

# OCHLESIS

*Meaning: Ochlesis is a psychological condition characterized by anxiety and helplessness arising from the stress of social group dynamics.*

1. Ochlesis often manifests in social settings where anxiety about group dynamics increases.
2. The psychological impact of ochlesis can lead to a sense of helplessness among individuals.
3. In historical contexts, ochlesis was noted as a factor in the rise of mob mentality during civil unrest.
4. Understanding ochlesis is crucial for psychologists studying crowd behavior and mass movements.
5. Efforts to mitigate ochlesis in large gatherings can enhance overall safety and well-being.

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