

## **Impact of Dream and Neuroticism on Thought Suppression Among Young Adults**

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### **Abstract:**

**Background:** The present study was conducted to investigate the relationship between dream, thought suppression and neuroticism among young adults. According to the National Mental Health Survey of India it was observed that the present prevalence of mental health problem in youth is 7.39 per cent, these people have a tendency of self-harm with suicide being the number one cause of death. According to WHO's report, young adults (20-24 years) are more susceptible to depression and this has become a substantial risk factor for suicide. The individuals ranging from 20-24 go through a period of transition in their life, like going to a new college, starting a new job or hunting for a new job. Therefore they are always engaged with some or other thought which they don't express socially as these thoughts are considered normal in our society. This leads to suppression of thoughts and through dreams our unconscious try to enact those thoughts and sometimes result in sleeplessness and other cognitive issues. Hence, in this research paper we aim to understand the relationship of neuroticism, dream and thought suppression among young adults.

**Materials and Methods:** This research was conducted on 100 young adults ranging from 20-24. The tests use to measure these variables are Mannheim Dream Questionnaire (MADRE), White Bear Suppression Inventory and NEO-FFI-3. We then used correlations and regressions to study the relationships between the variables.

**Results:** The results of correlation showed a positive relationship of thought suppression is observed with neuroticism ( $r=0.63$ ,  $p<0.01$ ), emotional intensity ( $r=0.55$ ,  $p<0.01$ ), nightmare distress ( $r=0.49$ ,  $p<0.01$ ), nightmare frequency ( $r=0.48$ ,  $p<0.01$ ) and dream frequency ( $r=0.33$ ,  $p<0.01$ ). Neuroticism was positively correlated with emotional intensity of dream ( $r=0.40$ ,  $p<0.01$ ), nightmare distress ( $r=0.41$ ,  $p<0.01$ ) and nightmare frequency ( $r=0.35$ ,  $p<0.01$ ). The regression analysis showed that neuroticism ( $p<0.05$ ), dream frequency ( $p<0.05$ ), emotional intensity of dream ( $p<0.05$ ) and nightmare frequency ( $p<0.05$ ) is a predictor of thought suppression. Further research is suggested to understand the importance of unconscious in mental health problems.

**Conclusion:** This shows that personality, thought suppression and dream content all plays a major role in functioning of an efficient individual.

**Key words:** Dream, neuroticism, thought suppression.

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### **I. INTRODUCTION**

Globally in today's world, youth comprises of 1.2 billion of the total population, who fall under the age group 15-24 years, i.e. 16 per cent of our world population. (World Youth Report, 2019). India comprises of 1.38 billion people, being the second most populous country of the world (Statistics Times, 2020), out of this it was estimated that India has 34.33% of youth which is a huge chunk. According to a research it was seen that major lifetime mental health problems arises at the age of 14 and three-quarter of which arises at the age of 24 (McGorry & Kessler, 2014, 2005). Mental illness contributes to 45% of diseases that effect the age range of 10-24, globally (Gore, Bloem, Patton, Fergusson, Joseph & Coffey, 2011). These mental health issues might have a detrimental effect on other spheres of an individuals functioning like health, education, employment and social activities in short as well as long term period (Scott, Fowler, McGorry, Birchwood, Killackey & Christensen, 2013). Therefore there is a need to understand various aspects of one's mental health and their functioning in productivity of an individual. One such aspect of mental health is their unconscious i.e. dreams.

Until Freud came, people were unaware about the art of interpreting dreams and often were uncertain about the process of dream and how it affects them. According to Freud (1965) dream mirrors or reflect the mental content of an individual, which are repressed during the waking hours. Bernneis and Roll (1975) further explained dream as a construct of residues of experience that are elaborated, reworked and distorted according to the needs, expectation and cultural values of the dreamer (Bernneis & Roll, 1976). Recently, Schredl (2014)

stated that dreams are the subjective experience of an individual, which occur during the sleep and are unique to each dreamer (Schredl, Berres, Klingauf, Schellhaas & Goritz, 2014).

They are always considered as the royal road to unconscious, so it's been studied that those thoughts, which are suppressed during the day returns in an individuals dream (Wegner, Wenzlaff & Kozak, 2014). A research found out that suppressing a thought just before sleep result in greater occurrence of that thought in the dream content (Wegner, Wenzlaff & Kozak, 2004). For example, if a chain smoker is asked to refrain from smoking than there are chances that he will have dreams of smoking (Hajek & Belcher, 1991).

This was better explained with a theory named as Ironic Control Theory. This theory claims that thought suppression is facilitated by two process i.e. Operating Process and the Monitoring Process (Wegner, 1994). The operating process is the conscious system, which tries to create a stable and desired mental state through some contents, which might be consistent with the state. On the other hand monitoring process is an unconscious and automatic system, which keep on searching for some mental contents, which are signifying failure (Wegner, 1994). The theory states that as the operating process requires more efforts to find alternate thoughts its is more prone to being disrupted by cognitive resources. Therefore when the mental capacity is weakened by cognitive load, the work of the operating system is interrupted and the monitoring process continues its search for unwanted thoughts. This theory is also good for explaining of thoughts that occur during anxiety or depression.

There are some researches which support this theory and come up with two important findings i.e. firstly people who have weakened working memory have more difficulty in suppressing thoughts (Brewin & Beaton, 2002; Brewin & Smart, 2005; Conway & Engle, 1994; Rosen & Engle, 1998) and secondly, if the cognitive load is increased then there is greater rebound of suppressed thoughts in dreams compared to when the cognitive load is less (Mikulincer, Dolev & Shaver, 2004; Wegner & Erber, 1992; Wenzlaff & Bates, 1998). Researches found that when prefrontal cortex is deactivated in REM sleep than there are more chance of surfacing of unwanted thoughts in dream (Wegner et al., 2004). This is because operating process is connected to prefrontal cortex and deactivation of prefrontal cortex can have a negative effect on operating system (Bryant, Wyzenbeek & Weinstein, 2011). Apart from this thoughts, which are high on emotional tangent and are suppressed can also be seen in dreams. These kind of thoughts which are attached to emotional experiences and come back to mind are called "current concerns" (Nkula, Klinger & Larson-Gutman, 1993) and may reoccur in dream as they are easily prompted by presleep suggestion. (Nikles, Brecht, Klinger & Bursell, 1998; Saredi, Baylor, Meier & Strauch, 1998). Therefore, it is being noted that people with Post Traumatic Stress Disorder mostly dream about the traumatic experience (has a emotional tangent) due to the fact that they trying to consciously suppress this experience in their daily lives and these thought take the road of dreams to come back to their mind. (Mellman, Kulick-Bell, Ashlock & Nolan, 1995; Phelps, Forbes & Creamer, 2008)

In personality traits also neuroticism is seen to have an association with thought suppression and emotional content of the dream. As neuroticism is a trait, which is associated with emotional distress (Larsen & Ketelaar, 1991), liability (Eid & Diener, 1999) and reactivity (Bolger & Zuckerman, 1995). The individuals who score high on neuroticism are considered to be emotionally unstable, they appraise as events as threatening or harmful, they are tend to have more depressed mood and generally suffer from negative emotions like guilt, anxiety, anger which occurs more severely or frequently than others. Adler believed that dreams are the true path in understanding our emotions, thoughts and our actions as in our dreams we can distinctly see the impulses and desires of the individual. It was later found in a research that suppression of thoughts have a rebound effect in the cognition of the individual. People who have suppressed unpleasant or negative thoughts will have more dreams related to that (Malinowski, Carr, Edwards, Ingarfill & Pinto, 2019), so individuals with neurotic personality will constantly have negative thoughts in their mind as explained by their characteristics. Therefore, Adler stated in his theory that people who have more problems in their life, which they are unable to cope with effectively will have more dreams related to that compared to people who have less problems. These individuals may also face nightmares as they are an unlikable dream that can have strong emotional impact on mind, which can be fear, sadness, anxiety and despair (Harper, 2016).

High level of neuroticism also related with various aspects of cognitive health, which include cognitive decline (Wilson et al., 2005), increased risk of Alzheimer's (Duchek, Balota, Storandt & Larsen, 2007; Wilson, Arnold, Schneider, Li & Bennett, 2007) and inefficient cognitive performance (Robinson & Tamir, 2005). Therefore it is related to both the executive functioning and intrusive thoughts.

According to the studies and researches till now, we can assume that dreams and it's content has an association with thought suppression and the personality trait, neuroticism. So to better understand the connection further probing was needed in this direction. Therefore, this study is an attempt to understand the relationship between dream frequency, emotional intensity of dream, nightmare frequency and distress, neuroticism and thought suppression in young adults.

**Objective of the study**

- To study the relationship between dream frequency and thought suppression.
- To study the relationship between emotional intensity of dream and thought suppression.
- To study the relationship between nightmare frequency and thought suppression.
- To study the relationship between nightmare distress and thought suppression.
- To study the relationship between neuroticism and thought suppression.
- To study the relationship between emotional intensity of dream and neuroticism.
- To study the relationship between nightmare frequency and neuroticism.
- To study the relationship between nightmare distress and neuroticism.
- There will be a significant effect of neuroticism, dream frequency, emotional intensity of dream, nightmare frequency on thought suppression.

**II. Review of literature**

Malinowski, Carr, Edwards, Ingarfill and Pinto (2019), they created two groups, so randomly they assigned pleasant and unpleasant suppressive thought just 5 min before the sleeping and then they were asked to report their dreams every morning. This showed that unpleasant thoughts were more prone to dream rebound than pleasant thoughts. Though there was no valence on the failure or success of suppression on wakefulness but successful suppression and dream rebound are found to have beneficial effect on the emotional response in pleasant and unpleasant thought

Malinowski (2017) conducted a research where he used white bear suppression inventory, Pittsburg sleep quality index and the depression, anxiety and stress scale and the responded to few question related to dream. The results showed that participants who have high thought suppression, dreamt about negative emotional experiences from their waking life as compared to participants who have low suppressed thought. Therefore, having a negative relationship with well being and trait thought suppression.

Schredl and Goritz (2017) studied the increased individual differences in dream recall frequency and attitude towards dream among various personality traits. The research was conducted on students sample of 2492. The results showed that there is a relationship between dreams recall frequency and neuroticism, which justified by the nightmare frequency in them, although there are not many researches on attitude towards dream and neuroticism. The research also states that dream recall and attitude towards dream is very big part of individuals lifestyle who are characterized as having openness to experiences as a personality type. (According to the Big five factor)

Malinowski (2015) studied content of dream, thought suppression and personality traits on the basis of Big Five Personality trait. The results showed that individual with a personality trait of high suppression reported more wake life emotions in their dream content compared to people with low suppressed emotions.

Ryckman and Lambert (2014) studied the individual difference, which was linked to the self-report of success, failure and avoidance of thought suppression in daily life. The results showed that individual who have reported successful though suppression is less neurotic experienced less intrusive thoughts and rumination. The results also indicate that individuals who are at the extreme ends of the intrusive thought and neuroticism spectrum are those who are unsuccessful at suppressing undesirable thoughts.

Wegner, Wenzlaff and Kozak (2014) asked participants to write about their stream of thoughts: firstly as they suppress a thought about a target person, secondly thought of the person or write freely after mentioning the person, 5 mins before they go to sleep. This resulted in increase report of the the target person in dream. The author concluded this from both the participants self-rating of their dreams and by raters coding of mentioned person written in dream reports. This outcome was observed even when there was no emotional relationship to the target person.

Gosch, Kroner-Borowik, Hansen, Borowik, Schredl and Steil (2013) studied the effect of thought suppression on perceived stress, depression, sleep quality, dream rebound, general psychiatric symptomology and dream distress. In this they took 30 healthy participants who were considered as good sleepers, they were divided in two groups. The first group was asked to suppress a thought 5 minute prior to sleep while the other groups were given the freedom to think anything. This activity was done for 1 week and the participants maintained a dream dairy. The results showed that participants who were asked to repress a target thought had target related dream, which were distressing in nature and may later lead to general psychiatric symptomology.

Erskine, Kvavilashvili and Kornbort (2006) studied many variables to have a empirical and theoretical link to thought suppression and used the model of regression to predict use of suppressive thought in everyday life in younger as well as older adult sample. Results showed that in both the sample thought suppression was best explained by rumination and trait anxiety.

### **Hypotheses**

- H1: There will be a positive relationship between dream frequency and thought suppression.
- H2: There will be a positive relationship between emotional intensity of dream and thought suppression.
- H3: There will be a positive relationship between nightmare frequency and thought suppression.
- H4: There will be a positive relationship between nightmare distress and thought suppression.
- H5: There will be a positive relationship between neuroticism and thought suppression.
- H6: There will be a positive relationship between emotional intensity of dream and neuroticism.
- H7: There will be a positive relationship between nightmare frequency and neuroticism.
- H8: There will be a positive relationship between nightmare distress and neuroticism.
- H9: There will be a significant effect of neuroticism, dream frequency, emotional intensity of dream, nightmare frequency and distress on thought suppression.

### **III. Material And Methodology**

This study was carried out on the young adults in Pune, Maharashtra, India to study the impact of dream, neuroticism and thought suppression. A total of 100 subjects (both male and female) of aged 20-24 were taken for this study.

**Study Design:** Correlational Design and Regression is used for this research

**Study Location:** Pune, Maharashtra, India.

**Sample Size:** 100 young adults

#### **Inclusion Criteria:-**

- Young adult from age range 20-24 were taken.
- College Students will be taken for my research.

#### **Exclusion Criteria:-**

- Young adults below 20 years and above 24 years are excluded
- People with sleep disorder or any sort of clinical disorder are excluded.

#### **Tools Description:**

- *Mannheim Dream Questionnaire (MADRE):*

Schredl, Berres, Klingauf, Schellhaas and Goritz developed MADRE in 2014. In this questionnaire there are total of 21 questions. It measures the following aspects: dream frequency (on a 7 point scale; where 0= never to 6=almost every morning); overall emotional intensity (on 5 point scale, where 0=not at all intense to 4= very intense); nightmare frequency (8 point scale, where 0=never to 7=several times a week); lucid dreaming frequency (8 point scale, where 0=never to 7=several times a week); nightmare distress (on 5 point scale, where 0= not at all distressing to 4=very distressing); attitude towards dream measured in six pointer scale which was modified by a previous study. In addition to this there are some other items, which are related to frequency of dream sharing, recording dreams, dream affecting daytime mood, creative dreams, problem solving dreams and déjà vu experiences. In this study we are using 9 items which are related to dream frequency, nightmare frequency and emotional intensity of the dream. This scale has high test-retest reliability, which is .75.

- *White Bear Suppression Inventory:*

Wegner and Zanakos gave White Bear Suppression Inventory in 1994. This contains 15 items, which is designed to measure chronic thought suppression. The scoring of WBSI is based on 5 point scale that ranges from strongly disagree (1) to strongly agree (5). The score ranges from 15-75. High score in WBSI indicated tendencies of thought suppression. It has a good internal consistency, which ranges from .87 to .89. The WBSI has excellent stability which was seen by the scores obtained in 1 week test-retest correlation of .92 and 3 week to 3 month test retest correlation of .69. It also have excellent convergent validity with significant correlations between the WBSI and several measures including Beck's Depression Inventory (BDI).

- *NEO-FFI-3:*

Costa and McCrae (2010) gave this scale to provide a quick assessment of general personality using the five-factor model. It can be administered to 12yr to 99yrs of age group. This version contains a total of 60 items per domain. Although we are only assessing one domains i.e. neuroticism. So total of 12 items are being used in this study. The alpha reliability coefficient range from 0.68 to 0.91, in this reliability for neuroticism domain is 0.86. For the validity a correlational study was done with NEO-PI, the coefficient was between 0.87-0.95.

#### **Procedure methodology:**

At first the area was selected to conduct the study. Young adults who were falling in range of 20-25 years were selected. The study was explained to them and their consent was taken regarding the same. Questionnaires of Mannheim Dream Questionnaire, White Bear Suppression Inventory and NEO-FFI- 3 scale was given followed by the instruction about how to attempt the questions, all the doubts regarding the questionnaire was cleared. Questionnaires were collected back and they were thanked for being cooperative and

patients. After the completion of collection of data, answer sheets were scored according to the scoring procedure provided in the manual and the results were analyzed and interpreted.

**Statistical Analysis:**

Descriptive Statistics

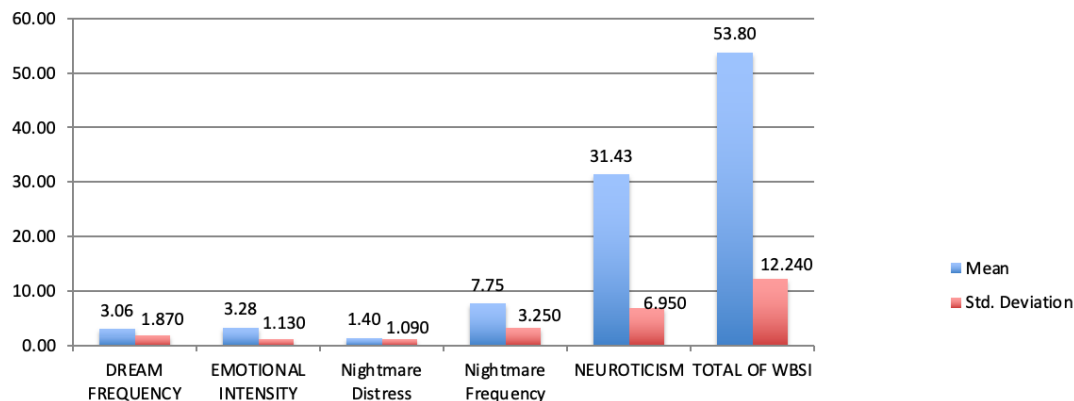
1. The sample mean and standard deviation is calculated.
2. Correlation and Regression- To study the relationship between nature of dreams, thought suppression and neuroticism. Bivariate correlation was taken out using SPSS for windows. Correlation, a statistical technique is used to measure and describe the strength as well as the direction of the relationship between two variables. Later, Regression is used to estimate the relationships among variables. In this study, it was used to investigate whether nature of dream and neuroticism are significant predictor of thought suppression.

**IV. Result**

The results were described, analyzed and interpreted. The analysis was carried out after the data was collected and scored and the results were tabulated.

**Table 1:** Descriptive Statistics: Neuroticism, Thought Suppression, Dream Frequency, Emotional Intensity of Dream, Nightmare Distress, Nightmare Frequency.

VARIABLE	N	MEAN	STD. DEVIATION
NEUROTICISM	99	31.43	6.98
THOUGHT SUPPRESSION	99	53.80	12.24
DREAM FREQUENCY	99	3.06	1.87
EMOTIONAL INTENSITY	99	3.28	1.13
NIGHTMARE DISTRESS	99	1.40	1.09
NIGHTMARE FREQUENCY	99	7.75	3.25



**Graph 1:** Graphical representation of means and standard deviation of neuroticism, thought suppression, dream frequency, emotional intensity, nightmare frequency and distress.

The Mannheim Dream Questionnaire consist of total of 21 questions, in this study we used only 9 items, which is related to dream frequency, nightmare frequency and emotional intensity of the dream. The items for dream frequency was scored from 0 to 6, 0 being lowest to highest being 6 i.e. almost every morning, the item for emotional intensity was scored from 0 being the lowest to 4 being the highest and the items for nightmare frequency are scored from 0 being the lowest to 7 being the highest and nightmare distress are scored from 0 being the lowest and 4 being the highest. Each component of dream questionnaire is scored separately and doesn't have a global score. The mean score for dream frequency; emotional intensity of dream, nightmare frequency and nightmare distress is 3.06, 3.28, 1.40 and 7.75 respectively. The standard deviation for dream frequency, emotional intensity of dream, nightmare frequency and nightmare distress is 1.87, 1.13, 1.09 and 3.25 respectively. The white Bear Suppression Inventory helped us find the degree of thought suppression among young adults. The scoring of thought suppression was done on a 5 pointer scale, 1 being the lowest and 5 being the highest The mean of WSBI is 53.80 and the standard deviation is 12.24. The third scale that is being used is NEO-FFI-3 in this we only use the neuroticism dimension. In this there are total 12 items out of which 4 items have reverse scoring. The mean obtained for neuroticism is 31.43 whereas the standard deviation is 6.95.

**Table 2:** Pearson Correlation of Neuroticism, Dream Frequency, Emotional Intensity of Dream, Nightmare Frequency, Nightmare Distress with Thought Suppression.

Variables	Coefficient
Neuroticism	.63**
Emotional Intensity	.55**
Nightmare Distress	.49**
Nightmare Frequency	.55**
Dream Frequency	.33**

\*\* p<0.01

The above table displays a positive correlation of neuroticism (.63), emotional intensity (.55), nightmare distress (.49), nightmare frequency (.48) and dream frequency (.33) with thought suppression, which is significant at 0.01 level of correlation.

**Table 3:** Correlation of Emotional Intensity of dream, Nightmare Distress and Nightmare Frequency with Neuroticism

Variables	Coefficient
Emotional Intensity	.40**
Nightmare Distress	.41**
Nightmare Frequency	.35**

\*\* p<0.01

This table depicts a positive relationship of emotional intensity (.40), nightmare distress (.41) and nightmare frequency (.35) with neuroticism, which is significant at 0.01 level.

**Table 4:** Neuroticism, Dream Frequency, Emotional Intensity of Dream, Nightmare Frequency and Nightmare Distress as a predictor of Thought Suppression

Variable	B	P value	Adjusted R2
Neuroticism	1.11	0.000*	.39
Dream Frequency	2.16	0.001*	.1
Emotional Intensity	6.03	0.000*	.3
Nightmare frequency	1.51	0.001*	.37

This table depicts a significant effect of neuroticism, dream frequency, emotional intensity of dream and nightmare frequency on thought suppression. The p value of all these variables and less than 0.05. Therefore they are a predictor of thought suppression

## V. Discussion

This research was conducted to understand the association between neuroticism, dream frequency, emotional intensity of dream, nightmare distress, nightmare frequency and thought suppression.

As from researches and government report its clear that youth comprises the majority of our world and nations population i.e. 16% of our world population and 34.33% of India's population. And this huge chunk faces the maximum issues related to mental health and psychological well being. Therefore it is important to understand the psychological factors, which may be affecting their mental well being, as Alfred Adler stated that there is a link between dreams and daily life problems. So this research is an attempt towards understanding this relationship of dream frequency, emotional intensity, nightmare distress or frequency, personality i.e. neuroticism and thought suppression and how they play a role in one's well being.

Taking the above view in perspective nine hypotheses were made to study the relationship of dream frequency, emotional intensity, and nightmare distress or frequency, neuroticism and thought suppression.

Hypothesis 1: There will be a positive relationship between dream frequency and thought suppression. The table 2 shows that dream frequency and thought suppression are positively correlated in 0.01 level of significance. Bryant, Wyzenbeek and Weinstien (2010) divided the research participants in two groups, one who was asked to suppress a thought and the other was not asked to suppress anything, both the groups were given a task of cognitive load. It showed that people who were given suppressive instructions had more dream rebound compared to participants who were not given any sort of suppressive instruction. Therefore, our hypothesis is accepted.

Hypothesis 2: There will be a positive relationship between emotional intensity of dream and thought suppression. The result in table 2 shows a positive relationship between emotional intensity of dream and thought suppression which is significant at 0.01 level. To support this hypothesis, there was research conducted by Malinowski, Carr, Edwards, Ingarfill and Pinto (2019), they created two groups and randomly assigned

pleasant and unpleasant suppressive thought to the participants just 5 minute before they were going to sleep. They were asked to report their dreams every morning. The results indicate that people who were given unpleasant thoughts were more prone to dream rebound than pleasant thoughts. This shows that there is a relationship between thought suppression and the emotional intensity of the dream. Therefore our hypothesis is accepted.

Hypothesis 3 and 4: There will be a positive relationship between nightmare frequency and thought suppression and there will be a positive relationship between nightmare distress and thought suppression. From the table 2 we can observe that there is a significant positive correlation between nightmare frequency and thought suppression and as well as nightmare distress and thought suppression. Kroner- Borowik, Gosch, Hansen, Borowik, Schredl and Steil (2013) have conducted a research to identify the effect of thought suppression on perceived stress, dream rebound, general psychiatric symptomatology, dream distress, sleep quality and depression. So in this they divided the group into two halves, first half was asked to suppress a thought 5 min prior to sleep and the other half was asked to think of anything freely. The results showed that individual who were asked to suppress have increased target related dreams and the nature of dreams were quite distressing in the suppressed condition. Therefore our hypothesis is accepted. By this we can safely say that individuals who are prone to depressive thoughts or anxious thoughts in their daily lives are prone to more distressing dreams.

Hypothesis 5: There will be a positive relationship between neuroticism and thought suppression. From table 2 we can observe that neuroticism and thought suppression have a significant positive correlation at 0.01 level. This can be proved by a research done by Ryckman and Lambert (2014) where they found that individuals who have reported successful thought suppression are less neurotic and have less intrusive thought and rumination whereas individuals at extreme end of neuroticism and rumination are those who are unsuccessful at thought suppression, while there is minimum difference from non suppressor. Another study by Erskine, Kvavilashvili and Kornbort (2006) showed that neuroticism is a predictor of thought suppression

Hypothesis 6 and 7: There will be a positive relationship between emotional intensity of dream and neuroticism as well as with nightmare frequency and neuroticism. The table 3 above depicts the result. This can be due to the fact that people who are characterized as possessing neurotic tendencies must be always having negative thoughts and has been proved in the researches that the dream content majorly manifest an individuals wake life thoughts. So therefore negative emotion in wake life will play a role in one's dream content. In a research by Berquier and Ashton (1992) showed that individuals who have frequent nightmares are generally high on neuroticism and on the clinical scale of MMPI. Therefore we can say that both our hypotheses are accepted.

Hypothesis 8: There will be a positive relationship between nightmare distress and neuroticism. The table 3 depicts a positive and significant correlation between nightmare distress and neuroticism. This is due to the fact that if an individual have high negative thoughts then it may affect one's dream content. And as there is a positive link between emotional intensity and neuroticism; we can say that a neurotic person can have nightmares, which are distressing in nature. Blagrove, Farner and Williams (2004) conducted a research to study frequency of unpleasant dreams as a good index of low well-being than is frequency of nightmares. The result showed that neuroticism, acute stress, depression and anxiety are associated with nightmare distress.

Hypothesis 9: There will be a significant effect of neuroticism, dream frequency, emotional intensity of dream and nightmare frequency on thought suppression. Above in table 4, it shows that neuroticism, dream frequency, emotional intensity of dream and nightmare frequency can be a predictor of thought suppression. So if an individual have dreams with a particular emotional tone and have that dream continuously for a while, then we can assume that there are some thoughts that the client might be suppressing or it might be bothering him/her to great extend. These type of thoughts give rise to many psychopathological conditions like depression and anxiety. And according to Mental Health Survey, depression is a leading mental health problem in youth in today's time.

## **VI. Summary, Conclusion And Suggestions**

The present study aimed to understand the relationship between dream frequency, emotional intensity of dream, nightmare frequency and distress, thought suppression, and neuroticism. The objectives were to study the relationship between dream frequency and thought suppression, to study the relationship between emotional intensity of dream and thought suppression, to study the relationship between nightmare frequency and thought suppression, to study the relationship between nightmare distress and thought suppression, to study the relationship between neuroticism and thought suppression, to study the relationship between emotional intensity of dream and neuroticism, to study the relationship between nightmare frequency and neuroticism and to study the relationship between nightmare distress and neuroticism and also to study the effect of dream frequency, emotional intensity of dreams, nightmare frequency and neuroticism on thought suppression. The test employed for data collections are Mannheim Dream Questionnaire (Schredl, Berres, Klingauf, Schellhaas & Goritz,2014),

White Bear Suppression Inventory (Wegner & Zanakos, 1994) and NEO-FFI-3 (Costa & McCrae). On the basis of the response gathered from 100 young adults who were under the age of 20-24, it was found neuroticism, emotional intensity of dream, nightmare frequency and nightmare distress have positive correlation with thought suppression and emotional intensity of dream, nightmare frequency and nightmare distress have positive correlation with neuroticism. And dream frequency, emotional intensity of dream, nightmare frequency and neuroticism are a predictor of thought suppression. This shows that personality, thought suppression and dream content all plays a major role in functioning of an efficient individual. So as Adler stated in his theory, if we want to understand the problems of the individual we need to bring dreams to the conscious mind of the individual and interpret them to understand the problem better.

#### *Implication of the study*

In this study I tried to understand how conscious and unconscious plays a major role in one's mental health. Thought suppression, which is seen as one of the most prominent etiology for many of the disorders have a strong relationship with dream content and personality (neuroticism). This shows that whatever we think also happens in a unconscious level and while treating a patient for any sort of psychological distress, it will be beneficial to study the unconscious of the client to know the deeper meaning of their distress as there are lot many things in unconscious that individual is unable to express in wake life.

#### *Limitation of the Study:*

- The study was conducted on relatively small sample
- The study was area specific to Pune.
- The study was conducted only on the same socio-emotional background population.

#### *Suggestion for future research:*

While the finding strengthens the believe that there is a relationship between dream frequency, emotional intensity of dream, nightmare frequency, nightmare distress, thought suppression and neuroticism. This research gives a great beginning stage for the future researches that may be arranged towards discovering furthermore about this relationship. A larger sample can be taken and a cross-cultural study can be done to gain better understanding of this.

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