



Qala through Psychological Lens

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I. Introduction

A case study is an in-depth study of one person, group, or event. In a case study, nearly every aspect of the subject's life and history is analysed to seek patterns and causes of behaviour. Case studies are not a recent innovation in research; prior to the invention of the scientific method, naturalistic inquiry was the main mode of inquiry. The disciplines of sociology and anthropology are acknowledged with playing a major role in the development of the idea into what it is today. The casework technique being developed by social workers, the methods of historians and anthropologists, along with the qualitative descriptions offered by quantitative researchers like Le Play, have all been incorporated into case study research. In the case of Robert Park, however, the techniques of newspaper reporters and novelists have also been incorporated. Case studies can be used in various fields, including psychology, medicine, education, anthropology, political science, and social work. Therefore, A case study is

a thorough examination of a specific individual, team, situation, locale, phenomena, or business. Research in the social, educational, therapeutic, and business fields frequently use case study methodology. Although qualitative research techniques are typically utilised in case study research designs, they are occasionally also used. Case studies are excellent for outlining, contrasting, assessing, and comprehending many facets of a study subject. Single and numerous case studies are the focal points of case study research. Additionally, it uses various sources, depends on quantitative data, and gains from earlier research's advancement. Case studies tend to be highly subjective, and it is sometimes difficult to generalize results to a larger population. For Example: Phineas Gage is a well-known case study in not only Psychology but other fields as well. Phineas, a railroad construction foreman, was blasting rock near Cavendish, Vermont, in 1848 when a thirteen-pound iron rod was shot through his brain. Miraculously,

he survived to live another eleven years and became a textbook case in brain science. According to Gomm, Hammersley, and Foster (2000), case study refers to research that investigates a few cases in considerable depth. Case study is variously defined as a method, methodology, or research design (Bassey, 1999; Merriam, 1988; Orum, Feagin, & Sjoberg, 1991; Yin, 1994). In order to offer the fullest knowledge of an event or circumstance, case studies often analyse how all factors interact. Thick description, which involves a detailed description of the entity being evaluated, the circumstances under which it is used, the characteristics of the people involved in it, and the nature of the community in which it is located, is a method used to reach this type of comprehensive understanding. Interpreting the significance of demographic and descriptive data, such as cultural mores, societal values, entrenched attitudes, and motivations, is another aspect of thick description. Case study allows researchers to investigate things that are often difficult to impossible to replicate in a lab and to collect huge amount of information in detail. It also provides the chance to collect information on rare or unusual cases. A successful case study analyses a real-life situation and provides a great opportunity to gather evidence. It challenges existing assumptions about a problem and provides a new set of recommendations. Critical thinking and analytical skills matter the most in case studies. It permits researchers to develop hypotheses that can be explored in experimental research. The purpose of a case study is to learn as much as possible about an individual or group so that the information can be generalized to many others. The case study approach is particularly useful to employ when there is a need to obtain an in-depth appreciation of an issue, event or phenomenon of interest,



in its natural real-life context. Case study findings can have implications both for theory development and theory testing. They may establish, strengthen or weaken historical explanations of a case and, in certain circumstances, allow theoretical (as opposed to statistical) generalisation beyond the particular cases studied.

Sources of information

The source of the information is an Indian Movie (Qala).

Summary of story

The episode that triggers the beginning of the movie is one in which the mother of the main character (Qala) believes she is to blame for the passing of her twin brother, who passed away at the time of birth. According to doctors, Qala may have taken nutrients intended for the other twin, which caused her mother to have bad thoughts for Qala. She was frequently told that she was incapable of anything, subjected to gender discrimination, and chastised by her mother on multiple occasions for singing poorly (she was sent outside for the entire night during a snowstorm). Her efforts went unappreciated, and she was frequently blamed. She was driven to succeed because of the persistent desire to please her mother. When her mother adopts a child who sings very well and urges Qala to get married and move in with her future husband, separation anxiety is also depicted in the film. This didn't sit well with Qala, so she made the marriage proposal to the boy who had been adopted and was, in her mother's opinion, meant to be her brother. Her mother reprimanded her for having such a disgusting idea. After all of this, Qala becomes envious and poisons her adopted brother's milk with mercury, which causes him to lose his voice. The boy attempted suicide in order to end his life as a result of all this. Qala's sadness is initially brought on by this incident's guilt, but she also has a strong need to achieve success and please her mother, thus she accepted every offer that was made to that boy. She lost her feeling of belonging when her mother stopped speaking to her, and she had to endure numerous sexual assaults in order to advance in her work. She experiences hallucinations of her adopted brother, who serves as a constant reminder to her that all the fame and status she currently enjoys are actually his. Her adopted brother appeared to her in hallucinations as a result of her prior trauma, reminding her that all the fame and status she had were actually his. As a result, she allowed her mind to rule her, which led to sadness

and hallucinations, which ultimately led to her suicide.

Identification Details

Auditory and Visual Hallucinations and Persistent episode of depression which led to commitment of suicide. Therefore, Qala met the criteria of Schizoaffective disorder according to DSM-5 TR. She was showing uninterrupted period of illness during which there is a major mood episode (major depressive) concurrent with her criterion A of Schizophrenia (Hallucinations and disorganized behaviour). The disturbance is not attributable to the effects of a substance (e.g., a drug of abuse, a medication) or another medical condition.

Indicators of Psychological issues

Some of the indicators are always being stressed about if she is able to impress her mother or not which affected her decision making and provoked jealousy in her heart, guilty feelings about the indirect murder attempted by her may be considered as the reason for Qala's hallucinations, not in a good state of mind after being sexually abused many times, mental pressure of being discriminated for being a girl which made her feel dejected, didn't have any family support when she actually needed it, there was no one with her to enjoy her success, her mother was always very strict and tough on her, therefore, she got a very authoritarian environment in her growth years which made her more vulnerable to stress and depression and she also became anxious very easily.



Table-1 Psychological evaluation of the character Qala

Evaluation	Incidents from the movie
High need for Achievement	Stemmed from her desire to impress her mother, she tried to earn singing for her.
Constant feelings of being worthless and sadness	She was successful even though her mother didn't accept her and stopped talking to her which led to losing her sense of belonging from her mother
Loneliness	The aim of her life was to impress her mother and that couldn't happen because her mother isolated herself from Qala. She was left with no one to share her success. All the things which she had achieved and all the struggles she faced in her life because of that seemed a total waste to her.
Feelings of Guilt	Qala was feeling guilty about the indirect murders she did and she developed hallucinations because of that.
Feelings of Jealousy	Although, she started to develop a good bond with her adopted brother and he treated her nicely but she was so jealous to accept that an adopted boy not only took her place in the family but also was much better than her at singing. She felt jealous of him because he was able to impress her mother in only a few days and she was not even close to that. Her
Family Environment	<p>mother also brought this thing about her marriage which made her feel that if she will go away her tire love and place in her mother's heart would be her brother's. She also felt that while singing her mother never fed her boiled milk and never took care of her like she did for that adopted boy. She never appreciated Qala's singing and her hard work but gave punishment for not being able to learn something and for her adopted brother, things were so easy</p> <p>The warmth in the family was so less and the environment was highly demanding but for her brother, it was all opposite.</p>



Imitation of mother's behaviour	She saw her mother seducing the director of the music company so that her brother could get a chance there, She was so desperate to be successful and make her mother proud of her, that she let others molest her sexually and initially for her chance she seduced the director in the same way her mother did. She was just copying what her mother did.
Faced Sexual Abuse	At various points in her life, she went through sexual abuse to enhance her career.
Faced Gender Discrimination	She was always told that she would never be able to be a successful person and would never learn singing as the adopted boy did just because she is a girl.
Wanted Family Comfort (basically her mother)	At the end it was seen that she was so desperate to talk to her mother and tell her about how much she needs her, how much she tolerated the abuses just to make her proud but she was not able to which worsened her situation.

Description of the table

Qala had a high need for achievement which stemmed from her desire to impress her mother. She tried to learn singing for her. Also, she was successful even then her mother didn't accept her and stopped talking to her which led to losing of her sense of belonging from her mother which made her feel constantly sad because her mother was not ready to contact with her and she was all alone and felt she did all this for nothing, her mother is still not with her and she is still not proud of her. The aim of her life was to impress her mother and that couldn't happen because her mother isolated herself from Qala. She was left with no one to share her success. All the things which she had achieved and all the struggles she faced in her life because of that seemed a total waste to her. She was also hallucinating and feeling guilty about the indirect murder done by her. Although, she started to develop a good bond with her adopted brother and he treated her nicely but she was so jealous to accept that an adopted boy not only took her place in the family but also was much better than her at singing. She felt jealous of him because he was able to impress her mother in only a few days and she was not even close of that.

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gave punishment for not being able to learn something and for her adopted brother, things were so easy. She saw her mother seducing the director of the music company so that her brother could get a chance there. These incidents had a major impact on her mind because for her, the warmth in the family was so less and the environment was highly demanding but for her brother, it was all opposite. She was so desperate to be successful and make her mother proud of her, that she let others molest her sexually and initially for her chance she seduced the director in the same way her mother did. She was just copying what her mother did. After being successful, she gave more chances to females in the media to take her interviews, so that they didn't feel suppressed by the society, just like she experienced. At the end she couldn't survive those feelings and took her own life because she kept contacting her mother and wanted to talk to her and tell her that she is not feeling normal and well and needed her at that time so that her mother can comfort her, but she never got any reply. These incidents worsened her situation and she thought that now there is no point of surviving in this world.

II. Discussion

There are many learning's emerging out of the evaluation. First of all, emotions, if not regulated properly and when felt at extreme can induce symptoms of various disorders or can make you prone to psychological disorders. Many people have to face sexual abuse and they compromise (even if they don't want to) when it comes to satisfying their



need for achievement which is inappropriate because it can have a detrimental impact on mental health of an individual and is never a healthy step up for success. Prolonged stress can lead to extreme mental pressure which can also make a person attempt suicide. As also emphasized by Freud, it is very important what has happened to a person in their childhood and those experiences form individual's personality. It is evident by this movie character as well. Even if you are really successful, if you can't let go of your guilt and allow it to rule your thoughts and emotions in general, success is meaningless. This means that, figuratively speaking, money and success are not everything. People who are extremely wealthy and successful also have severe stress and mental health issues. It teaches us the value of family to any person who can provide comfort which is not replaceable and none other thing can provide that which opens the path for the importance of parenting style. Parenting style plays a major role in the development of an individual. When the environment for growth of a child is not very warm and highly demanding (Authoritarian), it can make the child vulnerable to mental health issues. Last but not the least, sometimes we rush into making important judgements/decisions because we have given up all hope. In the movie, if Qala had delayed her decision for just one day before taking any action, things would have turned out quite differently for both Qala and her mother. This illustrates how crucial it is for us to maintain our positivity and appreciate our communities and have faith and hope in life.

What if Qala has waited for just one day and not committed suicide- First of all, Qala was having episodes of hallucinations which can be treated with Anti-Psychotic drugs like, clozapine etc. Then, once she is stable with the episodes of hallucinations, further therapy can be introduced. A family system therapy would have been a great intervention for her. As it can be seen in the movie, that her relation with her mother was conflicted and she always wanted her mother's love but never got it. She was never able to communicate to her mother that how much proud she wants to make her and the only thing she wanted in her life was not success but her. She was never able to tell her how much she meant to her and how desperately she wanted to spend time with her and tell her that whatever struggles she has faced to be successful were only for her mother. She always felt lonely and isolated even after she was successful and maybe in that therapy

she would have been able to tell what she wanted from her mother. She would have been able to express herself and would have sorted her relationship with her mother. But after committing suicide she was never able to tell her mother those things. For treating depression, CBT (individual therapy) can be used, which would have been helpful in replacing the negative thoughts of Qala with positive ones. CBT teaches you to become aware of and adjust negative patterns, which can help you reframe your thinking during moments when you are feeling low. It can also provide new coping skills, like meditation or journaling by improving mood and functioning. Once the family therapy and CBT would have been successful, more of positive psychological interventions could have been used to make her happy, like savouring PPI's which would have helped Qala to focus on a positive approach in life.

III. Conclusion

Qala was suffering from Clinical Depression and morbid with positive symptoms of schizophrenia (Hallucinations). At last she couldn't survive and took her own life. Things would have been very different if she would have waited for just one day, because at the end it was seen that her mother arrived to talk to her but then it was too late. After the intervention the whole life of Qala would have been very different. It's very saddening to see someone at the peak of success suffers like this, which tells us about the value of family and warmth of interpersonal relationships.

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