Common Top Ten Phobias across Developmental Stages in Kingdom of Bahrain: Cross-Sectional Study

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Abstract

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The study aimed to survey the first top ten phobia across developmental stages in Kingdom of Bahrain. In addition to investigate the types of phobia related to the gender among Bahraini and non-Bahraini. Moreover, the study targeted to determine the main diagnostics reasons of phobia across developmental phases. The researcher used a cross-sectional paradigm. A sample of this study was consisted of (422) subjects: (219 male) and (203 female) at different chronological age level for the academic year 2012/2013. The researcher used two measures: Digital Phobia Questionnaire (DPQ) and Digital Phobia Diagnostic Scale (DPDS) which was designed by the researcher. The researcher administered different statistical analysis: Frequencies, means, standard deviations, and Mann-Whitney test. The results revealed that the first rank of top ten phobias across developmental stages: In childhood “fear of separation from mother” (61%), in adolescent “fear of Nomo phobia” (55%), in youth “fear of losing dependence on parents” (42%), in elderly “fear of dereliction of religion” (76%). In addition, there were statistically significant between males and females: In child “fear of separation from mother” accounted for males at level ($\alpha = 0.01$), at adolescent “fear of Nomo phobia”, accounted for males at level ($\alpha = 0.01$), at youth “fear of marriage treasam and indefinite” accounted for females at level ($\alpha = 0.05$) and in elderly “fear of weakness and disability” ($\alpha = 0.05$), accounted for females. In addition there were significant differences between the non-Bahraini: At adolescent “fear of herpetophobia”, accounted for females at level ($\alpha = 0.01$), at youth “fear of chronic diseases” accounted for females at level ($\alpha = 0.01$). In light of the finding of the current study, the researcher recommended the need to develop and design some counseling programs to face the different phobias related to the developmental stages of individuals in Kingdom of Bahrain.