

FEATURES

Facing the Phobias

Everyone has a phobia of something, whether it is of something abstract, such as the fear of failure, or of something tangible, such as spiders. They affect people's everyday lives, especially in the school environment and in the workplace.

Phobias have deep psychological causes and implications, usually caused by stressful situations or frightening events. Luckily, there are ways to deal with, or even overcome, certain phobias. Read on to take a look at how phobias are commonly developed and how they can be overcome.

LYNN ZHANG

Staff Writer

Phobias Are Not A Problem

It can be hard to live a life with phobias, and that is why professional are there to help and offer advice on how to cope with certain phobias. There are plenty of resources and assistance for people with different phobias, ranging from tips on self-help to techniques that therapists use.

Helpguide, a non-profit organization, recommends to try different relaxation techniques and meditation when trying to stay calm. A person under anxiety from phobia can try relaxation techniques such as deep breathing and muscle relaxation, as these movements can help control the physical symptoms of anxiety. When self-help fails, it is time to seek help from mental health professionals. According to Mayo Clinic, the most effective treatments are exposure therapy and cognitive behavioral therapy. Therapists use exposure therapy to help patients overcome their fears by presenting their fears right in front of them. CBT is aimed to change patient's way of thinking and eventually change the way he or she feel toward a certain phobia.

It is only a matter of time before people find the best way to cope with their phobias. In the near future, as more information surfaces about phobias, more treatments will become known and available to the world.

MICHELLE LIN

Staff Writer

Phobias Affect Students

Some of the most common phobias that affect students are related to anxiety and can often last months at a time impacting the student's education. The school environment often initiates these phobias.

Public high schools vary in size but the average class room occupancy generally ranges from about 30 to 36 students. For some, the thought of being in large crowds is nerve wrecking and has already caused students to stay at home rather than attend school. According to Do Something, an average of 10 percent of teens suffer from panic disorders. Students who suffer from agoraphobia often have panic attacks. This affects the student when they stop showing up due to their phobia. When students feel uncomfortable within the school environment, they are less likely to attend school.

Another phobia that is seen within schools would be mysophobia, the fear of germs. Schools are full of germs in the eyes of those who have mysophobia. Those with mysophobia believe that they must always be clean. They are so distracted by the germs that they begin to lose focus in class and their education.

DESTINY LUNA

Staff Writer

Fears and Careers

Phobias come in different levels of extremes, effects and places of origin. However, phobias can affect workplaces, regardless of the type of people that endure them. For example, glossophobia, the fear of public speaking, could inhibit the rising success of a CEO or executive. Regardless, phobias both major and small could potentially alter career choices, depending on how much a person allows it to impact his or her decisions.

Major fears include agoraphobia, the fear of crowds and open spaces, and claustrophobia, the fear of closed spaces, which could impact the working environment a person chooses to adapt to. Phobias that prevent skill-building and effective communication include: bibliophobia, the fear of books; deciophobia, the fear of making decisions; and epistemophobia, the fear of knowledge. Technophobia, the fear of technology, could even limit the types of careers a person chooses to take.

According to All About Counseling, phobias can be treated with a "combination of fear-reduction conditioning, behavioral conditioning, personal counseling, and medication." Hypnotherapy is recommended to open a patient to a calmer mindset and prevent them from reacting to real-life situations in a defensive manner. Forbes also states that women are two times more likely to be affected by career-related phobias than men. Despite this, if a person has ergophobia, or the fear of work, he or she has a lot of work to do!

KATHERINE GONG

Staff Writer

The Origins of Phobias

From cognitive learning to influencing phobias, the adolescent years absorb the most information in human development. A Harvard Medical School study analyzed that children look up at adults with trust and place their emotional and physical needs. The trust children give their caregivers leads children to avoid things that adults mark as dangerous. People often develop a fear of closed spaces if they had an experience of being trapped when they were a child. The study went on to also analyze that people can learn phobias from family members who have similar fears.

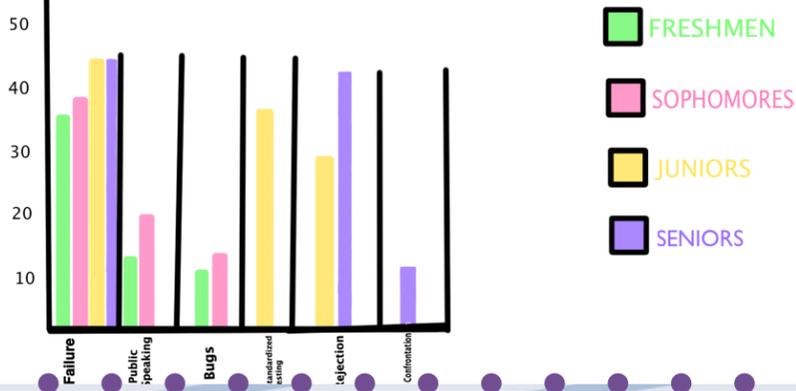
Researchers do not know what causes complex phobias, such social phobias. However, it is thought that genetics, brain chemistry and life experiences all play a part in the development of complex phobias. The physical reactions a person experiences when faced with their fear is generally considered a reaction to something immediate that threatens their security or safety. The emotion of fear is an indicator that a species could physically be harmed. Fight or flight is considered a fear response and is the behavior of various species when they are threatened.

Phobias have protected humans from predators and other threats to their survival. It is no wonder that certain dangers evoke that emotion, since fear helps protect and is therefore adaptive, functional and necessary.

JESSE ROSALES

Staff Writer

POLL: GREATEST FEAR



TRIVIA

1. What is one of the most known phobias?

- A) arachibutyrophobia
- B) arachnophobia
- C) cynophobia
- D) bibliophobia

2. What is cibophobia?

- A) fear of ugliness
- B) fear of clowns
- C) fear of food
- D) fear of dogs

3. What is the fear of getting peanut butter stuck to the roof of your mouth?

- A) arachibutyrophobia
- B) acrophobia
- C) anthropophobia
- D) arachnophobia

4. What is nyctophobia?

- A) entomophobia
- B) bibliophobia
- C) spectrophobia
- D) fear of darkness

Answer: (B), 2 (C), 3 (A), 4 (D)

Trivia by MIA TAKASAKI

Moor Graphics by XIAOYE WANG

THE MOOR WEEKLY
101 South Second Street, Alhambra, CA 91801

The Moor Weekly serves as one of the checks and balances of district and school policies. It is an open forum for the campus population and one of the records of Alhambra High School's history. The Moor Weekly is not a vehicle for the promotion of any school organization, individual and/or activity, excluding those promoted via paid advertising, none of which are supported or endorsed by the Alhambra Unified School District. The Moor Weekly is protected under the First Amendment of the United States Constitution and California Education Codes 48907 and 48950. The Moor Weekly is published weekly by the Journalism class of Alhambra High School. The opinions expressed are those of the writers, not the faculty or administration. Articles without bylines are the opinion of the staff.

Letters to the Editor are encouraged and can be delivered to C-224, or The Moor Weekly's suggestion box in the Activities Office at least one week in advance. For legal reasons, The Moor Weekly cannot publish letters written anonymously but can withhold the name of the writer at their request. The Moor Weekly also reserves the right to refuse publication when the opinions expressed or issues discussed have been previously addressed or are of no relevance to the campus community and/or surrounding areas as deemed by the Editorial Board.

Note: Issue reviewed by adviser for content and journalism standards.

EDITORS

Editors in Chief
Farrah Luu, Jason Zhu
News Editor
Eva Ortega
Opinions Editor
Jacquelyn Loi
Features Editor
Sammie Chen
Sports Editor
Eric Huang
Copy Editors
Elias Almarez-Herrera, Jessica Yee
Journalism Adviser
Lori Naylor

WRITERS

Katelyn Barreras
Arlene Conteras
Katherine Gong
Marquis Hill
Yi-Feng Ho
Kenny Lam
Vicky Lam
Benjamin Lange
Samantha Lanzo
Ellen Lei
Michelle Lin
Destiny Luna
Anthony Nasser
Christian Nguyen
Kristen Perez
Lisa Phung
James Reyna
Jesse Rosales
Mia Takasaki
Briana Thai
Nguyen Kim Tran
Xiaoye Wang
Lynn Zhang

Graphics Editor & Head Cartoonist:

Corly Huang

Graphics Artists:

Sammie Chen & Amber Li

Cartoonist: Xiaoye Wang

Head Photographer: Amber Li

Photographer: Jesse Rosales

Staff Liaison: Elias Almarez-Herrera

Circulations Manager: Yi-Feng Ho