed to assess Maladaptive Daydreaming among individuals between 18 and 56 years of age. Maladaptive daydreaming scale 16 scores showed good internal reliability. Furthermore, Maladaptive daydreaming scale 16 scores showed satisfactory incremental validity, and a receive operating characteristic curve analysis suggested that a cut off value of 51 best discriminates between cases and non-cases of self-diagnosed MD.

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Reliability Analysis

Table 3.1

Shows the summary of the reliability of the scales Maladaptive Daydreaming 16 and Bus Perry Aggression Questionnaire

S.no	instruments	N	Cronbach's α
1	Maladaptive daydreaming scale 16 scale	398	.984
2	Buss perry aggression questionnaire	398	.972
3	Physical aggression	398	.910
4	Verbal aggression	398	.863
5	anger	398	.894
6	hostility	398	.930

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The scales Maladaptive daydreaming scale 16 and buss perry aggression questionnaire are highly reliable as Cronbach's α is .984 and .972 respectively.

Research Design

Exploratory research design is the design used for this study. Exploratory research design is conducted for a research problem when the researcher has no past data or only a few studies for reference. Sometimes this research is informal and unstructured. It serves as a tool for initial research that provides a hypothetical or theoretical idea of the research problem.

Correlational study has been done, research designs that examine the connections between two or more variables are known as correlational studies..

Procedure

Through a variety of channels, including emails, WhatsApp, and social media, the consent forms and links to the questionnaires was distributed to the people belonging to the age group of 18-56. Taking into account the inclusion and exclusion criteria, participants were chosen. Before the study begun, participants got comprehensive information about it and was required to sign an informed consent form. This form contained details on the study's objectives, the way data was gathered, any risks or advantages, and the participant's ability to withdraw at any time. Participants responded to a series of questions, including the MDS 16 and Buss Perry Aggression Questionnaire, to measure maladaptive daydreaming and aggression. To examine the connection between maladaptive daydreaming and aggression, the collected data was analysed using statistical methods including correlation analysis. The study question and hypotheses was taken into consideration as we interpret and debate the findings. The researcher provides a succinct and clear explanation of the findings,

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emphasising the key findings and their consequences. The conclusion gives a summary of the results, suggestions for additional research, and useful organisational implications

Ethical considerations

Voluntary Participation: All participants are free to choose to participate without any pressure or coercion. All participants can withdraw from, or leave, the study at any point without feeling an obligation to continue.

Informed consent: The participant will be asked for consent before participating in the research.

Confidentiality: The participant's response will be kept confidential, it will not be shared with anyone.

Anonymity: The participant's identity will be kept hidden.

Data Analysis

The data analysis used in this study is Statistical Package for social Services. SPSS provides data analysis for descriptive and bivariate statistics, numeral outcome predictions and predictions for identifying groups. To test if there is a significant relationship between maladaptive daydreaming and aggression, Spearman's Rank Correlation was used. To test the reliability of the tools among the sample Chronbach's α was used.

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Table 3.2

Result of shapiro-wilk test of normality of maladaptive daydreaming and aggression

SNO	VARIABLE	K	DF	SIG
1	Maladaptive daydreaming	.899	398	<.001
2	Aggression	.930	398	<.001
3	Physical aggression	.937	398	<.001
4	Verbal aggression	.932	398	<.001
5	Anger	.950	398	<.001
6	Hostility	.940	398	<.001

The Shapiro-Wilk test of normality of maladaptive daydreaming does not follow a normal distribution ($p < .001$, $p > .05$). The Shapiro-Wilk test of normality of aggression doesn't follow a normal distribution ($p < .001$, p

Chapter IV**Result and Discussion****Section 1 Descriptive statistics**

Table 4.1

Shows the mean and standard deviation of Maladaptive Daydreaming and Aggression

Variable	Participant	
	M	sd
Maladaptive daydreaming	92.7513	48.00531
Aggression	95.0226	27.84107

The table shows the mean and standard deviation of Maladaptive Daydreaming-16 scale and Buss Perry Aggression Questionnaire. The scores of maladaptive daydreaming can range from 0-100 and a mean score of 40 or higher indicates suspected clinical-level MD. The mean score of maladaptive daydreaming is 92.7513. The scoring in the questionnaire indicates high positive maladaptive daydreaming.

The possible minimum and maximum score of Buss Perry Aggression Questionnaire is 12 and 60. The mean score Buss Perry Aggression Questionnaire is 95.0226 which indicates high positive aggression.

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The correlation research design was used to meet the objectives of this study. The data was analysed using Spearman's Rank correlation coefficient analysis.

As shown in table 2 Shapiro-Wilk tests of normality was done and it was found that maladaptive daydreaming scale and buss perry aggression questionnaire did not follow a normal distribution ,so non -parametric test had to be used. Spearman's Rank correlation coefficient test was used for the data analysis

Section 2 Correlation

Table 4.2

Shows the summary of Spearman's correlation between maladaptive daydreaming and aggression

Variables	Aggression
Maladaptive daydreaming	.769**

. .**=p<0.01, *=p<0.05

The above table examines the relationship between maladaptive daydreaming and aggression among young adults. With reference to table 4.2, it is noted that there exists a significant positive correlation between maladaptive daydreaming and aggression (r=.769). Maladaptive daydreamers are typically high on neuroticism.[Fantasy proneness and personality profiles- Bernardos, Lloreda, Maria Avia 2015] Neuroticism is significantly associated with

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aggression. Those with higher levels of neuroticism were considered to be more prone to get easily upset. These individuals are thought to have less stable emotions. Thus, people that display many neurotic personality traits are more predisposed to emotional instability and more susceptible to conflict with others. [Xinsheng Jiang, Xiaojun Li, Xia Dong & Lan Wang 2022] Hence the hypothesis, there exists a positive relationship between maladaptive daydreaming and aggression, is accepted.

Table 4.3

Shows the summary of Spearman's correlation between maladaptive daydreaming and physical aggression

Variables	Physical Aggression
Maladaptive Daydreaming	.695**

**= $p < 0.01$, *= $p < 0.05$

The above table examines the relationship between maladaptive daydreaming and physical aggression. With reference to the table 4.3, it is noted that there exists a positive correlation between maladaptive daydreaming and physical aggression ($r = .695$). According to a study conducted by Eli Somer [2002] Maladaptive daydreaming subjects who have violent themed daydreams frequently engaged in savage brutality as a source of emotional distress since it appeared ego-synthetic. Hence the hypothesis, there exists a positive relationship between maladaptive daydreaming and physical aggression, is accepted

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Table 4.4

Shows the summary of spearman's correlation between maladaptive daydreaming and verbal aggression

Variables	Verbal Aggression
Maladaptive Daydreaming	.728**

**= $p < 0.01$, *= $p < 0.05$

The above table examines the relationship between maladaptive daydreaming and verbal aggression. With reference to the table 4.4, it is noted that there exists a positive correlation between maladaptive daydreaming and verbal aggression ($r=.728$). Maladaptive daydreamers claimed that they tended to frequently replay the distressing incidents in their head using phrases that were edited to give them the superior moral and polemical position regardless of how much they needed to disrespect the other person. (MD- A Quantitative Analysis, Eli Somer 2002) Hence the hypothesis, there exists a positive relationship between maladaptive daydreaming and verbal aggression, is accepted

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Table 4.5

shows the summary of spearman's correlation between maladaptive daydreaming and anger

Variables	Anger
Maladaptive Daydreaming	.769**

**=p<0.01, *=p<0.05

The above table examines the relationship between maladaptive daydreaming and anger. With reference to the table 4.5, it is noted that there exists a positive correlation between maladaptive daydreaming and anger ($r=.769$). According to researchers, individuals with guilty dysphoric daydreaming which a specific kind of maladaptive daydreaming have negative and unpleasant emotions such as anger ,fear , anxiety, guilt , shame, etc , and if left untreated can grow into severe mental health conditions like depression, bipolar disorder, etc. (Krithi Bhati,2022). Hence the hypothesis, there exists a positive relationship between maladaptive daydreaming and anger, is accepted.

Table 4.6

Shows the summary of spearman's correlation between maladaptive daydreaming and hostility

Variables	Hostility
Maladaptive Daydreaming	.750**

**=p<0.01, *=p<0.05

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The above table examines the relationship between maladaptive daydreaming and hostility. With reference to the table 4.6, it is noted that there exists a positive correlation between maladaptive daydreaming and hostility ($r=.750$). There is a specific kind of daydreaming called guilty-dysphoric daydreaming which features unpleasant emotions, such as anxiety, guilt, fear of failure and obsessive, hostile, and aggressive fantasies about others. According to the study conducted by Eve Marie C, Blouin Hudon and John M. Zelenski in 2015, guilty-dysphoric daydreamers focused heavily on hostile thoughts and images. Hence the hypothesis, there exists a positive correlation between Maladaptive Daydreaming and hostility is accepted.

Chapter V

Conclusion

The findings of this study are;

- There exists a positive correlation between Maladaptive daydreaming and aggression
- There exists a positive correlation between Maladaptive daydreaming ; and physical aggression
- There exists a positive correlation between Maladaptive daydreaming and verbal aggression.
- There exists a positive correlation between Maladaptive daydreaming and hostility
- There exists a positive correlation between Maladaptive daydreaming and anger

Implications of the study

The findings of the study can help individuals better treat or prevent aggressive or violent tendencies of maladaptive daydreamers. The researchers in the future, can use the findings to make recommendations for how to stop maladaptive daydreaming and implement therapeutic approaches to deal with the aggression that is present in those who engage in maladaptive daydreaming.

Limitations

The limitations of this study are that, The sample size was small, gender differences were not examined, the study was restricted to Indians, and the questionnaire was distributed via Google Forms via emails, Whatsapp, and social media, so there was less face-to-face interaction with the participants and there is a possibility that some of them might not have been completely truthful. Due to biases like social desirability, the data in the current study is

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vulnerable to self-report measures, which were utilised to collect the data. This study's cross-

There aren't enough studies done on this topic previously and so there is limited information to base our assumptions on.

In place of just convenience sample, future studies may employ a more sophisticated sampling strategy. To guarantee the results, a sizable sample size is required.

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Appendix**Informed consent**

Kindly fill the form only if you belong to the age group of 18-56 years. The average time for filling the questionnaire is ten minutes. All information provided in this questionnaire will be kept confidential and used solely for academic and research purposes. Please read the questions carefully and answer them honestly. There are no right or wrong answers. You have the right to withdraw from this study at any moment if you feel like doing so. If you have any queries, you may contact us at natmathew4@gmail.com or akhuani18@gmail.com

Thanking you in advance!

By clicking 'Agree'

- 1) You have read the above mentioned description of the study
- 2) You belong to the 18-56 age category
- 3) Voluntary participation
- 4) Full consent given to use information provided by you for research purposes.

I Agree.

I Disagree.

Appendix B**Sociodemographic Data**

Name (Initials only)

Age

Gender -

Male

Female

Other

Employment status -

Employed

Unemployed

Student

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Appendix C**Maladaptive Daydreaming (Maladaptive Daydreaming scale 16)**

1. To what extent does music activate your daydreaming?

Never 1 2 3 4 5 6 7 8 9 10 Extremely Frequent

2. When a real world event has interrupted one of your daydreams, how strong was your need or urge to return to that daydream as soon as possible?

No Urge 1 2 3 4 5 6 7 8 9 10 Extreme Urge

3. How often are your current daydreams accompanied by vocal noises or facial expressions (e.g. laughing, talking or mouthing the words)?

Never 1 2 3 4 5 6 7 8 9 10 Extremely Frequent

4. If you go through a period of time when you are unable to daydream as much as usual due to real world obligations, how distressed are you by your inability to find time to daydream?

No Distress 1 2 3 4 5 6 7 8 9 10 Extreme Distress

5. How much does your daydreaming interfere with your ability to get basic chores accomplished?

No interference 1 2 3 4 5 6 7 8 9 10 Extreme Interference

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6. How distressed do you currently feel about the amount of time you spend daydreaming?

No Distress 1 2 3 4 5 6 7 8 9 10 Extreme Distress

7. When you know you have had something important or challenging to pay attention to or finish, how difficult was it for you to stay on task and complete the goal without daydreaming?

No Difficulty 1 2 3 4 5 6 7 8 9 10 Extreme Difficulty

8. How much do you feel that your daydreaming activities interfere with achieving your overall life goals?

No Interference 1 2 3 4 5 6 7 8 9 10 Extreme Interference

9. How difficult has it been for you to keep your daydreaming under control?

No Difficulty 1 2 3 4 5 6 7 8 9 10 Extreme Difficulty

10. When the real world interrupts one of your daydreams, on average how annoyed do you feel?

No Annoyance 1 2 3 4 5 6 7 8 9 10 Extreme Annoyance

11. How much does your daydreaming interfere with your academic/occupational success?

No Interference 1 2 3 4 5 6 7 8 9 10 Extreme Interference

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12. To what extent would you rather daydream than engage with other people or participate in social activities or hobbies?

Not At All 1 2 3 4 5 6 7 8 9 10 To an Extreme Extent

13. When you first wake up in the morning, how strong has your urge been to immediately start daydreaming?

No Urge 1 2 3 4 5 6 7 8 9 10 Extreme Urge

14. How often are your current daydreams accompanied by physical activity such as pacing, swinging or shaking your hands?

Never 1 2 3 4 5 6 7 8 9 10 Extremely Frequent

15. While you are daydreaming, to what extent do you find it comforting and/or enjoyable?

Not At All 1 2 3 4 5 6 7 8 9 10 To an Extreme Extent

16. Some people find it hard to maintain their daydreaming when they are not listening to music. To what extent is your daydreaming dependent on continued listening to music?

Not At All 1 2 3 4 5 6 7 8 9 10 To An Extreme Extent

Appendix D**Aggression (Buss Perry Aggression Questionnaire)**

1. Some of my friends think I am a hothead.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

2. If I have to resort to violence to protect my rights, I will.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

3. When people are especially nice to me, I wonder what they want.

Extremely Uncharacteristic

Somewhat Uncharacteristic

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Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

4. I tell my friends openly when I disagree with them.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

5. I have become so mad that I have broken things.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

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6. I can't help getting into arguments when people disagree with me.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

7. I wonder why sometimes I feel so bitter about things.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

8. Once in a while, I can't control the urge to strike another person.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

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Extremely Characteristic

9. I am an even-tempered person.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

10. I am suspicious of overly friendly strangers.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

11. I have threatened people I know.

Extremely Uncharacteristic

Somewhat Uncharacteristic

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Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

12. I flare up quickly but get over it quickly.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

13. Given enough provocation, I may hit another person.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

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14. When people annoy me, I may tell them what I think of them.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

15. I am sometimes eaten up with jealousy.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

16. I can think of no good reason for ever hitting a person.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

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Extremely Characteristic

17. At times I feel I have gotten a raw deal out of life.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

18. I have trouble controlling my temper.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

19. When frustrated, I let my irritation show.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

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Somewhat Characteristic

Extremely Characteristic

20. I sometimes feel that people are laughing at me behind my back.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

21. I often find myself disagreeing with people.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

22. If somebody hits me, I hit back.

Extremely Uncharacteristic

Somewhat Uncharacteristic

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Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

23. I sometimes feel like a powder keg ready to explode.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

24. Other people always seem to get the breaks.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

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25. There are people who pushed me so far that we came to blows.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

26. I know that "friends" talk about me behind my back.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

27. My friends say that I'm somewhat argumentative.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

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28. Sometimes I fly off the handle for no good reason.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic

29. I get into fights a little more than the average person.

Extremely Uncharacteristic

Somewhat Uncharacteristic

Neither Uncharacteristic or Characteristic

Somewhat Characteristic

Extremely Characteristic