

STATISTICAL ANALYSIS OF IMPACT ON DAYDREAMING

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ABSTRACT - Daydreaming, a common mental activity, can be excessive and accompanied by distress and impaired functioning in daily life. Daydream usually occurs as a coping mechanism in response to trauma, loneliness or abuse. Due to quarantine, many of us are facing challenges that can be stressful, lonesome and cause strong emotions which in turn lead to daydreams in adult and children. Those who suffer from this condition reportedly spend almost 60% of their waking hours in imaginary world of their own creation.

KEYWORDS - Daydream, adult, children, quarantine, loneliness.

I. INTRODUCTION

Daydreaming is defined as extensive fantasy activity that replaces human interaction and interferes with academic, interpersonal or vocational functioning. This condition was first identified by Eli Somer, an Israeli Professor of Clinical Psychology in 2002. Some individuals possess the ability to daydream so vividly that they can experience their presence in the imaginary environment of their caution. It is an escapist method of avoiding real interactions with families, friends or colleagues.

II. DAYDREAMING SYMPTOMS

Common symptoms may include one or several of the following:

- highly vivid and immersive daydreams
- abnormally long daydreams that are hard to escape
- an inability to carry out daily tasks
- daydreams triggered by external events or stimuli, such as watching a film or listening to music
- sleep disruption and insomnia
- repetitive and unconscious movements when daydreaming, such as rocking back and forth or twitching

III. COMMON THEMES OF DAYDREAMING

Recurrent Daydreaming themes were Violence; Idealized Self; Power and Control; Captivity; Rescue and Escape; Fantasy; and Sexual Arousal.

IV. DIAGNOSIS

A 14-point Maladaptive Daydreaming Scale was developed to help a person determine whether they are experiencing symptoms of the condition. However, the scale should only be used as an indication and is not designed to provide a formal diagnosis.

V. INTERNATIONAL CONSORTIUM FOR MALADAPTIVE DAYDREAMING Day dreaming is currently studied by The International Consortium for Maladaptive Daydreaming Research or ICMDR from diverse countries including USA, Poland, Switzerland, Israel, and Italy. My questionnaire is based on the standard 14-point Maladaptive Day dreaming Scales.

VI. OBJECTIVE OF THE STUDY

- To find the impact of daydreaming particularly during the quarantine.
- To find which gender and age group affected the most.
- To find the various themes of daydream of respondents.

VII. STASTICAL TECHNIQUES USED FOR THE STUDY

The statistical tools used for analysis as follows:

- SIMPLE PERCENTAGE ANALYSIS
- RELIABILITY ANALYSIS

SIMPLE PERCENTAGE ANALYSIS : One of the most frequent ways to represent statistics is by percentage .

RELIABIITY ANALYSIS : Reliability is a property that a scale must have. The reliability coefficient ranges between 0 and 1. Cronbach alpha coefficient is weighted standard variations mean, obtained by dividing the total number of 'n' items in the scale, to the general variance.

VII. LIMITATIONS OF THE STUDY

1. A major limitation is that the study is confirmed only in and around Tamil Nadu.
2. The participants are self - selecting convenience sample and the majority of participants are female which limits generalizability.

VIII. REVIEW OF LITERATURE

- The research titled “**Maladaptive Daydreaming: A Qualitative Inquiry**” was analysed by **Eli Somer** during the year 2002. The term ‘Maladaptive Daydreaming’ was first coined by Somer in this research paper. Somer discovered Maladaptive Daydreaming and he stated the difference between common daydreaming, fantasy propeness, personality disorder and Maladaptive Daydreaming.
- The research titled “**Development and validation of the Maladaptive Daydreaming Scale (MDS)**” was analysed by **Eli Somer, Jonathan Lehrfeld, Jayne Bigelsen, Daniela S. Jopp** during the year 2016. This study describes the development of the Maladaptive Daydreaming Scale (MDS), a 14-item self-report instrument designed to gauge abnormal fantasizing.
- The research titled “**The Comorbidity of Daydreaming Disorder**” was analysed by **Eli Somer, Nirit Soffer-Dudek, Colin A Ross** during the year 2017. The main objective of this study is to determine the comorbidity profile of individuals meeting criteria for daydreaming. The most frequent comorbid disorder was attention deficit hyperactivity disorder (76.9%); 71.8% met criteria for an anxiety disorder, 66.7% for a depressive disorder, and 53.9% for an obsessive-compulsive or related disorder.

IX. CONCLUSION

Daydreaming is emerging as a significant psychological condition in recent days. But India doesn't have proper facilities for diagnosing, treating daydreaming. So, I decided to find the impact created by daydreaming in and around Tamil Nadu, so that we can find the current situation of our surroundings in mental health, especially daydreaming.

X. ANALYSIS AND INTREPRETATION

The analysis and interpretation of the study on daydreaming is based on the sample size of 258 respondents selected for the study. The collected data has been classified and tabulated. Further the following statistical measures have been employed in fulfilling the objectives of the study. The statistical tools used for analysis are as follows:

- SIMPLE PERCENTAGE ANALYSIS
- RELIABILITY ANALYSIS

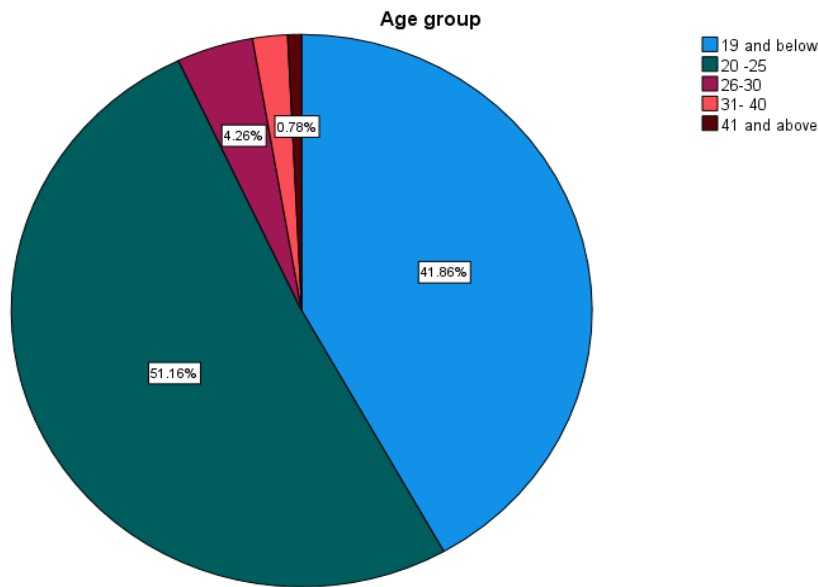
SIMPLE PERCENTAGE ANALYSIS : Simple percentage analysis has been carried out for all the questions given in the questionnaire. This analysis describes the classification of the respondents falling under each category. The percentage analysis is used for standardization and comparison.

RELIABILITY ANALYSIS : Reliability analysis has been carried out for first 14 questions given in the Daydreaming Symptoms' section. This analysis gives us the reliability of the data of the respondents.

SIMPLE PERCENTAGE ANALYSIS :

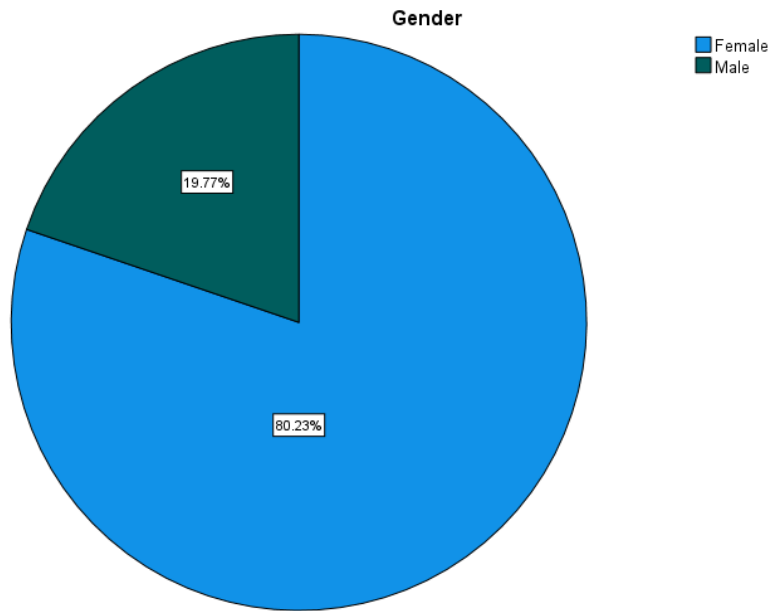
Age group

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | 19 and below | 108 | 41.9 | 41.9 | 41.9 |
| | 20 -25 | 132 | 51.2 | 51.2 | 93.0 |
| | 26-30 | 11 | 4.3 | 4.3 | 97.3 |
| | 31- 40 | 5 | 1.9 | 1.9 | 99.2 |
| | 41 and above | 2 | .8 | .8 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |



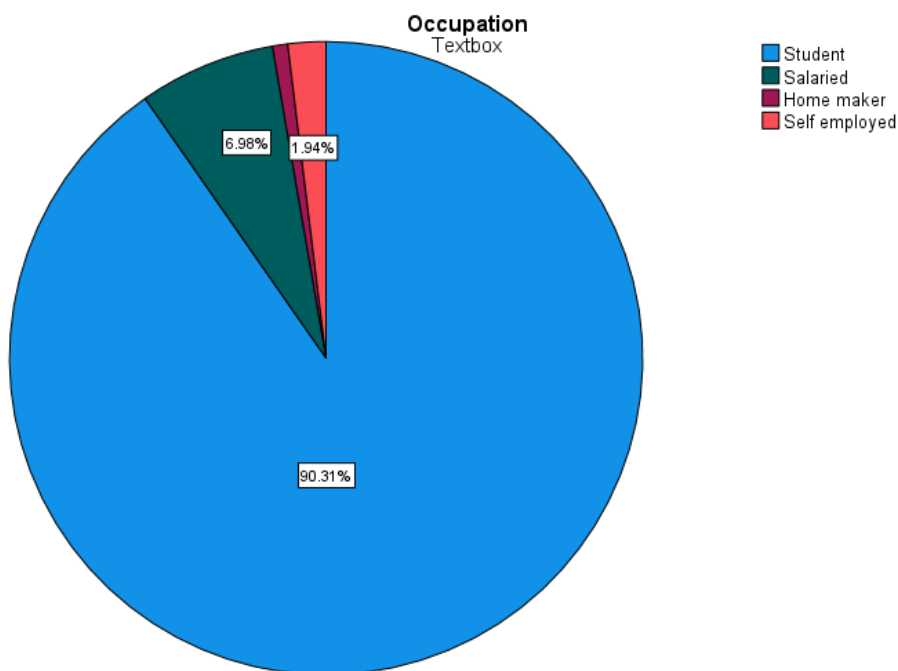
Gender

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Female | 207 | 80.2 | 80.2 | 80.2 |
| | Male | 51 | 19.8 | 19.8 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |



Occupation

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | Student | 233 | 90.3 | 90.3 | 90.3 |
| | Salaried | 18 | 7.0 | 7.0 | 97.3 |
| | Home maker | 2 | .8 | .8 | 98.1 |
| | Self employed | 5 | 1.9 | 1.9 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

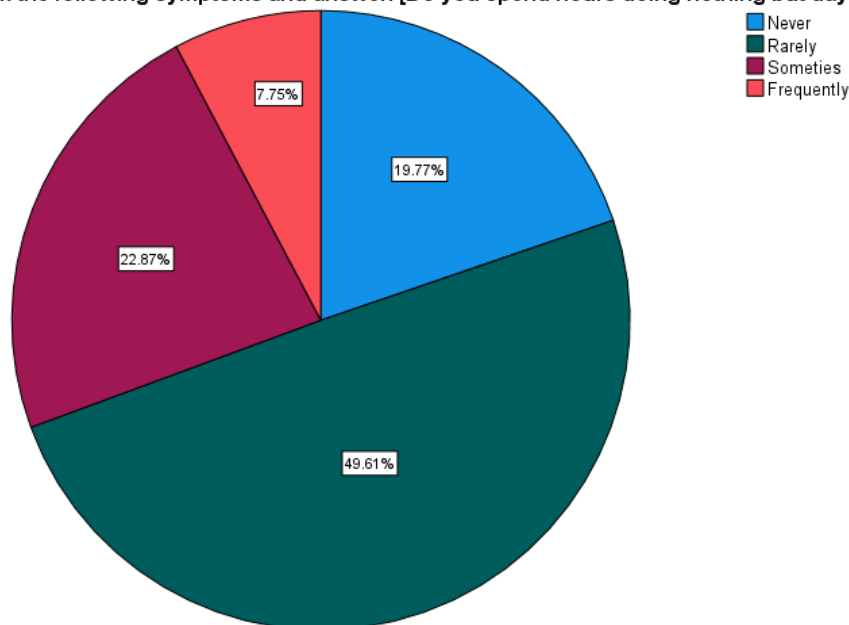


XI. DAYDREAMING SYMPTOMS

Check the following symptoms and answer. [Do you spend hours doing nothing but day dreaming?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 51 | 19.8 | 19.8 | 19.8 |
| | Rarely | 128 | 49.6 | 49.6 | 69.4 |
| | Sometimes | 59 | 22.9 | 22.9 | 92.2 |
| | Frequently | 20 | 7.8 | 7.8 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

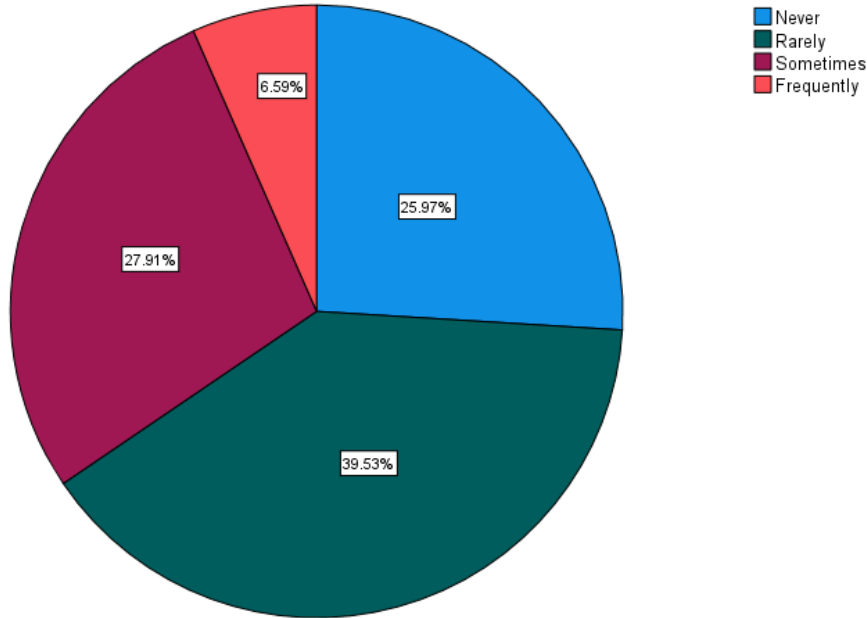
Check the following symptoms and answer. [Do you spend hours doing nothing but day dreaming?]



Check the following symptoms and answer. [Do you ever find yourself day dreaming while performing monotonous and repetitive tasks?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 67 | 26.0 | 26.0 | 26.0 |
| | Rarely | 102 | 39.5 | 39.5 | 65.5 |
| | Sometimes | 72 | 27.9 | 27.9 | 93.4 |
| | Frequently | 17 | 6.6 | 6.6 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

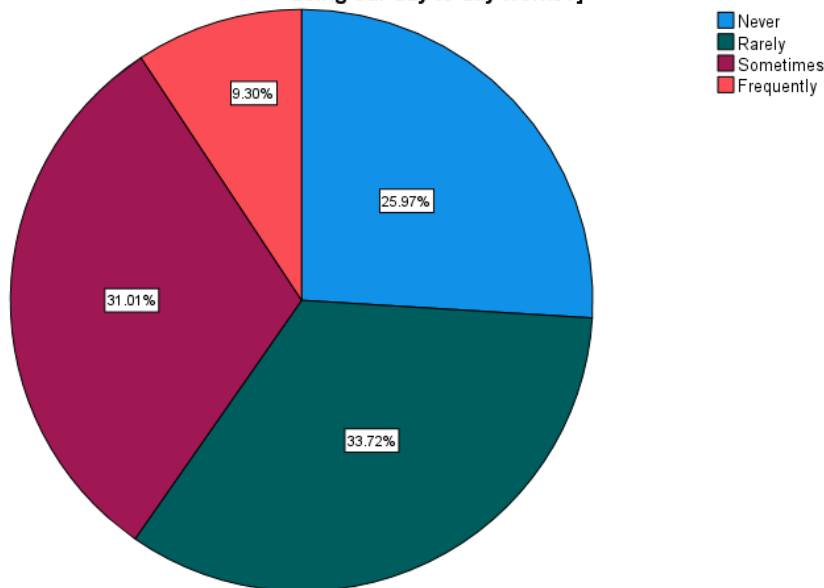
Check the following symptoms and answer. [Do you ever find yourself day dreaming while performing monotonous and repetitive tasks?]



Check the following symptoms and answer. [Do you ever feel day dreaming affects your concentration while doing our day to day works?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 67 | 26.0 | 26.0 | 26.0 |
| | Rarely | 87 | 33.7 | 33.7 | 59.7 |
| | Sometimes | 80 | 31.0 | 31.0 | 90.7 |
| | Frequently | 24 | 9.3 | 9.3 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

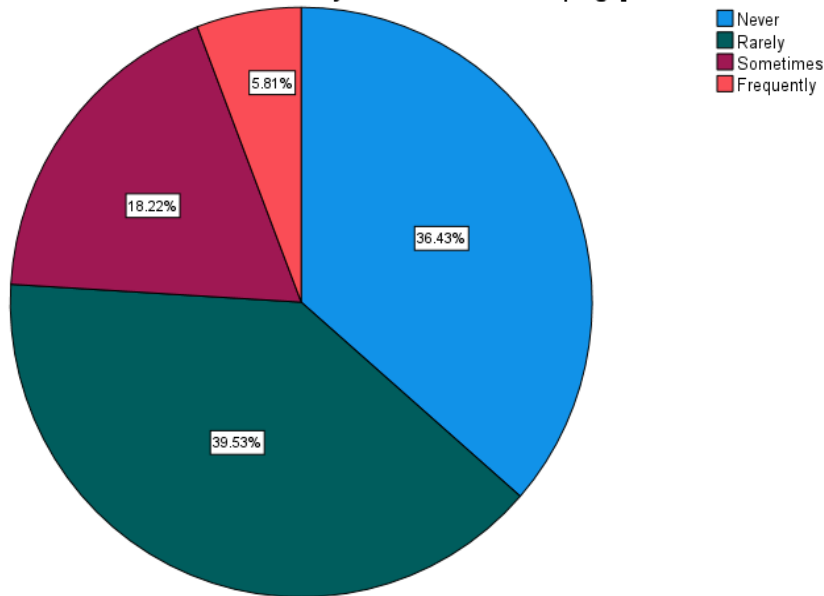
Check the following symptoms and answer. [Do you ever feel day dreaming affects your concentration while doing our day to day works?]



Check the following symptoms and answer. [Do your day dreaming interfere with your sleep i.e would you rather day dream instead of sleeping?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 94 | 36.4 | 36.4 | 36.4 |
| | Rarely | 102 | 39.5 | 39.5 | 76.0 |
| | Sometimes | 47 | 18.2 | 18.2 | 94.2 |
| | Frequently | 15 | 5.8 | 5.8 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

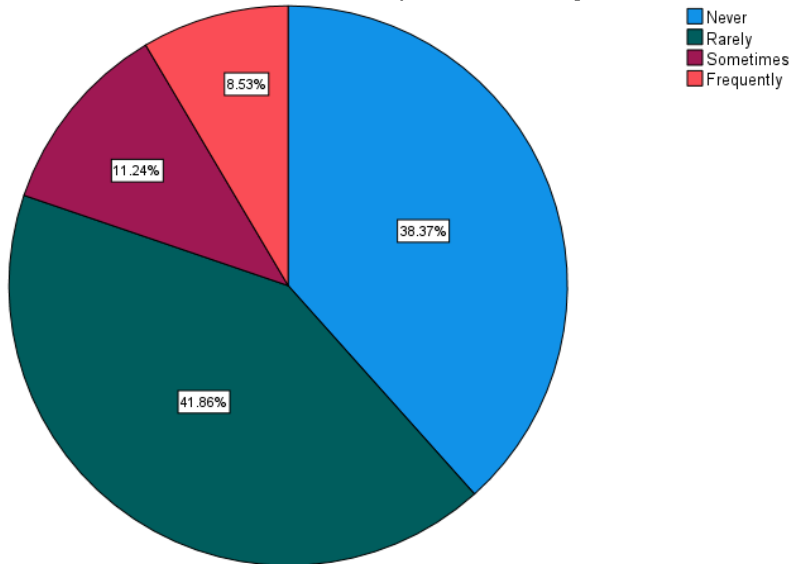
Check the following symptoms and answer. [Do your day dreaming interfere with your sleep i.e would you rather day dream instead of sleeping?]



Check the following symptoms and answer. [Does your day dreaming interfere with your academic/occupational success?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 99 | 38.4 | 38.4 | 38.4 |
| | Rarely | 108 | 41.9 | 41.9 | 80.2 |
| | Sometimes | 29 | 11.2 | 11.2 | 91.5 |
| | Frequently | 22 | 8.5 | 8.5 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

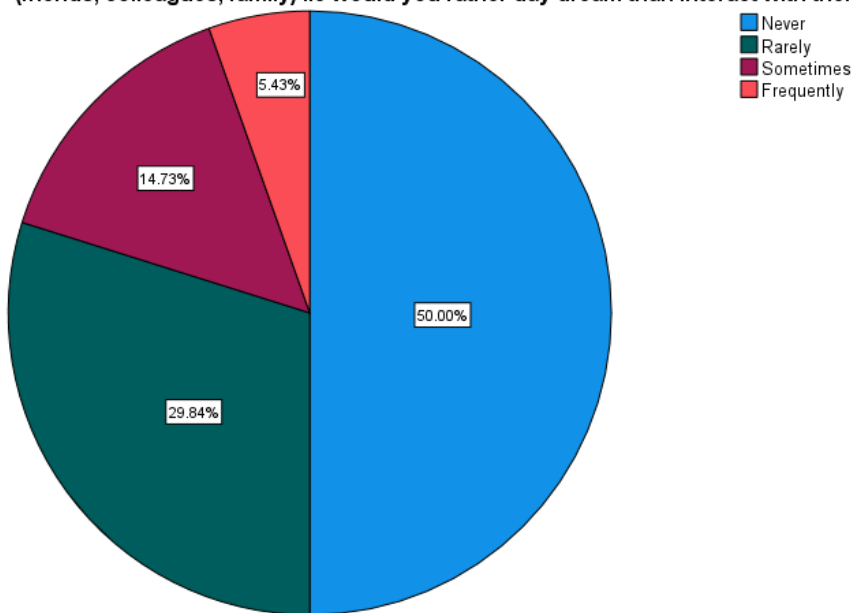
Check the following symptoms and answer. [Does your day dreaming interfere with your academic/occupational success?]



Check the following symptoms and answer. [Does your day dreaming interfere with your social interactions (friends, colleagues, family) i.e would you rather day dream than interact with them?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 129 | 50.0 | 50.0 | 50.0 |
| | Rarely | 77 | 29.8 | 29.8 | 79.8 |
| | Sometimes | 38 | 14.7 | 14.7 | 94.6 |
| | Frequently | 14 | 5.4 | 5.4 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

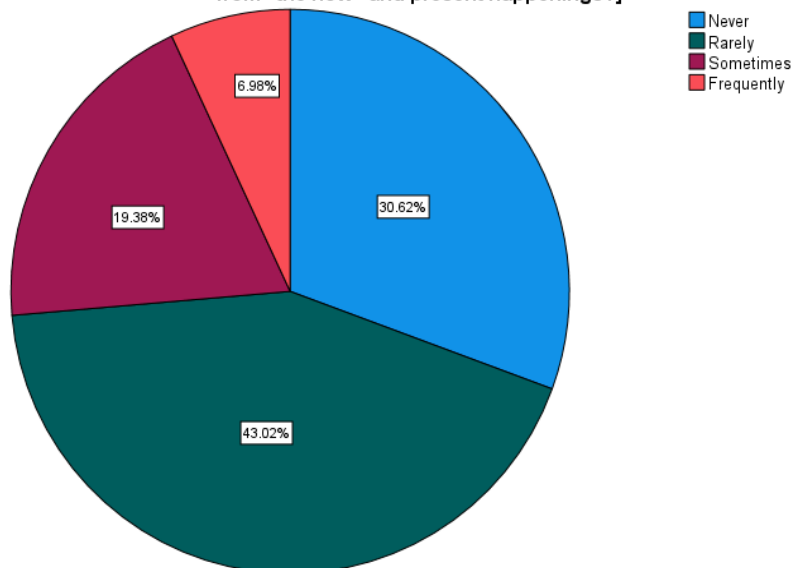
Check the following symptoms and answer. [Does your day dreaming interfere with your social interactions (friends, colleagues, family) i.e would you rather day dream than interact with them?]



Check the following symptoms and answer. [Do you find day dreaming distracts you, taking your focus away from "the now" and present happenings?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 79 | 30.6 | 30.6 | 30.6 |
| | Rarely | 111 | 43.0 | 43.0 | 73.6 |
| | Sometimes | 50 | 19.4 | 19.4 | 93.0 |
| | Frequently | 18 | 7.0 | 7.0 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

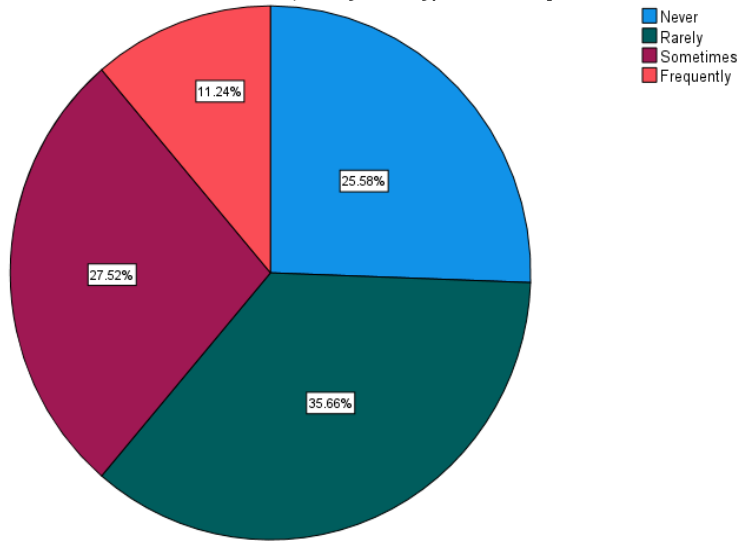
Check the following symptoms and answer. [Do you find day dreaming distracts you, taking your focus away from "the now" and present happenings?]



Check the following symptoms and answer. [how often you feel you're triggered by music, movies, or any other type of media?]

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | Never | 66 | 25.6 | 25.6 | 25.6 |
| | Rarely | 92 | 35.7 | 35.7 | 61.2 |
| | Sometimes | 71 | 27.5 | 27.5 | 88.8 |
| | Frequently | 29 | 11.2 | 11.2 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

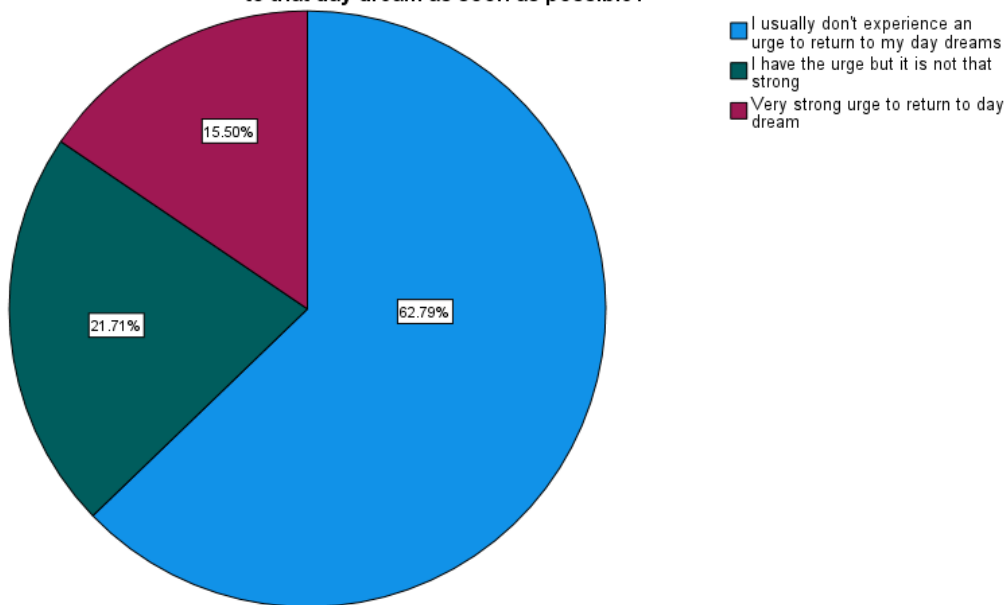
Check the following symptoms and answer. [Are the day dreams that concerns you triggered by music, books, movies, or any other type of media?]



When a real world events has interrupted one of your day dreams, how strong was your need or urge to return to that day dream as soon as possible?

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|-----------|---------|---------------|--------------------|
| Valid I usually don't experience an urge to return to my day dreams | 162 | 62.8 | 62.8 | 62.8 |
| I have the urge but it is not that strong | 56 | 21.7 | 21.7 | 84.5 |
| Very strong urge to return to day dream | 40 | 15.5 | 15.5 | 100.0 |
| Total | 258 | 100.0 | 100.0 | |

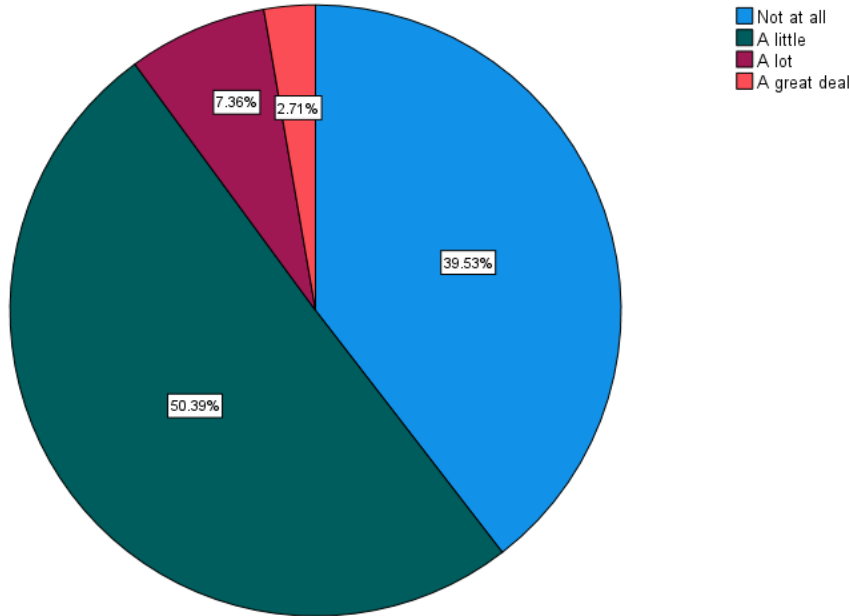
When a real world events has interrupted one of your day dreams, how strong was your need or urge to return to that day dream as soon as possible?



Do you find you may be missing out an important aspect of the day through daydreaming?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Not at all | 102 | 39.5 | 39.5 | 39.5 |
| | A little | 130 | 50.4 | 50.4 | 89.9 |
| | A lot | 19 | 7.4 | 7.4 | 97.3 |
| | A great deal | 7 | 2.7 | 2.7 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

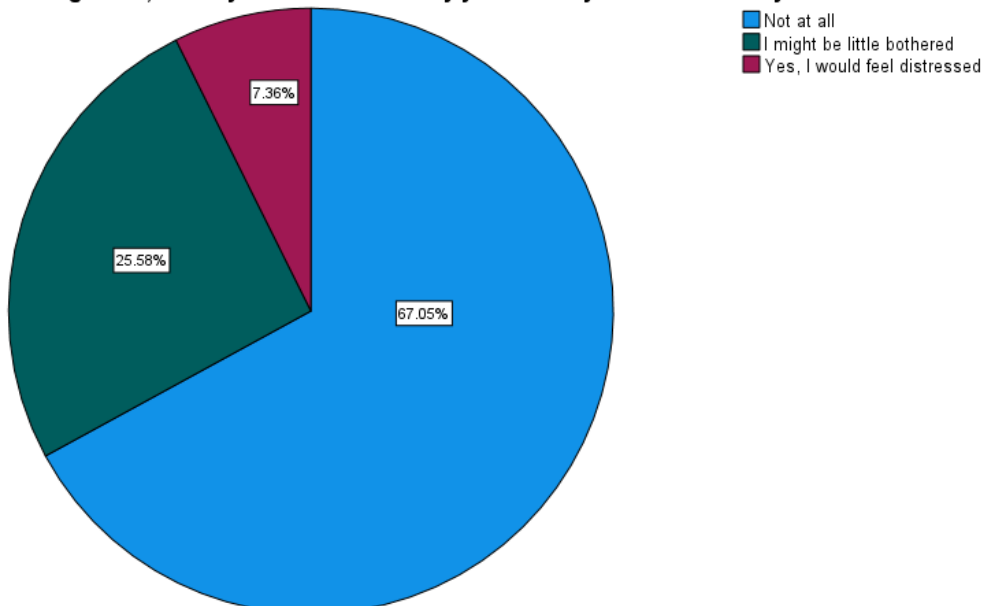
Do you find you may be missing out an important aspect of the day through daydreaming?



If you go through a period of time when you are not able to daydream as much as usual due to real world obligations, would you feel distressed by your inability to find time to day dream?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------------------------|-----------|---------|---------------|--------------------|
| Valid | Not at all | 173 | 67.1 | 67.1 | 67.1 |
| | I might be little bothered | 66 | 25.6 | 25.6 | 92.6 |
| | Yes, I would feel distressed | 19 | 7.4 | 7.4 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

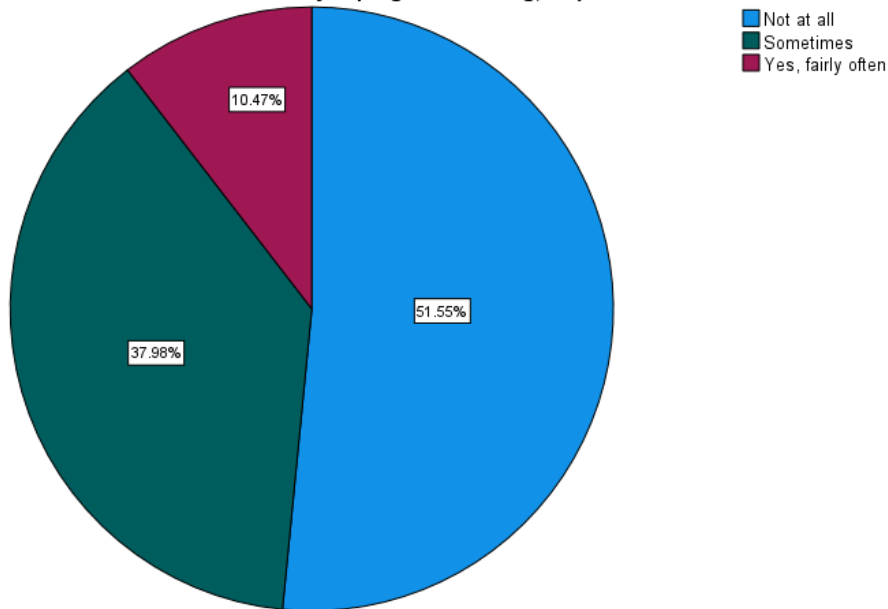
If you go through a period of time when you are not able to daydream as much as usual due to real world obligations, would you feel distressed by your inability to find time to day dream?



Do you engage in repetitive motions while daydreaming (finger tapping, pacing, spinning, walking fast, jumping and running, etc)

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------------|-----------|---------|---------------|--------------------|
| Valid | Not at all | 133 | 51.6 | 51.6 | 51.6 |
| | Sometimes | 98 | 38.0 | 38.0 | 89.5 |
| | Yes, fairly often | 27 | 10.5 | 10.5 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

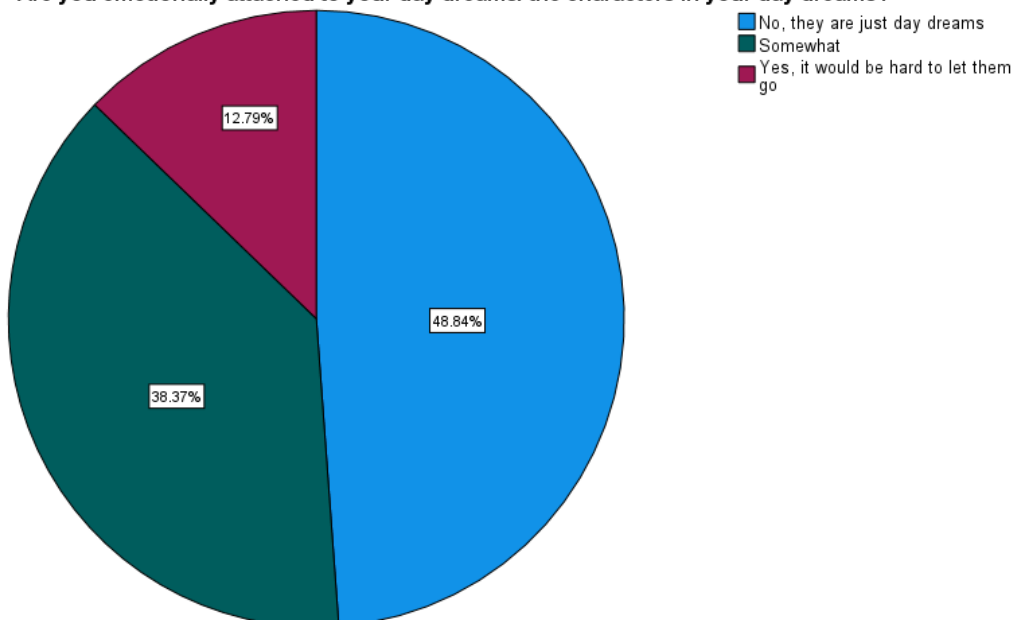
Do you engage in repetitive motions while daydreaming (finger tapping, pacing, spinning, walking fast, jumping and running, etc)



Are you emotionally attached to your day dreams/ the characters in your day dreams?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | No, they are just day dreams | 126 | 48.8 | 48.8 | 48.8 |
| | Somewhat | 99 | 38.4 | 38.4 | 87.2 |
| | Yes, it would be hard to let them go | 33 | 12.8 | 12.8 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

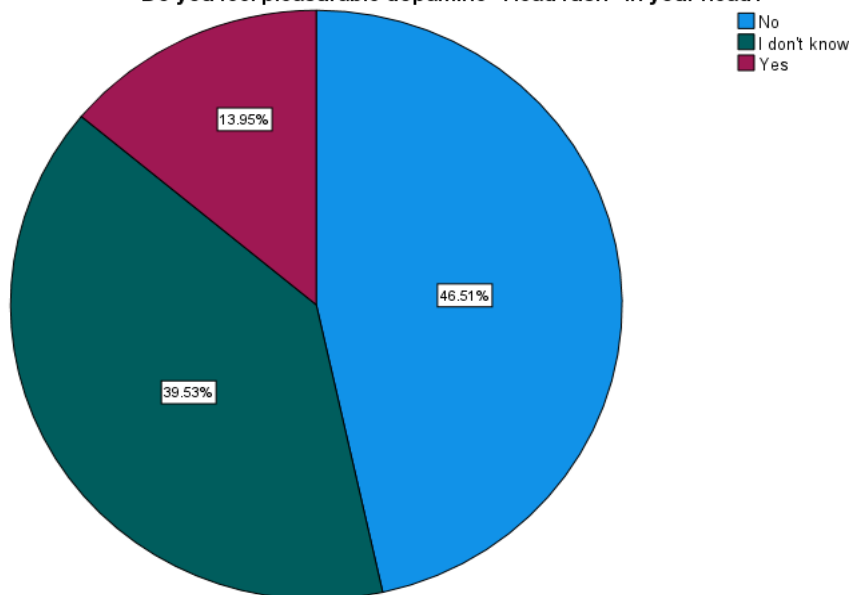
Are you emotionally attached to your day dreams/ the characters in your day dreams?



Do you feel pleasurable dopamine "Head rush" in your head?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | No | 120 | 46.5 | 46.5 | 46.5 |
| | I don't know | 102 | 39.5 | 39.5 | 86.0 |
| | Yes | 36 | 14.0 | 14.0 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

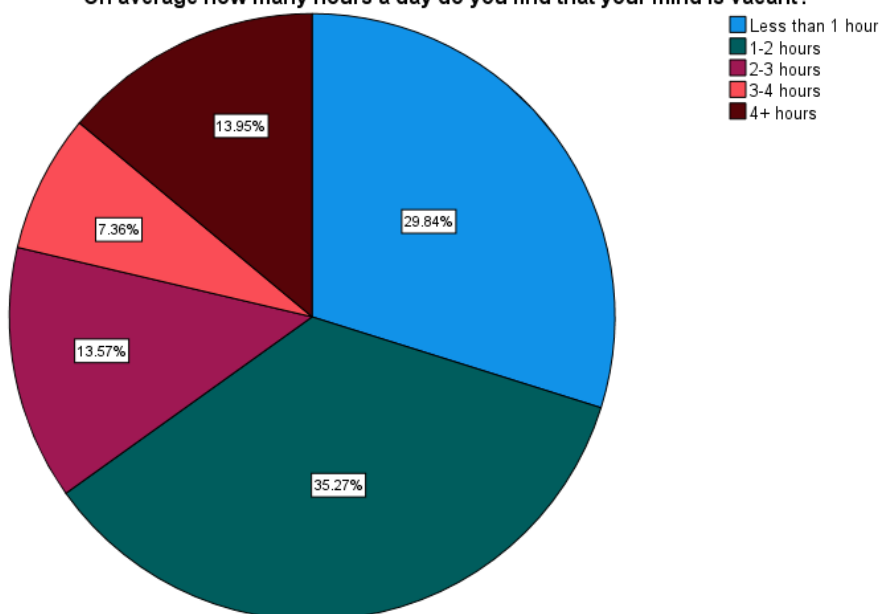
Do you feel pleasurable dopamine "Head rush" in your head?



On average how many hours a day do you find that your mind is vacant?

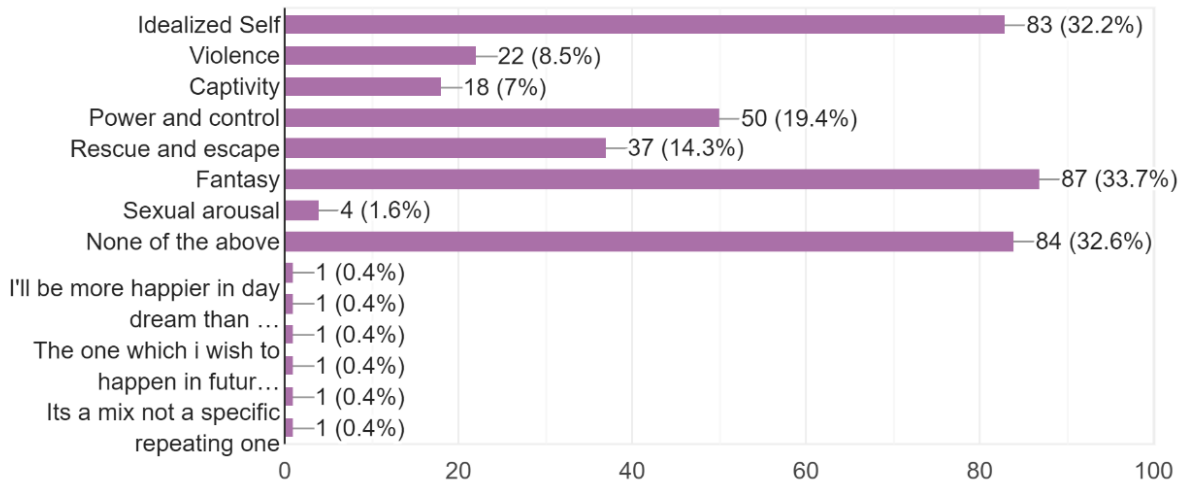
| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------------|-----------|---------|---------------|--------------------|
| Valid | Less than 1 hour | 77 | 29.8 | 29.8 | 29.8 |
| | 1-2 hours | 91 | 35.3 | 35.3 | 65.1 |
| | 2-3 hours | 35 | 13.6 | 13.6 | 78.7 |
| | 3-4 hours | 19 | 7.4 | 7.4 | 86.0 |
| | 4+ hours | 36 | 14.0 | 14.0 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |

On average how many hours a day do you find that your mind is vacant?



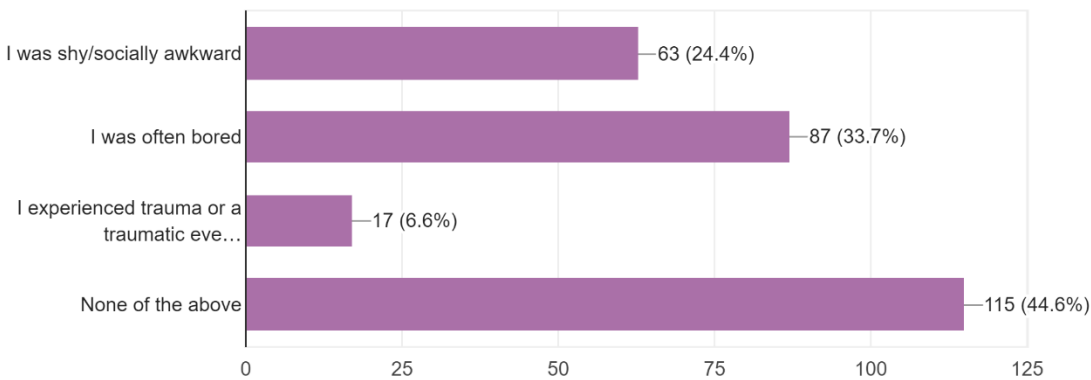
Do your day dreams often revolve around any of these following themes?

258 responses



As a child... (check all that apply)

258 responses



Do you have either OCD, ADHD or neither?

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|-----------|---------|---------------|--------------------|
| Valid None of the above | 230 | 89.1 | 89.1 | 89.1 |
| ADHD (Attention Deficit Hyperactivity Disorder) | 8 | 3.1 | 3.1 | 92.2 |
| OCD (Obsessive Compulsive Disorder) | 12 | 4.7 | 4.7 | 96.9 |
| Both | 8 | 3.1 | 3.1 | 100.0 |
| Total | 258 | 100.0 | 100.0 | |

RELIABILITY ANALYSIS : Reliability analyses have been carried out for 14 questions to check their reliability.

Reliability Statistics

| Cronbach's Alpha | No. Of. Items |
|------------------|---------------|
| .861 | 14 |

Cronbach's alpha value is 0.861 for 14 questions in the Questionnaire.

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Check the following symptoms and answer. [Do you spend hours doing nothing but day dreaming?] | 11.06 | 40.420 | .553 | .850 |
| Check the following symptoms and answer. [Do you ever find yourself day dreaming while performing monotonous and repetitive tasks?] | 11.12 | 39.584 | .591 | .847 |
| Check the following symptoms and answer. [Do you ever feel day dreaming affects your concentration while doing our day to day works?] | 11.02 | 39.475 | .553 | .850 |
| Check the following symptoms and answer. [Do your day dreaming interfere with your sleep i.e would you rather day dream instead of sleeping?] | 11.32 | 40.293 | .520 | .852 |
| Check the following symptoms and answer. [Does your day dreaming interfere with your academic/occupational success?] | 11.37 | 38.950 | .618 | .846 |
| Check the following symptoms and answer. [Does your day dreaming interfere with your social interactions (friends, colleagues, family) i.e would you rather day dream than interact with them?] | 11.50 | 39.292 | .597 | .847 |
| Check the following symptoms and answer. [Do you find day dreaming distracts you, taking your focus away from "the now" and present happenings?] | 11.24 | 39.451 | .596 | .847 |
| Check the following symptoms and answer. [Are the day dreams that concerns you triggered by music, books, movies, or any other type of media?] | 11.01 | 40.000 | .497 | .853 |

| | | | | |
|---|-------|--------|------|------|
| When a real world events has interrupted one of your day dreams, how strong was your need or urge to return to that day dream as soon as possible? | 11.74 | 43.363 | .296 | .853 |
| Do you find you may be missing out an important aspect of the day through daydreaming? | 11.53 | 41.258 | .573 | .850 |
| If you go through a period of time when you are not able to daydream as much as usual due to real world obligations, would you feel distressed by your inability to find time to day dream? | 11.86 | 43.200 | .397 | .858 |
| Do you engage in repetitive motions while daydreaming (finger tapping, pacing, spinning, walking fast, jumping and running, etc) | 11.68 | 42.568 | .437 | .856 |
| Are you emotionally attached to your day dreams/ the characters in your day dreams? | 11.64 | 42.077 | .481 | .854 |
| Do you feel pleasurable dopamine "Head rush" in your head? | 11.59 | 42.203 | .454 | .855 |

It shows us that even if one of the questions is deleted, the Cronbarch's alpha value will be less than the original alpha value (0.861). It is found that the subscale's alpha level is 0.861 which indicates that the subscale has an adequate level of inter-item reliability. Further analysis shows that deleting any of the items would not have significantly increased alpha level.

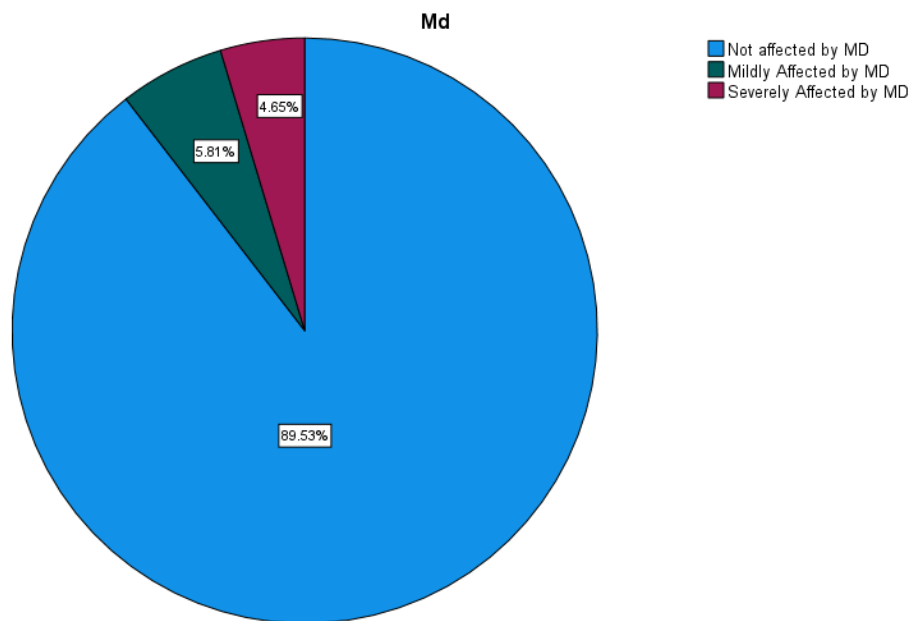
XII. COMPUTING DAY DREAMING INDICATOR

A variable was computed by adding all the 14 variables and dividing the sum by 14.

COMPUTE D_Indicator1=(Q1 + Q2 + Q3 + Q4 + Q5 + Q6 + Q7 + Q8 + Q9 + Q10 + Q11 + Q12 + Q13 + Q14) / 14.

According to the values of the above variable, people with mild and severe day dreams are identified.

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------------|-----------|---------|---------------|--------------------|
| Valid | Not affected | 231 | 89.5 | 89.5 | 89.5 |
| | Mildly Affected | 15 | 5.8 | 5.8 | 95.3 |
| | Severely Affected | 12 | 4.7 | 4.7 | 100.0 |
| | Total | 258 | 100.0 | 100.0 | |



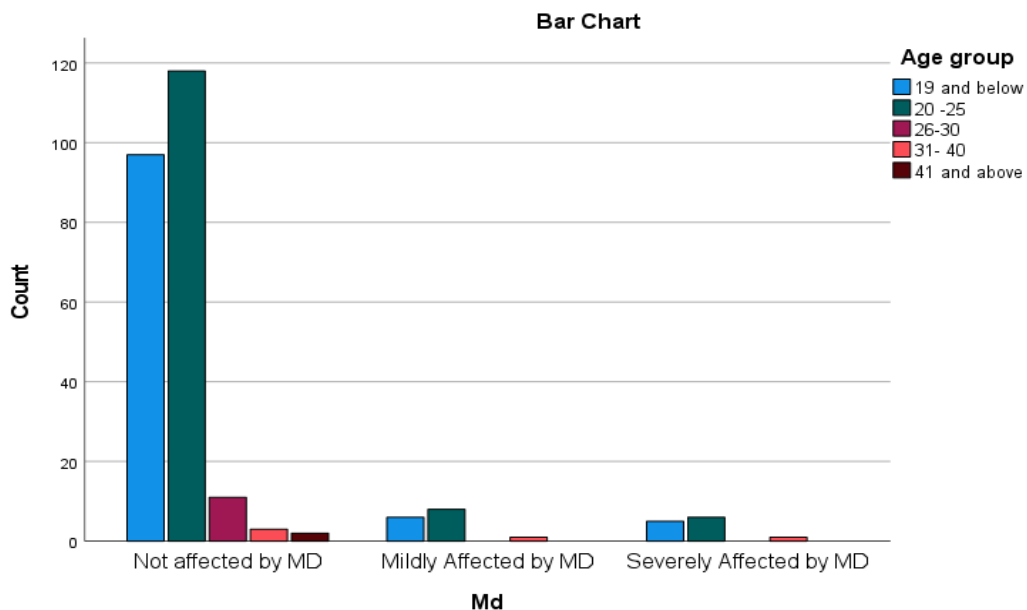
This shows that 4.7 percent of the respondents are severely affected by daydreams, 5.8 percent of the respondents are mildly affected, and 89.5 percent of the respondents are not affected.

XIII. INTERPRETATION

CROSS TABULATION OF RESPONDENTS AFFECTED BY DAY DREAM AND THEIR AGE GROUP

Daydreaming and Age group Cross tabulation

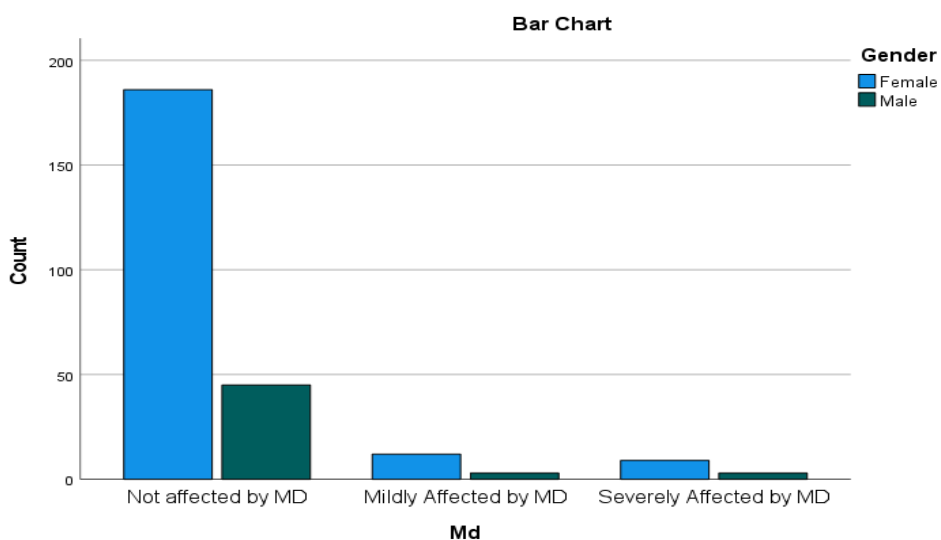
| | | Age group | | | | | Total |
|-------------|-------------------|--------------|--------|-------|--------|--------------|-------|
| | | 19 and below | 20 -25 | 26-30 | 31- 40 | 41 and above | |
| Daydreaming | Not affected | 97 | 118 | 11 | 3 | 2 | 231 |
| | Mildly Affected | 6 | 8 | 0 | 1 | 0 | 15 |
| | Severely Affected | 5 | 6 | 0 | 1 | 0 | 12 |
| Total | | 108 | 132 | 11 | 5 | 2 | 258 |



CROSS TABULATION OF RESPONDENTS AFFECTED BY DAYDREAM AND THEIR GENDER

Day dreaming and Gender Cross tabulation

| | | Gender | | Total |
|-------------|-------------------|--------|------|-------|
| | | Female | Male | |
| Daydreaming | Not affected | 186 | 45 | 231 |
| | Mildly Affected | 12 | 3 | 15 |
| | Severely Affected | 9 | 3 | 12 |
| Total | | 207 | 51 | 258 |



XIV.FINDINGS

SIMPLE PERCENTAGE ANALYSIS :

- 41.9% of the respondents falls under '19 and below' category.
- 51.2% of the respondents falls under '20-25' category.
- 4.3% of the respondents falls under '26-30' category.
- 1.9% of the respondents falls under '31-40' category.
- 0.8% of the respondents falls under '41 and above' category.
- 80.2 percent of the respondents are Female.
- 19.8 percent of the respondents are Male.
- 90.3 percent of the respondents are Students.
- 7.3 percent of the respondents are Salaried.
- 0.8 percent of the respondents are Homemaker.
- 1.9 percent of the respondents are Self employed.
- 32.2 per cent of the respondents' theme of their day dream is 'Idealized Self' .
- 8.5 per cent of the respondents' theme of their day dream is 'Violence' as theme.
- 7 per cent of the respondents' theme of their day dream is 'Captivity'.
- 19.4 per cent of the respondents' theme of their day dream is 'Power and Control'.
- 14.3 per cent of the respondents' theme of their day dream is 'Rescue and Escape'.
- 33.7 per cent of the respondents' theme of their day dream is 'Fantasy'.
- 32.6 per cent of the respondents' theme of their day dream is 'Sexual Arousal'.
- 32.6 per cent of the respondents' daydreams does not revolve around any kind of themes.
- 0.4 per cent of the respondents has various themes such as 'The one which I wish to happen in future', 'I'll be more happier in daydreams which can be included in 'Idealised self'.
- 24.4 per cent of the respondents answered that as a child they were 'I was shy/socially awkward'.
- 33.7 per cent of the respondents answered that as a child they were 'I was often bored'.
- 6.6 percent of the respondents answered that as a child they were 'I experienced trauma or a traumatic event'.
- 44.6 per cent of the respondents answered that as a child they were neither shy/awkward, bored nor experienced trauma.

XV. CONCLUSION

The study addresses the impact of daydreaming in and around Tamil Nadu and shows that almost 4 in 100 people are mildly affected and 5 in 100 people are severely affected by daydreaming. This study also shows the various daydreaming themes of the respondents. It is evident that daydreaming is becoming an inevitable disorder in our city as almost 10% of the respondents are affected.

XVI. REFERENCES

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