Summary

The problem of stuttering is one of the most common and tragic communication disorders. This disorder is characterised by an interruption in the forward flow of speech which can be a pause, a repetition or a prolongation of sound or a word, a number of times without the ability to control this repetition. Communication is therefore interfered and may lead to serious personality problems in the stutterers.

The reason for stuttering remains obscure. The basic problem is assumed to be some form of hidden emotional conflicts or a substitute expression of deep hostile feelings, which the stutterer is unable to express directly. Although several attempts have been made to bring out an efficient management programme for the management of stuttering, the attempts have not met with complete success. A number of investigations have been conducted in the western countries and have applied a number of management techniques for controlling this problem, but these management programmes did not give any satisfactory results. When comparing the research studies and the management programmes conducted in western countries, very few works have been done in India. Here the researchers appear to have given more importance to other speech problems than the problem of stuttering. Another problem is the lack of awareness regarding the seriousness of this disorder among the common men. Here people believe that there is no treatment as such for this disorder and the stutterers have a natural cure, as they grow older.

By keeping all these in mind the investigator has prepared a package programme for the management of stuttering and an attempt has been made in this study to test its effectiveness. The present study was undertaken with the following objectives in mind.

Objectives of the Study

1. To find out whether there are any significant differences among the three group of stutterers for the variable State Anxiety, along different phases of treatment.
2. To find out whether there are any significant differences among the three groups of stutterers for the variable Trait Anxiety, along different phases of treatment.

3. To find out whether there are any significant differences among the three groups of stutterers for the variable Anxiety, along different phases of treatment.

4. To find out whether there are any significant differences among the three groups of stutterers for the variable Depression, along different phases of treatment.

5. To find out whether there are any significant differences among the three groups of stutterers for the variable Mania, along different phases of treatment.

6. To find out whether there are any significant differences among the three groups of stutterers for the variable Inferiority, along different phases of treatment.

7. To find out whether there are any significant differences among the three groups of stutterers for the variable Paranoia, along different phases of treatment.

8. To find out whether there are any significant differences among the three groups of stutterers for the variable Total Maladjustment, along different phases of treatment.

9. To find out whether there are any significant differences among the three groups of stutterers for the intensity of Stuttering, along different phases of treatment.

Based on the objectives framed in mind and the literatures reviewed, the following hypothesis were formulated for the study.

1. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in State Anxiety, along different phases of treatment.

2. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Trait Anxiety, along different phases of treatment.
3. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Anxiety, along different phases of treatment.

4. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Depression, along different phases of treatment.

5. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Mania, along different phases of treatment.

6. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Paranoia, along different phases of treatment.

7. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Inferiority, along different phases of treatment.

8. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment in Total Maladjustment, along different phases of treatment.

9. There will be no significant differences among the group undergoing the proposed package programme, the group undergoing the conventional treatment and the group without any treatment for Intensity of Stuttering, along different phases of treatment.

Sample

The sample consisted of 150 male and female stutterers from which 50 each were included in the experimental group, control group I and control group II. The sample consisted of 46 males and 4 females each in the age group of 10-48 years.
The sample was selected from all sections of the population, irrespective of their socio-economic status and educational qualification.

**Tools**

The tools used for the study included General data sheet, State Trait Anxiety Inventory (STA), Mathew Maladjustment Inventory (MMI) and a tool to measure the intensity of stuttering – ‘Stuttered Word per Minute’.

**Procedure**

The three group of stutterers, experimental, control group I and control group II were given three different modes of treatment. The experimental group was given a package programme, which was prepared by the investigator. The treatment packages was given to them for six consecutive days from 9.30 AM to 5.30 PM. The control group I was given a conventional intervention method currently practiced by many speech pathologists for six days but only for 1-2 hours daily. No treatment was offered to the stutterers of the control group II. After six days of treatment, the stutterers of the experimental group and control group I were given practice session at home and the three groups of stutterers were asked to report to the investigator after 60 days, 120 days and 180 days of treatment in order to check whether there was any changes in the intensity of stuttering behaviour as well as in the personality variables studied. The investigator with the help of the tools measured the level of stuttering of the stutterers, before and along different periods of treatment. The study was conducted in a private hospital of Emakulam district. The data collected was analysed using one-way analysis, Duncan’s Multiple Range Test.

**Results**

The results of the study are presented below:

1. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable State Anxiety
2. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Trait Anxiety.

3. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Anxiety.

4. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Depression.

5. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Mania.

6. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Paranoia.

7. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Inferiority.

8. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for the variable Total Maladjustment.

9. There is significant differences among the experimental group, control group I and control group II along 6 days, 60 days, 120 days and 180 days of treatment for Intensity of Stuttering.
Findings

The findings of the study are presented below:

1. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable State Anxiety.

2. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Trait Anxiety.

3. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Anxiety.

4. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Depression.

5. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Mania.

6. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Paranoia.
7. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Inferiority.

8. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for the variable Total Maladjustment.

9. There is an observed reduction among the stutterers who received the proposed package programme than the group who received the conventional treatment and the group received no treatment along 6 days, 60 days, 120 days and 180 days of treatment for Intensity of Stuttering.

**Implication of the study**

The aim of the present study was to develop a treatment programme for the management of stuttering and to find out its efficacy. Stuttering was one of the few speech problems, which received little attention of speech pathologists and became a puzzle in the minds of many people. Till date no satisfactory treatment was available for solving this serious speech disorder. The study is based on the premise that the treatment programme developed by the investigator has a strong effect on the stutterers and it helps them to correct their speech problem in which they were a victim for years.

The present study brings to light the efficacy of a new treatment programme for the management of stuttering. Several treatment methods have been used from time to time but no one has ever tried such a package programme to manage the many fold problems faced by the stutterers. The method includes many management programmes used to control the underlying behavioural problems of the stutterer during the process of stuttering. The management programmes includes relaxation exercises,
breathing exercises, prolongation, assertiveness training and counselling. Each programme contributes their share to mould the overall personality of the individual. The relaxation methods help the stutterers to reduce the anxiety he faces, breathing exercises correct the breathing irregularities and assertiveness training helps to reduce social phobias. Hence these treatment methods help the stutterers to modify their stuttering problems by correcting their mistakes, hesitations, prolongation, blocks etc. This instills confidence in them to talk without expressing much anxiety or fear. Simultaneously a complete personality change is brought out in them with the help of this treatment programmes. This study also demonstrates the relationship between stuttering and anxiety. As the treatment progressed it has been noted that there is a reduction in the level of anxiety among the stutterers. But this relationship was neglected by many speech pathologists.

Scope and Limitation of the Study

The main objective of the present study was to find out an innovative treatment programme for the management of stuttering. The investigator has developed a package programme and has given the same to a group of stutterers and has tested its efficacy. Though only a few samples (N-150) could be included in the study, the investigator has attempted to include stutterers from all the districts of Kerala, which adds to the significance of the study. Further, the investigator also included two control groups in which control group I was given a conventional method of treatment and control group II with no treatment at all. Thus, this method helped the investigator to make a comparison between different treatment methods also. The investigator hopes that the findings of this study would help speech pathologists all over the world on how to manage such cases in future and also to throw some light on future comprehensive research in this field.

The practical difficulties in conducting the study have created some limitations. Some of them are:

1. Only few samples could be included for the study due to the long duration and time consuming nature of the treatment.
2. Only four female stutterers could be included in the sample in each group of stutterers.

3. The study could not include samples from outside the state owing to their practical difficulty in attending the treatment programme regularly without any break and the follow ups in different phases of treatment.

4. The treatment programme was framed to include only stutterers whose age group was above 10 years.

**Suggestion for Further Research**

The limitations of the study bring to the light certain suggestions useful for any investigator conducting studies in the related field. Some of the suggestions are:

1. Attempts can be made to cross validate the results of the present study using more samples from different parts of the country.

2. Studies can be conducted by including equal proportion of male and female stutterers.

3. Comparative studies of children upto adolescents and adults, males and females can be interesting to be investigated.

4. Treatment methods should be prepared to include stutterers who are also below 10 years.