

Inner Cry of Nuns – A Projective Analysis

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ABSTRACT

The whole new era of psychology in psychological testing is attempted to investigate various psychological components of religious life. People doing social service and religious activities are known for their sacrifices and support to humanity throughout the world. Nuns and brothers have made their presence felt everywhere. The ultimate goal of nuns and brothers to serve and promote humanity. The present study is an explorative study which attempts to understand the personality profile of nun in India. The total number of participant is 28 considering the difficulty of obtaining the sample. The sample was collected from Gurugram and Delhi. The somatic inkblot series (64 Images) is used for the profiling of Nuns. The finding indicates that there are repression in Erotic imagery, aggressive content and preponderance of human relations.

HIGHLIGHTS

- ① The ultimate goal of nuns is to do social service and promote humanity. They have to take certain vows before becoming nuns.
- ① For the Personality Profiling of Nuns, the projective technique (SIS) was used.
- ① As whole the Somatic inkblot protocol indicates that they have healthy attitude toward life, common view of thinking, good interpersonal relationship, maintained ego strength, controlled emotionality and low erotic desire within mature personality.

Keywords: Nuns, inner cry, somatic inkblot series, human content, Projective measures

Spirituality is a word used in an abundance of contexts that means different things for different people at different times in different cultures. Spirituality is the experience of consciously striving to integrate one's life in terms not of isolation and self-absorption but of self-transcendence toward the ultimate value one perceives. The most common themes which is based on literature is used to describe the word spirituality a sense of purpose, a quest of wholeness, a search for hope and harmony and a senses of connectedness with self or god.

For Christians, the ultimate concern is God revealed in Jesus Christ, and experienced through the gift of the Holy Spirit. The ultimate goal of nuns is to do social service and promote humanity. They have to take certain vows before becoming nuns. They have to left

their parents and family. They have no activities other than helping needy people and serving those who feel helplessness. They don't belong to a particular area or state. They keep on travelling from place to place and help everyone whom they meet. In such situation they always think of self-actualization and blooming the garden of God.

However, everyone feels disappointed and frustrated at least sometime in their life which may have impact on their personality. These nuns might have also felt

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homesick, frustrated for their companionship and separated from their families. Kelly (1958) recommends that the expansion of mental issues among religious groups is because of the factors of stress. These stressors can be more specifically: the vows, especially obedience, confining and close relationships; near absence of tension outlets; strict routine, and overwork (Vaughan 1962).

Brocken (1965) design a semi – projective test: The Nuns’ Religious Apperception Test, (N-RAT), picturing religious women as the central stimulus figures. The test was administered on 150 Nuns. As results reported most the frequently occurring Characterizations are patience and happiness and various themes are exacted from picture cards. Dennis (1965), attempt to study religious content via religious drawings made by Nuns. Total 12 different groups were made according to different religious orders. The age range of Nuns was 15 years to 52 years. As result 74 % of drawings contains religious aspect where as 26% are of non-religious.

The somatic inkblot test is a structured projective diagnostic instrument and adjunct to psychotherapy. It helps in understanding certain important personality factors such as interpersonal relationship, ego/self, hostility/aggression, abnormal view of thinking. If it is any suppressed /repressed desire which is indicated by projective imagery.

The somatic inkblot test has been used in different diagnostic categories such as personality adjustment problem, psychosomatic illness, impotency, uncontrollable aggressive behaviour, psychotic disorder like schizophrenia and bipolar disorder and neurotic disorder anxiety, depression dissociative reaction by various researcher in India and other countries (Dubey *et al.* 1990). Available researches are scanty using somatic inkblot series are projective test on Nuns. As there are lack of studies in the area of religious life this study attempts to find out the personality profile of nuns in India.

METHOD

Design and Participants

The research study follows a quantitative research

design. Eighty participants, all nuns from Delhi and Gurugram (Haryana). We approached to complete the somatic inkblot test. Fifty two of them completed the test and 30 nuns returned the test without administering the test oneself. 22 nuns didn’t complete the test and left most of the images unanswered. So, these were excluded from the sample. Finally we scored the SIS protocol of twenty eight nuns in the age range of 21 years to 70 years. Most of the participant were graduate. Most of them were graduate with three nuns PHD, five nun’s studies till post graduate and six nun’s studies about 12th class.

Nun had obvious history of physical or psychological issues 33.3% of them had no physical or psychological issues. However, 10% of the participant narrated some physical issues like — headache, body pain. However, most of them had strong self and able to manage their pain.

Measures

Somatic Inkblot series

For this research purpose somatic inkblot series (SIS – II) was used. It consists of total 62 images, which are divided into Series A and Series B, each with 31 images. SIS is a semi projective test. The SIS analysis helps to understand the inner cry of a person and infiltrates into more profound layers of unconscious in order to elicit underlying conflicts. It brings unprocessed symbolic material through projection. Several researchers have found SIS test as highly reliable and valid instrument (Kaur and Verma, 1998; Nicolini, 2002; Pershad and Dubey, 1994; Singh and Banerjee, 1996; Verma and Kaur, 1999).

RESULTS AND DISCUSSION

The present study is attempt to understand the personality profile of nuns. Nuns are the religious person who holds the aim to promote humanity and social service. In present study Somatic inkblot test is used for the profiling of nuns. Proper consent was taken. After obtaining the sample of 28 using convenient sampling technique, the scale were scored and data was compiled manually using Microsoft Excel and Microsoft

word were used for application of statistical techniques and creation of tables.

Table 1: Age and education of the participants

Age	21-30	9
	31-40	5
	41-50	10
	51-60	3
	61-70	1
Education	Upto class 12 th	6
	Graduation	14
	Post-graduation	5
	P.H.D	3

Table 1 represents the demographic details of the participants in study. The age were divided into the different ranges. Nine participants were fall under age range of 21-30, five participants in 31-40, ten participants were fall under 41-50, three participant were fall under 51-60 and one participant were fall under age range of 61-70 . Mostly the participant were from middle adulthood and early adulthood. Education is also consider very important part of demographic details. In study, mostly participant were graduate, six participant studied till class 12th, five participant were post-graduate and three participants' holds the PHD degree.

Table 2: Means and percentage for participant (Somatic inkblot series)

Categories	Mean	Percentage
Human content	23.28	36.10%
Animal content	6.53	10.10%
Anatomical content	13.5	20.90%
Sex	3.07	4.76%
Movement	10.77	285
Most typical	11.8	330
Typical	25.78	722

Table 2, shows the means and percentile in various categories. The human content, includes responses of whole body. It suggests the subject's interpersonal relationship human being. The mean score is 23.8 and percentage is 36.10%. The obtained score is highest

which means Nuns share healthy interpersonal human relationships because they engage in social services, and sometimes act as advisors or religious counsellors which involves interaction with humans. High score also indicated high intelligence quotient as well as creativity. It also indicated introversive style of personality.

Animal content includes responses related to animal. The mean is 6.53 and percentage value is 10.10%. Animals are governed by defence mechanism of repression under which they suppressed desires which normally give pleasure to human being. When animal responses are very low they may not enjoy erotic content, which is self-explained in cases of such people who have left pleasure of the world their life is more devoted to service of humanity. They are bounded by laws of society and can't imagine to grab anything under pressure of immediate need for gratification.

However low animal responses in this group can be consider as within normal range. The low findings of animal content is further supported by low responses on sex. The animal content are within normal range which indicates that they have healthy body imagery. They looks as they don't think more about their physical content, bodily imagination because they have not to show off their body, their looks and their personality. They believe in natural look. That is provided by god with single aim to serve humanity.

Most typical responses are within normal range indicated that they have touched with reality, common view of thinking, able to adjust in most situation, able to interaction with others and avoid conflict during interaction.

As whole the Somatic inkblot protocol indicates that they have healthy attitude toward life, common view of thinking, good interpersonal relationship, maintained ego strength, controlled emotionality and low erotic desire within mature personality.

Limitation

In addition to theoretical and empirical contributions that this study makes, some reflection need to made in order to provide new avenues for future research. There are certain limitations of the study. Findings of the study

based on a small sample of twenty eight participants. So before generalizing research should be conducted on larger sample. Second limitation is time constraints.

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