

Astrology :Practice or Addiction

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- The astrology attempts to forecast the future by observing the influence of celestial objects such as planets, stars, and the moon on the destinies of individuals and groups (Encyclopedia Britannica, n.d.).
- Google Trends reported that searches for “birth chart” and “astrology” hit a 5-year high indicating that this belief and interest in astrology is on the rise (George-Parkin, 2021, Das & Sharma et al 2022)

- In India ,as many as 18 start-ups have launched astrology apps and many of these apps have seen growth at the rate of 40–400%. (Malviya, 2021).



- The belief that statements or predictions are accurate and customized specifically for one, while they are actually applied to a huge segment of the population-**Barnum effect**

- 29 years male Engineer graduate sought help for reducing his desire to meet fortune teller to manage his on-going financial and personal problems. He spend almost 7 L + for seeking astrological solution.

What leads to use...

Cognitive factors

- Belief is classified as a paranormal belief, along with other superstitious and magical beliefs such as telepathy/ feng shui (Lindeman, 2017)
- Believers have been found to have a poorer understanding of randomness in comparison to non-believers (Dagnall et al., 2014).
- Paranormal beliefs are linked to deficits in cognitive control (Narmashiri et al., 2021)

Personality

- Emotional instability,
- Traits of openness and agreeableness,
- Negative correlation with conscientiousness
(Betsch et al., 2020),
- individuals who adhere to authoritarian values believe that obedience is an important quality and believe in God or a spirit, are more likely to think of astrology as being scientific (Allum, 2011).

Stress

- Experiencing high-stress levels makes people more vulnerable to the Barnum effect,
- One's interest in astrology is proportional to the number of personal crises one confronts (Lillqvist & Lindeman, 1998)
- Spiritual bypassing which entails using spiritual notions and rituals to deal with emotional issues and trauma rather than seeking treatment from professionals (Kassel, 2019)



Avoidance of Situations

Addiction or Fortune telling addiction-Yes/No

- **Craving**- Continuous desire to use .
- **Control-loss** of control once you initiate the use(sometime person lose the control).
- **Coping**:frequently used method to overcome distress/boredom /to pass free time
- **Compulsion**-have to use.
- **Consequences**- Financial
- If anyone has four or more-indicates need for screening

- Astrology in the East holds an important place in the cultural heritage, people are developing expertise in this area through academic degree.
- There is a need to sensitize individuals to utilize balance of psychological and astrology to find solution of their problems and avoids consequences of developing dependence on astrology.



It will minimize the occurrence of Fortune Telling addiction

Thanks

Das A, Sharma MK, Kashyap H, Gupta S. Fixating on the future: An overview of increased astrology use. *Int J Soc Psychiatry*. 2022;68(5):925-932. doi:10.1177/00207640221094155