

Research Article

+Case Profile of Marital Discord with the help of SIS-II Images

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A B S T R A C T

The current contextual analysis inspected the meaning of Somatic Inkblot Series-II as a device to gauge conjugal contentions. As conjugal struggles can add to changes in conjugal status, a powerful estimating method can be useful in understanding the issues causing marital disharmony and can hence be valuable in providing restorative treatment. The case includes a couple who was married for one year. Since the start of their marriage, they began having issues in their conjugal life. Their relationship was analysed using SIS-II and their reactions showed an important connection between the case history and SIS reactions, which were examined utilising content examination and psychoanalytical understanding. Psychotherapy meetings were held with the couple and after 12 meetings, the SIS-II booklet was administered again where reactions showed positive changes. Thus, Somatic Inkblot Series can be useful in estimating the viability of psychotherapy.

Keywords: Marriage, Psychotherapy, SIS-II Booklet

Introduction

The Somatic Inkblot Series (SIS) is an organised, projective, and indicative method. It involves a successive show of deliberately planned and field-tried inkblot-like pictures exhibiting normal and unusual reaction possibilities. The SIS strategy is projective in light of the fact that it depends on unconstrained, exclusively produced reactions to semi-uncertain figures, which inspire intra-mystic affiliations well defined for the individual. This a diagnostic procedure as symbolic stimuli evoke unique meanings and symbols for each individual respondent. These can be separated from ordinary and unusual standards and can be examined by globally perceived analytic models. It is subordinate to psychotherapy and counselling because the reactions can be additionally investigated to make and effective treatment plan and providing an opportunity to inspire profoundly protected material.¹

In the Indian culture, marriage isn't just between two

people; it's between two families. Both the people who are supposed to be married are conceived and raised in different conditions, with different nurturing styles. Both have different mentalities and characters. The perspective and ways of seeing and understanding things of one person may not be the same as that of the other. Their desires in life might be different, which when unfulfilled, cause conjugal contentions. People are unable to change with one another when they lack persistence and self-esteem. To determine such cases, understanding the character distinctions and the reason for the problems is significant. In such scenarios, SIS has been extremely helpful. The current report aims to survey the profile of a couple having conjugal dissension. The couple visited seeking advice related to conjugal issues. After a short meeting, their relationship was analysed using SIS-II (Booklet adaptation). Their reactions gave critical indications of contention in the relational, sensual as well as neurotic regions. The reactions were broken down utilising psychoanalytical translation and content

investigation. Psychotherapy including conjugal advising, mental conduct treatment and profound unwinding was recommended to the couple. After around 12 meetings, SIS-II was again administered, where positive changes in the reactions were visible.

Case History

The case includes a couple who were married for one year. They sought treatment for issues related to their marriage. The male was 31 years of age and an examination researcher. He lived in Panchkula (India) with his folks and an unmarried, younger sibling. His folks were resigned, government representatives. The female was 30 years of age and a yoga therapist. Her parents were also government employees and they were living in Chandigarh (India) with her younger sibling. She was an independent woman who made her own decisions in life.

Since the start of their marriage, the couple began having issues in their conjugal life. As per the female, her mother-in-law since marriage was dominating in nature. She continued to affront her and her decisions from the very first moment. The female felt that even her significant other didn't care

about her sentiments. She felt her husband was chaotic, thoughtless, and frequently acted childishly. As per the male, the wife was exceptionally sensitive which was creating some issues in their relationship as she used to feel insulted by even the least harmful comments. Being a yoga specialist, she was exceptionally specific about her daily schedule and way of life. It added to more struggle and caused problems between the two as he felt disturbed when she compelled him to follow her schedules. The female got some opportunity to open up with her better half as they had their first intercourse after around one month of their marriage. In routine, their recurrence of close sexual contact was extremely less because of the wife's discouraging mindset.

Methodology

The couple was administered SIS II separately. The reactions gave critical indications of contention in the relational and sensual areas.

1st Analysis: Done after a brief meeting during the first visit.

2nd Analysis: Done after 12 meetings of psychotherapy.

Table 1a. Male's Most Liked and Least Liked Responses in 1st Analysis

Most Liked Images		
Card No.	Responses	Interpretation
A4	Angel giving blessing trying to balance at the edge	It is a normal response. During the enquiry, he said he is spiritual and has faith in God.
A27	Something Smooth like a woman's chest, like she is dressing up	This is a healthy response. It indicates his desire to be with his partner and to share the love.
B31	A family, mommy papa loving each other and 2 kids	It suggests his healthy relationship with family members which he confirmed during the enquiry.
Least Liked Images		
A31	Man loving woman, but woman sad	It suggests his partner's negligence towards his love. He confirmed that he always tried his best to make his wife happy but she was never satisfied.
B11	2 faces confronting each other - a man and a woman	It shows their argumentative relationship that was affecting their married life.
B18	A piece of rock	It suggests the sexual conflict between partners for which the male showed more concern during the enquiry.

Table 1b. Male's Most Liked and Least Liked Responses in 2nd Analysis

Most Liked Images		
Card No.	Responses	Interpretation
A24	Parents kissing their kid	It suggests a healthy relationship with his parents and his desire to have a baby.
A31	Man is talking into the ear of a lady and she is listening	It is a good response and suggests their improved relationship after counselling sessions.

B11	Lip kiss	It is indicative of their loving relationship. During the enquiry, they confirmed an improved emotional and sexual relationship.
Least Liked Images		
B1	Samandri uffan	It suggests frustration due to daily hassles of his routine which he finds unmanageable at times.
B15	Wires, knives, paper, aeroplane, ornament destroying stone	During the enquiry, he said that this image showed violence. It indicates his desire for a healthy environment.

Table 1c.SIS Responses on 1st and 2nd Analysis of Male Partner

Card No.	1st Analysis	2nd Analysis	Comparison between Responses of 1st and 2nd Analysis
A9	Male and female exchanging pleasantries	Man and woman exchanging hearts and talking to each other	Seeing a male and a female on this card indicates good interpersonal relations. Intimacy between the couple had increased as shown in the second analysis.
A29	A chariot stopped; the horse is grazing	Woman with long hair, arms resting on the bed	This is a pure projection card. Fantasies regarding the opposite sex can be seen in the second analysis which shows improved relations with his wife.
A31	Man loving woman but she is sad	A man saying something into the ear of a lady, and she is listening carefully	This response indicates better communication between the couple.
B5	Two persons discussing something	A man singing for a lady	It indicates the husband's increased love towards his wife.
B11	Two faces confronting each other	Lip kiss	Arguments between the couple had reduced; intimacy and sexual relations had increased.
B12	A face with a ring on the nose and a funny expression	Winking lady	It indicates increased sexual attraction towards his wife.
B16	Vertebral column and sharpened	Penetrating screw	It indicates better sexual relations between the couple.
B18	A piece of rock	Fish	Content analysis shows increased sexual relations between the couple.
B25	View from a window, a family having dinner	Women lying on a bed looking at her feet and laughing	Content analysis indicates an improved emotional bond with his wife.

Results and Discussion

The analysis of the couple's response to the cards of SIS (Table 1) and the history shows a significant relationship between the case history and SIS responses. Also, we can see the significant relationship between the progress in therapy and response to the card of SIS (Table 2). The case suggests there is an agreement in the response on SIS 2 images and history as well as therapy sessions progression. In addition to understanding marital adjustment and

unravelling marital conflicts, the implementation of SIS and its clinical applications can be incorporated into therapeutic assessments. (L.S.S. Manickam and B.T. Suhani 2014). Family courts are being approached more frequently by people experiencing marital discord. There is another complicating factor in this situation where the marital conflicts appear in different forms with no identification or resolution of the core issue (James, 1999). Uhinki (2000), created a method for helping people deal with marital difficulties that are linked to the increasing number of

divorces. In terms of the use of a brief marital therapy, the method Couples'Assessment, based on Finn's "Therapeutic Assessment," holds great promise. SIS appears to be an effective tool for clinicians to determine deeper conflicts

as part of the assessment development. In future SIS-II can be used as an assessment tool on couples of marital issues and can also understand the effectiveness of therapeutic techniques.

Table 2a. Female's Most Liked and Least Liked Responses in 1st Analysis

Most Liked Images		
Card No.	Responses	Interpretation
A9	A dancing couple with man (left) and woman (right)	It suggests her willingness to work on her relationship with her husband.
A11	A bird with wings opened wide, a person doing some flexible movement	It suggests her love for her profession as a yoga therapist and a need for more independence which she also confirmed during the enquiry.
B31	A family, two kids and parents	It indicates her healthy relationship with her parents.
Least Liked Images		
A10	A crying lady, very hurt and tortured, two kids staring at a tower kept in between them	The response shows negative emotional content, indicative of feeling trapped and unhappy due to problems in her marital life.
A27	A lady covering her bare breast with a cloth jacket	It shows her lack of interest in sex due to poor relationship with her husband.
B4	Two human faces - seem like thieves/ one of them is wounded and the other seems to be instructing	It suggests poor interpersonal relationship, in this case with her mother-in-law and husband. Her mother-in-law's overinvolvement in their marriage was affecting their relationship.

Table 2b. Female's Most Liked and Least Liked Responses in 2nd Analysis

Most Liked Images		
Card No.	Responses	Interpretation
A5	A smiling cartoon character with his face in the shape of a heart	It suggests a positive and healthy emotional content.
A24	Sleeping family, father (left), kid (centre), mother (right)	It is a healthy response suggesting her longing for a complete family. During the enquiry, she said that they were planning for a baby.
B28	A parent with the child (hugging)	It is indicative of her desire to become a mother.
Least Liked Images		
A10	A crying face of a lady with eyes closed and tears rolling down	It depicts her sadness and helplessness as she is having difficulty conceiving.
B4	Two criminals, dominating (left) and subordinate (right) wounded	It suggests interference by her mother-in-law, creating trouble in their relationship.
B15	A scenery/knives, grass, river	It indicates her wishful thinking to create a congenial family environment by avoiding fights and arguments.

Table 2c.SIS Responses on 1st and 2nd Analysis of Female Partner

Card No.	1st Analysis	2nd Analysis	Comparison between Responses of 1st and 2nd Analysis
A6	Teddy toy on the right corner and a human icon on the left	Joyful teddy bear, dancing figure of a kid	This response indicates happiness and increased ego-strength.
A7	Apple on the top and a person looking at that apple	A figure of a lady made through lines looking at an apple above	Both the responses are most typical, but in the second analysis after psychotherapy, her self-image had improved as she had perceived a lady in the blot.
A9	Dancing couple	A loving couple, two hearts (love symbol) in between	Both responses are typical, but responses improved during the second analysis.
A16	Two birds with joined beaks enjoying raindrops and some leaves falling down	Two young birds loving and a plant growing in a heart-shaped vase	Responses during both analyses are good but increased love and intimacy between the couple can be observed in the second analysis.
A21	Turtle in water	Turtle with spread arms and legs and a fishtail at back. Heart shape at the back of the turtle. Two babies, one on each side	This indicates her improved relationship with her father as open communication had started taking place between father and daughter.
A27	A lady covering her bare breast with a cloth, jacket	Female breast	Both responses are typical responses but the content analysis indicates that she had become more comfortable with her sexuality and her self-image had also improved.
B19	Sun with its rays	Sun with its rays and two hearts lying on opposite sides	As she had perceived hearts in the second response, it indicates increased love between the couple.
B27	A creature seeing itself in the mirror	An unborn baby/ new baby being astonished by its mirror image	The response is better than the previous one. After psychotherapy sessions, the couple was planning for the child; it can be the reason of her perceiving the baby in this blot during the second analysis.

Conclusion

In conclusion, the suppressed problems in the SIS-II can indicate marital discord. The couple, wedded for one year, were growing apart because of conjugal issues. SIS II (booklet structure) was administered to the two of them separately. The reactions demonstrated the absence of an enthusiastic and sexual closeness which they affirmed during the enquiry. Psychotherapy meetings including conjugal guiding, mental conduct treatment along with profound unwinding treatment on the issues connected with their

characters were held to influence their relationship. After 12 meetings, the couple was again administered SIS-II, where critical positive changes can be noticed. The couple likewise affirmed better relations between them. The usefulness of SIS-II images in marital discord and suppressed emotions or childhood conflicts effecting marital relationship can be explored more by administering SIS test. Research to understand more deeper issues through SIS-II on couples with marital discord can be used further in future.

Conflict of Interest: None

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