



CASE STUDY ON AGRESSION AND FAMILY NEGLECT

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ABSTRACT:

In maturity, sibling connections are crucial in determining personality, social behaviour, and interpersonal dynamics. This study looks at how sibling rivalry affects how cooperative and competitive attitudes evolve later in life. The study investigates how sibling interactions are impacted by birth order, parental favouritism, and family dynamics, drawing on theories from Adlerian psychology, attachment theory, and social learning views. A thorough analysis of the research shows that, depending on the type of early interactions, sibling rivalry can promote both cooperation (e.g., empathy, teamwork) and competitiveness (e.g., ambition, leadership). Research shows that while fierce competition can result in domination at work and interpersonal disputes, healthy sibling relationships improve emotional control and teamwork. These impacts are further moderated by parenting and cultural variables, with Eastern cultures placing more emphasis on peace and Western civilisations exhibiting more overt competitiveness. The study comes to the conclusion that sibling relationships have a fundamental impact on adult behaviour, emphasising the necessity of using balanced parenting techniques to foster collaboration while reducing the detrimental impacts of rivalry.

KEYWORDS:

SIBLING RIVALRY, COMPETITION, COOPERATION, BIRTH ORDER, PARENTAL FAVORITISM, FAMILY DYNAMICS, ADLERIAN THEORY, ATTACHMENT THEORY, SOCIAL LEARNING, ADULTHOOD BEHAVIOR.

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INTRODUCTION:

DEMOGRAPHIC DETAILS:

Name: Ms. X

Age: 16

Gender: Female

Marital status: Single

Occupation: Student

Education: 9th pass

Dad: works in glass factory, putting glass in window

Older brother: 18yrs work with the father

Younger brother: 8th standard

Mother: house wife

Hobbies:

- like to domehndi
- likes to talk to her cousin
- dance.

HOPI:

Client is a young woman who experienced significant family dysfunction and traumatic events during her upbringing. From an early age, she felt isolated, neglected and deprived by her parents compared to her brother who was heavily favoured. This led to pent-up anger, frequent

outbursts, and physical altercations with her younger sibling.

The client's relationship with her mother was particularly strained, marked by verbal conflicts that easily escalated over minor issues. Concerned about her anger, the client's father took her for a medical consultation where she was diagnosed with hysteria.

Approximately 6 months prior to presenting for treatment, the client began an online relationship with a male from Instagram. When her mother and brother discovered this relationship, it precipitated a violent incident where the client was beaten by both parents, had her phone confiscated, and intense discussions ensued about arranging her marriage.

During a family wedding 6 months ago, several disturbing incidents occurred while staying at the maternal grandparents' home. On one occasion, the maternal grandfather insisted the client massage his head rather than legs as requested, subsequently luring her to the terrace where he hugged her inappropriately.

Another incident saw the grandfather call the client to his bedroom where he locked the door, covered her mouth to silence her, and made derogatory comments about the client's mother in an attempt to turn her against her parent.

Most egregiously, while the client was bathing, the grandfather entered the washroom, covered her mouth, restrained her, and is reported to have inappropriately touched her. These traumatic incidents persisted over 5-7 days despite the clients' efforts to avoid her grandfather.

When the client confided in her mother about the abuse, she was met with dismissal, victim-blaming, increased coldness and alienation from her own mother who seemed eager to arrange her marriage as soon as possible.

The client continues to feel suffocated in her home environment, lacking any sense of peace, validation or supportive relationship with her mother. Her presenting goal is to have someone acknowledge her experiences, feelings and perspective, and to improve the strained relationship with her mother.

Past Psychiatric History: (not much information was given)

- **Onset:-** not elicited
- **Total duration of illness:** 6 months
- **Course:** Episodic
- **Progress:** Static
- **Precipitating factor:** Not elicited
- **Predisposing factor:** Not elicited
- **Protective factor:** Not elicited
- **Perpetuating factor:** Not elicited

Medical history:

No medical history elicited

Family History:

Lives in a nuclear family which includes her father, mother and 2 brother one is younger and one is older than her.

Relationship with father is good. He is the earning member of the family. Her brother also works with the father.

Not a good relationship with her mother. According to the client the mother is always scolding her and isolating her from the family. She feels neglected by her mother and her mother never acknowledges or stand on her side. And always into planning to get the client married and out of the house as soon as possible.

Does not have good relationship with either of the brothers reason being that they pass mean comments and verbally abuse and fight with her all the time. In addition to that they always favors their mother and not her.

Client resides in a nuclear family consisting of her father, mother, one younger brother and one older brother.

Her relationship with her father is reported as positive. He is the sole income earner for the household, and her older brother is employed working alongside the father.

However, the client describes a very strained and conflictual relationship with her mother. According to Client 123, her mother frequently scolds her, isolates her from the rest of the family, neglects her emotional needs,

dismisses her perspectives, and seems eager to have her married and out of the home as soon as possible. The client feels her mother never acknowledges or supports her.

Similarly, the client has poor relationships with both her younger and older brothers. She reports they routinely pass mean comments towards her, verbally abuse her, and engage in physical fights with her. Moreover, the brothers are perceived to solidly favor and side with the mother against the client.

Despite the father being the breadwinner, the domestic environment appears highly dysfunctional, with the client feeling alienated by her mother and siblings' hostility and lack of familial loyalty or emotional support. Her expressed goal is to improve this damaging family system, particularly repairing her relationship with her mother.

Marriage and relationship status:

She is single and not in relationship with anyone.

Substance use: no history of substance abuse

pre- morbid personality:

clients perspective: She was normal and behaved appropriately according to the situation. She is introverted and does not have many friends nor is she interested in making any. She easily gets irritated by her mothers biasness towards her but she never mentioned any anger outburst of any kind.

Informant perspective: She has always been a calm and reserved person but lately she is been acting a lot stranger than usually. A lot of aggression and irritability was visible along with violent behaviors like hitting her younger brother and raising voices towards or completely ignoring her mother.

Developmental and Social History:

Birth and development:

- **Education:** The client is currently enrolled in 9th standard. However, her academic journey was disrupted when she had to leave in the middle of 10th grade to attend a family function in her hometown. This resulted in a significant gap in her studies, necessitating her to repeat the academic year.
- **Development:** All developmental milestones were achieved within the normative timeframes. No developmental delays or issues were elicited or reported during the clinical intake.
- **Social:** Client has a relatively limited social life and experiences social isolation. She spends most of her time at home with minimal in-person peer interactions. Her social contacts are primarily restricted to occasional phone communication with her cousin and infrequent meet-ups with school friends or others in her residential colony. Of note, the client did form an online relationship with a male individual whom she met through the social media platform Instagram.

Work History: no work history

Legal History: no legal history elicited

Culture and religious influence:

She is from a Muslim family background

REFERENCES

No reference