

# A Comparative Study to Assess the Compulsive Buying Behaviour and Psychological Distress Between 1st Year Engineering and 1st Year B.Sc. Nursing Students with a View to Develop an Informational Booklet on Self-Regulation in Regards of Psychological Distress of Selected Colleges, Durg, Chhattisgarh

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**Abstract:** **Introduction:** Compulsive buying behaviour (CBB), otherwise known as shopping addiction, pathological buying or compulsive buying disorder, is a mental health condition characterized by the persistent, excessive, impulsive, and uncontrollable purchase of products in spite of severe psychological, social, occupational, financial consequences. Psychological distress, a widely-used indicator of the mental health of a population, nevertheless remains vaguely understood. In numerous studies, psychological distress is “largely” defined as “a state of emotional suffering characterized by symptoms of depression and anxiety.” But how do you know if what you’re experiencing is psychological distress or a diagnosable psychological disorder, such as anxiety or depression. **Aim:** The aim of the study was to assess the compulsive buying behaviour and psychological distress between 1st year engineering and 1st year B.Sc. nursing students with a view to develop an informational booklet on self-regulation in regards of psychological distress of selected colleges of Durg (C.G.). **Setting and Design:** A quantitative research approach with comparative research design was adopted for this study. The study focused on B.Sc. Nursing and Engineering students at Krishna Engineering College and Shree Chandra College of Nursing Durg (C.G.). **Results:** The result of the study were found in engineering 1st year 29(97%) are having moderate compulsive buying disorder and 01(03%) is severe compulsive buying disorder. In B.Sc. Nursing 1st year students 30(100%) are having Mild compulsive buying behaviour and psychological distress. In engineering 1st year mean is 130.96 and SD is 9.59. In B.Sc. Nursing 1st year students mean is 129.50 and SD is 10.27. In engineering student’s coefficient of variation is 7.93 in B.Sc. Nursing 1st year students and paired “t” value is 5.55 which show highly significant at the level of 0.05. coefficient of variation 7.32 of engineering student’s coefficient of variation and 7.93 in B.Sc. Nursing 1st year students and paired “t” value is 5.55 which show highly significant at the level of 0.05. **Conclusion:** The study conducted that the compulsive buying behavior is higher among engineering students at comparison of

B.Sc. Nursing students but in contrast psychological distress is higher among B.Sc. Nursing students as compare engineering students.

**Keywords:** Compulsive buying behaviour, psychological distress, engineering, B.Sc. nursing students, informational booklet, self-regulation.

## 1. Introduction

Compulsive buying behaviour (CBB), otherwise known as shopping addiction, pathological buying or compulsive buying disorder, is a mental health condition characterized by the persistent, excessive, impulsive, and uncontrollable purchase of products in spite of severe psychological, social, occupational, financial consequences. The consequences of compulsive buying behaviour (CBB) are often underestimated in the general population. Research by Christenson et al noted that excessive shopping induces large debts (58%), guilt (46%), inability to meet payments (42%), criticism from acquaintances (33%), and criminal legal problems (8%) based on the examination of 24 individuals with CBB. Furthermore, those with CBB often describe an increasing level of urge or anxiety that can only lead to a sense of completion when a purchase is made.

The mental health and wellbeing of young people is of global concern, particularly in Ireland where it has been identified as a significant issue. Significant levels of psychological distress have been reported in higher education students globally who experience greater psychological distress than the general population. Gender differences in psychological distress are evident with females reporting more psychological distress than males. However, some caution is needed when examining the

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evidence on psychological distress because international study comparisons are difficult. This is due to a number of factors not least of which are the variances of prevalence of reported psychological distress, the instruments used to measure the distress and the cut off points used by the researchers to determine psychological distress.

Psychological distress has been widely used as an indicator of mental health. Researchers such as Hurwitz consider it a transient emotional response to stress, which if untreated is pathological resulting in depression. Others such as Wheaton argue that psychological distress is a relatively stable condition which impacts on social functioning and day-to-day living. There is general consensus in the literature that psychological distress is an emotional state characterized by symptoms of depression and anxiety. The authors concur with Horowitz that psychological distress if left untreated can have deleterious impact upon mental health and wellbeing.

Psychological distress is important from a health promotion/illness prevention perspective because of its links with risk behaviours and physical illness in higher education students and its propensity to precede more serious mental health disorder. It is also of concern to education providers because of its negative impact on student learning. As psychological distress is experienced in response to stress and is associated with a perceived inability to cope effectively its relationship with stress and coping among higher education students is also of interest.

An online survey was available to undergraduate students from a variety of majors. Results showed that each of the variables held a significant relationship with compulsive buying tendencies, with the exception of self-esteem. Specifically, self-perceived attractiveness, negative affect, perceived parental buying tendencies, and normative conformity, were all positively related to compulsive buying. Additionally, positive affect was found to be negatively related to compulsive buying. It was demonstrated that participants with greater compulsive buying tendencies were more likely to utilize the various shopping channels with greater frequencies than participants with lower compulsive buying tendencies. And lastly, a positive relationship was found between compulsive buying and preference to seek hedonic products, while a negative relationship was found between compulsive buying and preference to seek utilitarian products. This research deviates from prior work by simultaneously analyzing variables within the same study that have previously been considered as mutually exclusive concepts.

#### A. Problem Statement

A comparative study to assess the compulsive buying behaviour and psychological distress between 1<sup>st</sup> year engineering and 1<sup>st</sup> year B.Sc. nursing students with a view to develop an informational booklet on self-regulation in regards of psychological distress of selected colleges of Durg, C.G.

#### Objectives:

1. To assess the compulsive buying behaviour and psychological distress among 1<sup>st</sup> year engineering and nursing students.
2. To compare the compulsive buying behaviour and psychological distress between the 1<sup>st</sup> year engineering and nursing students.
3. To develop and distribution an information booklet on self-regulation with regards compulsive buying behaviour and psychological distress among the engineering students.
4. To find out the association of compulsive buying behaviour and psychological distress of 1<sup>st</sup> year engineering students with their selected demographical variables.
5. To find out the association of compulsive buying behaviour and psychological distress of 1<sup>st</sup> year B.Sc. Nursing students with their selected demographical variables

## 2. Review of Literature

### A. Studies Related to Compulsive Buying Behavior Among Students

Cristina Buedo-Guirado et al., (2021), The purpose of this study to analyse whether compulsive buying in teenagers is related to gender and alcohol and cannabis use in a sample of 573 students aged 14–17 from secondary education schools in Burgos (Spain) ( $M = 15.65$ ;  $SD = 1.04$ ). Random cluster sampling was performed to select the sample. The Compulsive Buying Questionnaire was used together with two extra prompts: 'Indicate how much alcohol you consume' and 'Indicate how much cannabis you take'. Descriptive statistics were used in data analysis, while MANOVA was used to study gender differences in alcohol and cannabis use, compulsive buying and their interaction. The results show higher scores for female compulsive buyers than for men, higher scores for alcohol and cannabis users' compulsive buying than for non-users, respectively, and higher scores for female users than for male users. A certain interaction was also observed between alcohol and cannabis use. A higher alcohol consumption entailed a higher score in compulsive buying, with cannabis users who did not consume alcohol obtaining the highest scores. Thus, prevention programmes should consider teenagers' gender and the risk of taking toxic substances.

Roser Granero et al., (2019), Compulsive buying behavior (CBB) has been recognized as a prevalent mental health disorder, yet its categorization into classification systems remains unsettled. The objective of this study was to assess the sociodemographic and clinic variables related to the CBB phenotype compared to other behavioral addictions. Three thousand three hundred and twenty-four treatment-seeking patients were classified in five groups: CBB, sexual addiction, Internet gaming disorder, Internet addiction, and gambling disorder. CBB was characterized by a higher proportion of women, higher levels of psychopathology, and higher levels in the personality traits of novelty seeking, harm avoidance, reward dependence, persistence, and cooperativeness compared to other behavioural addictions. Results outline the heterogeneity in the clinical profiles of patients diagnosed with different behavioural addiction subtypes and shed new light on

the primary mechanisms of CBB.

Hermano Tavares et al., (2019), Compulsive buying disorder was first described as a psychiatric syndrome in the early twentieth century. Its classification remains elusive, and investigators have debated its potential relationship to mood, substance use, obsessive-compulsive, and impulse control disorders. The objective of this study is to present a review of compulsive buying disorder and present a case vignette. Method: Two databases were reviewed (Medline and PsycINFO) in search for articles published in the last 40 years. Selected terms included oniomania, compulsive buying, and compulsive shopping. Other relevant articles were also identified through reference lists. Results: Compulsive buying disorder is a prevalent and chronic condition that is found worldwide, sharing commonalities with impulse control disorders. In clinical samples, women make up more than 80% of subjects. Its etiology is unknown, but neurobiologic and genetic mechanisms have been proposed. The disorder is highly comorbid with mood, substance use, eating and impulse control disorders. Conclusions: Treatment recommendations derived from the literature and clinical experience suggest that problem shoppers can benefit from psychosocial interventions. Cognitive-behavioral group models appear promising. Medication trials have reported mixed results. The identification and treatment of psychiatric comorbidity is also a key aspect of treatment. In order to determine the validity of compulsive buying disorder, future work should focus on psychopathology and neurobiological findings unique to the syndrome.

#### *B. Studies Related to Psychological Distress Among Students*

Ramzi Mohammed et al., (2020), A cross-sectional study was conducted among a stratified sample of 500 undergraduate students from five faculties at Jazan University. All participants completed an anonymous, self-administered questionnaire, which included questions about their sociodemographic details and a measuring scale of general psychological distress, the Brief Symptom Inventory-18 (BSI-18). A total of 450 students satisfactorily completed the questionnaire. Of these, 139 (30.9%) were screened positive for psychological distress based on the BSI-18 scale. Females scored significantly higher than males on the somatization ( $P = 0.002$ ) and anxiety subscales ( $P = 0.006$ ) as well as on the total symptom scale (the General Severity Index;  $P = 0.005$ ). However, there was no significant difference between males and females regarding the depression subscale ( $P = 0.149$ ). Twenty-eight students (6.2%) reported moderate to extreme levels of distress due to suicidal thoughts in the past 1 week before inclusion in this study. This study found that ~31% of undergraduate students at Jazan University are psychologically distressed. This finding necessitates the need for rigorous efforts to develop proper screening and intervention programs targeting this population.

Praveen A. Jain et al., (2018), There is paucity of data related to the psychological and physical status of undergraduate college students in India. The sample consisted of 2708 undergraduate students of various arts and science colleges across the city of Mangalore, Karnataka. The study was

approved by Nitte University Institutional Ethics Committee and permission was sought from the concerned colleges. Students were cross-sectionally assessed with a specially constructed semi-structured proforma and SRQ-20 (WHO), which was self-administered by the students after giving the students brief instructions. The score of 6 was taken as cut off for the SRQ screening purpose. The score of 6 and above indicates psychological morbidity and need for further detailed evaluation. RESULTS Of the 2708 participants who took part in the study, 64.1% ( $n=1736$ ) were females and 35.9% ( $n=972$ ) were males. The mean age of participants was  $18.6 \pm 1.15$  years. 75.6% students were staying at home. Nearly 7.6% of students were using alcohol or some other form of substances. Percentage of students with SRQ scores of 6 and above was 37.9%, which indicates that those many students were having psychological distress and needed further detailed evaluation psychiatrically. On SRQ individual item score, it was found that 42.8% had regular headaches, 43.3% always felt nervous, worried, and tense, 32.2% felt tired all the time. All these are somatic symptoms of depression in students.

### **3. Material and Method**

The conceptual frame work adopted for the study is HBM theory. In this study comparative research design and quantitative research approach was used for study. In the present study the target population was B.Sc. Nursing 1<sup>st</sup> year and engineering 1<sup>st</sup> year students. The study was conducted on among 30 students of 1<sup>st</sup> year B.Sc. Nursing and 30 students of 1<sup>st</sup> year engineering students from Krishna Engineering College and Shri Chandra Nursing College Durg. The sampling techniques adopted for this study was non probability purposive sampling technique.

#### *A. Description of the Tool*

##### *Section A: Demographic Data:*

It includes the demographic data such as Age, gender, education, types of family, family monthly income, Religion, parent's education, parent's occupation, area of residence and family history of compulsive buying behavior and psychological distress.

##### *Section B:*

This section consists of 25+25 (50) questions from psychological distress and compulsive buying behavior each with 4 options DA (Disagree), SA (Some time Agree), A(Agree), SA (Strongly Agree). The entire item scored 1, 2, 3 and 4 for positive statements and 4, 3, 2, and 1 for negative statement.

##### *Criteria For Selecting the Sample:*

The following criteria are set for the selection of sample:

##### *Inclusion Criteria:*

Students who are:

1. willing to participate in study.
2. able to read and write English.
3. present at the time of study.
4. students of 1<sup>st</sup> year B.Sc. Nursing and 1<sup>st</sup> years engineering.
5. students of Krishna engineering college and Shri

Chandra College of Nursing.

#### Exclusion Criteria:

Students who are:

1. not willing to participate in study.
2. unable to read and write English.
3. absent at the time of study.

#### 4. Result and Discussion

The result of the study were found in engineering 1st year 29(97%) are having moderate compulsive buying disorder and 01(03%) is severe compulsive buying disorder. In B.Sc. Nursing 1st year students 30(100%) are having Mild compulsive buying behaviour and psychological distress. In engineering 1st year mean is 130.96 and SD is 9.59. In B.Sc. Nursing 1st year students mean is 129.50 and SD is 10.27. In engineering student's coefficient of variation is 7.93 in B.Sc. Nursing 1st year students and paired "t" value is 5.55 which show highly significant at the level of 0.05. co efficient of variation 7.32 of engineering student's coefficient of variation and 7.93 in B.Sc. Nursing 1st year students and paired "t" value is 5.55 which show highly significant at the level of 0.05.

#### Recommendation:

1. The study can replicate on a large sample to validate the findings and make generation.
2. A study can be conducted to assess the modifications compulsive buying behavior and psychological distress in other group of people.
3. A similar study mat conducted on 1<sup>st</sup> years engineering and nursing students.
4. A similar study can be conducted for evaluate the level of compulsive buying behavior and psychological distress.

#### 5. Conclusion

This paper presented a comparative study to assess the compulsive buying behaviour and psychological distress between 1st year engineering and 1st year B.Sc. nursing students with a view to develop an informational booklet on self-regulation in regards of psychological distress of selected colleges, Durg, Chhattisgarh.

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