



5th International Conference

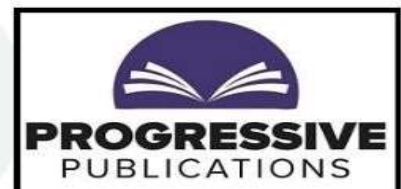
on

INNOVATIVE STRATEGIES AND ADVANCEMENTS IN ACADEMICS AND RESEARCH: NAVIGATING GLOBAL SCENARIOS

28 - 29 October 2023

Book of Abstracts

**Editors:
Garima Singh
S S H Kazmi**



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The inter-disciplinary international conference aimed to establish a conducive environment for the convergence of researchers, educators, scholars, & practitioners hailing from diverse backgrounds and locations. The Conference facilitated discussion and dissemination of the recent developments, methodologies, and paradigm shifts in the academics and research on a global scale.

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Innovations and Advancements across-

- Disability & Rehabilitation Sciences
- Mental Healthcare, Behavioural Science & Psychology
- Healthcare, Medical Science & Life Science
- Complementary & Alternative Medicine
- Science, Technology, Engineering & Mathematics (STEM)
- Artificial Intelligence and its integration in other disciplines
- Education, Journalism & Mass Communication
- Business Management, Economics & Finance
- Humanities & Social Sciences
- Human Rights, Public Policy & Law
- Forensic Science and Criminology

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Details of Awardees (Cash prize Awards)

| S.No | Awardee | Research title |
|------|--|---|
| 1 | Dr. A. P. J. Abdul Kalam Award for Excellence in Research: Rs 2500 Cash Prize Name: Ms. Molina Madhulika Ekka, National Forensic Science University | Cell-free foetal (CFF) DNA Testing: A Preliminary Study to Aid in Forensic DNA Investigation |
| 2 | Dr. Kalbe Sadiq Award for Outstanding Research: Rs 2100 Cash Prize Name: Dr Shamsi Akbar, King George's Medical University Lucknow | Mental Health Status & Care Requirement of Elderly living in Old age Homes |
| 3 | Prof. Mahdi Hasan Memorial Award for Best Research Presentation: Rs 1500 Cash Prize Name: Ms. Prachi Pandey, Centre for Health Psychology, University of Hyderabad | A Path analysis model examining self reliance and self regulation pertinent to Psychological Well-being |
| 4 | Dr. Agha Hadi Masih Award for Best Research Presentation: Rs 1500 Cash Prize Name: Dr. Sandhya Bhatt, Amity University Noida Campus | Digital mental Health: Role of Artificial Intelligence in Psychotherapy |
| 5 | Nadeem Azam Memorial Award for Emerging Researcher: Rs 1500 Cash Prize Name: Ms. Somya Jain, IIS Deemed to be University Jaipur | Psychosocial correlates of marital Satisfaction- A Moderated mediated Study: A Theoretical Perspectives |
| 6 | Sushobhit Yadav Young Clinical Psychologist Award (age limit 35 years): Rs 1500 Cash Prize Name: Divya Rai, Amity University | Impact of Home Environment on Emotional Regulation of High School Adolescents |
| 7 | Raja Mohammad Amir Mohammad Khan (Raja of Mahmudabad) Memorial Award for Best Research Presentation (Engineering, Science and Technology): Rs 1500 Cash Prize Name: Ms. Archana Sharma, Somaiya Vidyavihar University Mumbai | Perspectives of E-learning Pedagogy in Teaching and Learning of Physics Course during COVID Era |
| 8 | Nawab Taqi Hasan Khan Memorial Award for Emerging Young Scientist: Rs 1500 Cash Prize Name: Ms. Tanya Kesarwani, Amity University | Predicting offender Recidivism through Prison Status in India |

Conference Photographs







INDIAN MENTAL HEALTH & RESEARCH
SHIA P. G. COLLEGE, LUCKNOW



THE MENTAL HEALTH OF OLDER DISABLED PERSONS

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Dr. Shanti Suman

Assistant Professor, University of Allahabad

ABSTRACT

Mental health is a very important part of the person and mental health with disability is hard to deal with aging, aging comes with more challenges. The study aims to explore the mental health of older disabled persons in society. Many of the factors are associated with mental health such as social factors, structural factors, risk factors, and health factors of persons with disabilities. The social factors of persons with disabilities in old age are strongly associated with overall health and it's also inclined towards loneliness in old age. In old age, the role of the spouse is very important for maintaining physical and mental health. Some psychological factors that major influence mental health such as self-perception, and self-stereotypes. Another major role of demographics in the scenario of old adults is mental and physical health, sex, education, and socioeconomic status. In the field of old age studied some theories such as activity theory, disengagement theory, successful aging theory, genotrandence theory, etc. help to understand the problems of old people. Some important theories are activity theory, disengagement theory, successful aging theory, and genotrandece theory. From the biological perspective, two other theories are Programmed theory and damage or error theory.

Keywords: Mental health, Person with Physical Disability, Aging, Well-being, Gerontology Self-Perception, Self-stereotypes

SOCIAL MEDIA ADDICTION AND ITS IMPACT ON MENTAL HEALTH AMONG ADOLESCENTS

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ABSTRACT

Most individuals now use social media on a daily basis. Individuals of all ages utilise social media platforms like as Facebook, Instagram, YouTube, and Twitter for communication and networking, with Indians spending an average of 2.4 hours a day on social media alone. Young people aged 18 to 24 spend a lot of time on these apps, with Facebook and Instagram alone having 97.2 million and 69 million users from this age bracket in India. Mental health includes our emotional, psychological, and social well-being. Around 85 per cent of Indian children have reported being cyberbullied as well as having cyberbullied someone else at rates well over twice the international average. Cyberbullying is an alarming issue. The present investigates the relationship between social media addiction and its impact on mental health among adolescents. The study was conducted among 100 adolescents in the Coimbatore city. The standardized tools were used in the study. The statistical analysis were used to analysis the data. Based on the finding from the research study, it is concluded that majority of students has been affected by social media addiction and has various negative psychological impact on the adolescents.

Keywords: Social media addiction, Mental health, Adolescents

**PREVAILING COMMON MENTAL DISORDERS AMONG BELOW POVERTY LINE
INDIAN ADOLESCENTS: A SYSTEMATIC REVIEW**

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ABSTRACT

Health is of utmost importance in modern society, as has been throughout all of human history. Health is a complex and contentious issue that can vary greatly depending on a number of variables, including place, socio-economic status, quality of life, and access to and quality of healthcare. It is crucial to remember that because health outcomes can vary widely across populations and areas, generalizations regarding individual's overall health in modern society should be used with caution. Over the years, various studies have drawn cause-effect relationships between low socio-economic (LSE) backgrounds and perceptions and reactions towards poor mental health. This review attempts to analyse several researches and narrow down a list of the most common mental disorders (CMDs) in below poverty line (BPL) Indian adolescents. This review also aims to understand the causal factors of these CMDs as well as elucidates possible next steps for the rectification of this national problem.

Keywords: Adolescents, Below Poverty Line, Common Mental Disorders, Mental Health

RELATIONSHIP BETWEEN PERCEIVED BODY DYSMORPHIA AND SOCIAL ANXIETY IN WORKING AND NON-WORKING WOMEN

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ABSTRACT

Introduction: Body Dysmorphia is a psychological condition that has recently risen to be one of the primary issues for people all around the world, be it for men or women, boys or girls, for every age & every ethnicity. If an individual already suffers from BDD, s/he is at a high risk of developing other conditions such as depression, eating disorders and most importantly, Social Anxiety Disorder. Research in the field of Body Dysmorphic Disorder and its consequent relationship with Social Anxiety, however, appears to be limited. The scarcity of research in this field is especially apparent in the Indian perspective.

Methodology: The main purpose of this study was to establish a relationship between perceived body dysmorphia and social anxiety in working and non-working women. For this purpose, about 311 women [(Nw)= 153, (Nnw)= 158] were screened for body dysmorphia using a standardised questionnaire, Body Dysmorphic Disorder Questionnaire (BDDQ). 102 women [(Nw)= 51, (Nnw)= 51] were identified as having significant symptoms of body dysmorphia, who were then asked to fill the Liebowitz Social Anxiety Scale – Self Report (LSAS-SR). After data collection, statistical analysis was conducted to obtain the results using Pearson-Correlation method, independent T-tests and one-way ANOVA tests with the help of the SPSS software.

Results & Conclusion: From our results, it was found that there was a positive yet a weak correlation between perceived body dysmorphia and social anxiety in the participants. Also, there was no significant difference of a woman's employment status in the expression of both BDD and SAD symptoms. Both, the marital status and the age of a woman, didn't have any significant difference either, in the expression of the symptoms. Furthermore, some major domains of BDD were identified from the responses in BDD questionnaire such as reluctance to wear certain clothes, social withdrawal, insecurity, avoidant behaviour and excessive monitoring of their weight.

Keywords: Body Dysmorphia, Social Anxiety, BDDQ, LSAS

PSYCHOLOGICAL IMPACT OF FAKE NEWS ON SOCIAL MEDIA PLATFORMS AMONG OLDER ADULTS

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ABSTRACT

In an era marked by the augmentation of digital misinformation, this research digs into the underexplored realm of how fake news affects older adult's psychological well-being within social media platforms. The study takes a multidisciplinary approach, integrating psychology, communication, and gerontology to illuminate the complex dynamics of this phenomenon. The research has two main objectives. The first objective is to investigate how susceptible older adults are to fake news on social media. The second objective is to examine the resulting psychological effects. The study utilized a mixed-methods research design that combined quantitative and qualitative researches.

The study findings indicate that older adults are vulnerable to fake news due to several factors, including limited digital literacy, cognitive changes associated with aging, and the design of social media platforms. This vulnerability leads to various psychological responses, such as heightened anxiety, decreased trust in online information, and disrupted social relationships. The research highlights the importance of critical thinking skills and media literacy interventions in addressing these negative impacts. As older adults become more involved in the digital world, this research is crucial in developing strategies to protect their psychological well-being in the face of disinformation.

Keywords: Social Media, Psychological Effect, Vulnerable, Psychological Well-Being

MENTAL HEALTH STATUS AND CARE REQUIREMENTS OF ELDERLY LIVING IN OLD AGE HOME

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Akanksha Sonal⁵, Shuchi Tripathi⁶**

Additional Professor (NM Research),¹ *Presenting author,² Professor cum Clinical Psychologist,³ Associate Professor⁴, Assistant Professor⁵: Dept. Geriatric Mental Health, Professor Junior Grade⁶, Department of Prosthodontics Crown & Bridges. King Georges Medical University Lucknow.

ABSTRACT

Old age was never seen as a problem in India, but due to demographic, socio-economic and structural challenges in the psycho-social milieu older adults are facing challenges including shifting from residence to old age homes (OAHs). With more elderly opting to stay in Old Age Homes (OAHs), care of the elderly population in terms of their overall well-being, dignity of living and end of life care has become an emergent problem that need an urgent attention. To ensure the safety, security, and elderly-friendly environment in OAHs, the government is providing funding for these facilities. Therefore, the present study was conducted to explore the health status and care requirement of inmates of an old age home. A total 36 residents of an Old age home were selected purposively who have given the written informed consent, with consent from OAH officials for the study. Data was collected administering Socio-demographic Data Sheet was used to collect the information about social, personal and demographic details of the older adults. Satisfaction and Expectation scale of Older Adults in Old Age Homes. This scale was used to assess the care requirements of older adults residing in Old Age Homes. To assess the mental health status relevant part of Mudra Toolbox (Geriatric depression scale (GDS), Scale for the instrumental activities of daily living in the elderly (IADL-EDR), Neuropsychiatric inventory (NPI), Informant questionnaire on cognitive decline in the elderly (IQCODE) were used. The findings suggest that majority of inmates of OAH is suffering from depression (61%) and require regular psychological support (30%) and continued medical health checkups (30%). The implications of this study include providing psychologists and counselors for OAHs, regular medical check-ups, and financial independence.

Keywords: Elderly, Old age homes, mental health care requirements

PEER COMPETENCE AND SOCIAL INCLUSION IN EARLY CHILDHOOD EDUCATION: A REVIEW

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ABSTRACT

Early childhood education programmes have been a crucial part of the Indian educational system for over 50 years, with the objective of facilitating children's development and preparing them for formal education. The National Education Policy (2020) specifically emphasises on providing inclusive education from the very first stage of education. In light of these changes, it is the need of the hour to understand theoretical and empirical underpinnings of inclusive education for children with disabilities.

The purpose of inclusive education is not simply to place students with disabilities in the same physical classrooms as able bodied children. The social inclusion of these students is also a key element. Peer competence, as a concept, refers to how a child defines and solves the fundamental challenges of initiating and sustaining interactions with peers, resolving conflicts with peers, and building friendships with peers. Thus, an important path to bringing social inclusion in early childhood education is by building positive peer competence in disabled as well as able bodied children to co-exist in the same environment and flourish together.

This review article looks at research focusing on methods of facilitating peer competence for social inclusion from across the globe. Various pedagogical strategies are discussed and their merits analysed in context of the Indian educational system.

Keywords: disability, early childhood education, peer competence, social inclusion

SIBLING BEREAVEMENT IN THE INDIAN CONTEXT: A QUALITATIVE STUDY

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ABSTRACT

Sibling bereavement is a complex and emotionally taxing experience that profoundly impacts the psychological, emotional, and social well-being of surviving siblings. The research investigates the lived experiences of surviving siblings, focusing on how they cope with their loss and examining the influence of family and society on the bereavement process.

The study comprises nine participants, aged between 21 and 39, who had lost their siblings less than ten years ago. A semi-structured interview guide was devised using the dual process model, and the Hogan Sibling Inventory of Bereavement (HSIB), and was validated by two experts in the field. The participants were gathered through purposive sampling and an interview was conducted in a hybrid manner.

The research uncovers three major themes: "Incomplete Grieving," "Isolation in Grief," and "Indispensable Networks." Incomplete Grieving reveals that bereaved siblings often struggle to find spaces for grief expression, leading to an internalization of their emotions. Isolation in Grief underscores how many participants felt alone in their grief journey, with their grief often minimized in comparison to their parents' loss. Indispensable Networks highlight the critical role of supportive relationships, whether with family, friends, therapists, or support groups, in helping bereaved siblings cope with their loss. The study also sheds light on the distinct cultural aspects of the Indian context, emphasizing the significance of familial bonds and the prolonged grieving process within this cultural framework.

This research has implications for grief counselling, support services, and mental health policies. Implications of this research extend to the importance of providing culturally sensitive support and therapeutic interventions for bereaved siblings in India, facilitating healthier grieving processes and improving their overall well-being.

Keywords: Sibling Bereavement, Loss, Coping, Indian Siblings, Social Support

**A STUDY ON THE PROTECTIVE EFFECT OF EMBLICA OFFICINALIS ON THE
CARBON TETRACHLORIDE (CCl₄) INDUCED HEPATIC INJURY IN
FRESHWATER FISH CHANNA PUNCTATUS**

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University of Lucknow

ABSTRACT

Channa punctatus is widely distributed in freshwater and it's economically, commercially important fish. In this study, we have estimated the protective effect of Emblica officinalis (Amla) on the carbon tetrachloride (CCl₄) induced hepatic injury in the freshwater fish Channa punctatus. CCl₄ is one of the hepatotoxins, which induce liver fibrosis and further in chronic exposure its causes liver cirrhosis and hepatocarcinoma. Amla has been uses from ancient time in an Indian medicine (Ayurveda) and it is major source of Vitamin C (Ascorbic acid), curing diseases like common cold, cancer, heart disease and scurvy. Some other properties i.e.: antioxidant, anti-inflammatory, anti-mutagenic, anti-fungal and anti-microbial activity. The fish samples were divided in three groups and five fishes in each groups; control group, CCl₄ treatment group and CCl₄+amla treatments group. After treatment of CCl₄, changes occur in RBCs shape, liver became cyst like, kidney size reduced and damaged in renal tubule. The level of alkaline phosphatase, total bilirubin, SGOT and SGPT became increases after exposure of CCl₄. This study explores the anti-oxidant property of Amla against CCl₄ toxicity.

Keywords: Emblica officinalis (Amla), CCl₄ (Carbon tetrachloride), Channa punctatus, Liver, Kidney

FOSTERING EMPLOYEE RESILIENCE AND ORGANIZATIONAL COMMITMENT: THE MEDIATING ROLE OF EMPLOYEE ENGAGEMENT

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Dr. Mamata Mahapatra

Professor, Amity University, Noida, UP, Amity Institute of Psychology and Social Sciences

Dr. R.K. Pradhan

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ABSTRACT

Aim: The study aims to understand the mediating role of employee engagement on employee resilience and organizational commitment among banking sector employees. **Method:** Data was collected using the Brief Resilience Scale, Utrecht Work Engagement Scale, and Organizational Commitment Scale on 122 bank employees. All the demographics were taken via offline and online modes. **Result:** The SPSS-27 has done all the data calculation work from where a significant relationship was found between employee resilience, employee engagement, and organizational commitment at $p < 0.01$ level of confidence. **Conclusion:** In today's competitive and helter-skelter climate, organizations need to adapt and transform quickly due to increased competition, technical breakthroughs, and changes in worker demographics in overall performance. Employee engagement mediates this relationship, suggesting that fostering resilience and commitment can enhance work engagement. Resilience is crucial for managing stress, tardiness, disputes, and crises, and recruiting resilient individuals can help reduce staff absenteeism and attrition in the banking sector.

Keywords: Banking Sector, Employee Engagement, Employee Resilience and Organizational commitment, Psychological implications

NATURAL OIL BASED SELF-NANOEMULSIFYING DELIVERY SYSTEM OF BCS CLASS III DRUG: RELEASE MODULATION & ANTI-OXIDANT PROSPECTS

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ABSTRACT

Cardamom oil (CO) obtained from the seeds and leaves of *Elletaria cardamomum* has good antioxidant property and employed in the designing of self-nanoemulsifying drug delivery system (SNEDDS) for improvement of drug release of BCS Class III drug. CO based SNEDDS design were screened out from phase diagrams constructed from CO as an oil phase, using Tween20/PEG400 as S_{mix} ratios at 1:1; 1:2 & 2:1 or without drug (six naïve systems of CO). Measurement of mean droplet size of SNEDDS were in the range of 150-190 nm and 19-150 nm respectively while zeta potential of naïve systems were -2.99mV. Conductivity & refractive index (RI) values of SNEDDS were $231 \pm 0.01 \mu\text{S/cm}$ & 1.451 units respectively. In-vitro release studies conducted on SNEDDS loaded with model drug selected under BCS class III exhibited delay release in HCl buffer at pH 1.2, phosphate buffer at pH 6.8 than its free drug. Drug release was found independent from S_{mix} ratio. Antioxidant activity of SNEDDS vs. coarse dispersion of BCS class III was evaluated using DPPH method. Data showed that SNEDDSs produced significant difference ($p < 0.01$) in the inhibition of lipid peroxidative effect in comparison to coarse system. Future prospective of developed CO based SNEDDS system could be modulation of drug permeability and it could be employed as SNEDDS based delivery system would have antioxidant activity with sustained release characteristics.

Keywords: Cardamom oil, Permeability, Self-Nanoemulsifying formulation, Antioxidant potential, Dissolution enhancement.

COGNITIVE PROCESSES IN PHASMOPHOBIA: A CONCEPTUAL REVIEW AND THERAPEUTIC CONSIDERATIONS

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ABSTRACT

Fear, a fundamental emotion, has been researched extensively from a behaviorist lens and has conventionally been approached as a learned association. The growing popularity of the cognitive school of thought has contributed to the inclusion of the active role of the brain and its processes in fear acquisition and response. Highlighting the importance of the cognitions underlying learned behavior as well as the influence of solely cognitive processes (biases, heuristics, etc.) the cognitive model proposes an alternative approach to understanding fear related to specific phobias. Therapeutic techniques such as CBT and exposure therapy acknowledge the interplay amongst these constructs and have proven to be effective. However, correlates of a wide range of specific phobias, like that of phasmophobia are relatively unexplored and a general approach to treatment is employed. Therefore, through this review paper, an attempt is made to address this gap and provide a brief and comprehensive model of fear acquisition and response with an emphasis on the fear of paranormal/supernatural i.e. phasmophobia. This model will provide a wide range of specific cognitive correlates to meet the needs of the idiosyncratic nature of specific phobias. Additionally, directions for future research will be provided.

Keywords: cognitive psychology, behaviorism, fear response, fear of paranormal, cognitive bias

SMARTPHONE ADDICTION AND COPING STRATEGIES AMONG LATE ADOLESCENTS IN CHENNAI

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ABSTRACT

Across the globe, Smartphones have become consequential in everyone's life. As smartphone offers wide range of applications and bring the world into a single touch, irrespective of the age group many people are using it. The study's goal is to determine how smartphone use and coping strategies are related. The sample size is 200 with 100 males and 100 females who are between the ages of 18 and 25. Smartphone Addiction Scale Short Version (SAS-SV) by Kwon et al (2003) will be used to measure the smartphone addiction. Brief COPE by Carver (1997) will be used to measure the coping strategies employed by the Adolescents. Both qualitative and quantitative methods will be employed to discuss the relationship between Smartphone Addiction and Coping Strategies employed by the adolescents. The findings of this study will be helpful for psychologists to develop strategies to help adolescents to employ adaptive coping strategies in relation with smartphone addiction.

Keywords: Smartphone, Addiction, Adolescents, Coping Strategy, Adaptive coping

AN INSIGHT INTO STUDENT LIFE WITH THE FLIPPED LEARNING MODEL

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ABSTRACT

Education is one of the most influential factors in an individual's life, taking place at a crossroad of development across all domains. As such, it makes sense that innovations that improve upon the current scenario harbour significant impact on the life of a student across all domains, from academics to socio-cognitive and psychological well-being. One such advancement occurring in the past few years has been named 'flipped learning/classroom model (FL)'. It turns the traditional teaching method on its head, as students learn the material and read up on topics outside the classroom in their own time, while the teacher engages them with in-depth discussions, activities and pop quizzes to expand their knowledge and reinforce it. If used appropriately, this can significantly improve student life. This paper aims to assess the impact of FL across various domains of the student life and understand the potential benefits, with comments upon ways to further improve the model. To achieve the same, an extensive review of literature published in recent years was done assessing the same across various aspects like academics, stress levels, anxiety, value perception etc. It was observed that FL seemed to reduce negative factors like stress and anxiety levels among others, while improving positive factors like academic achievement, value perception etc. across all ages. Further long-term implications of these benefits in an individual are discussed, as we see the impact of reducing stress and anxiety levels can lead them towards better functioning in all domains of life, with increased knowledge retainment and academic achievement resulting in a decrease in number of school dropout rates, better coping with the academic load and also an increase in the number of well-versed professionals for different fields among other benefits. Along with this, various helpful additions to this model are discussed, involving the use of technological advancements like AI, VR, Audiobooks among others.

Keywords: Flipped learning/classroom model (FL), Stress, Anxiety, Value Perception, Academics

RELATIVE DEPRIVATION AS A PREDICTOR OF ORIENTATION TOWARDS SOCIAL PROTEST IN UNEMPLOYED YOUTH: MEDIATING ROLE OF NEGATIVE AFFECT

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ABSTRACT

Social inequality over time may cause a societal breakdown in trust, solidarity, and cohesion among the society. This innate response to injustice or unfairness is common in humans and non-human primates. At its root, experiencing injustice is an embodied phenomenon combining social comparisons, cognitive evaluations, and emotional responses.

When unemployed people compare themselves with employed people, they find themselves in a worse situation. They may identify themselves as a disadvantaged or deprived group of society. This kind of Relative Deprivation may lead to different deviant adaptations. Moreover, Unemployed are a permanent and highly visible feature of most social protests.

The purpose of the current study was to evaluate the role of Negative Affect states in mediating the relationship between Relative Deprivation and Social Protest. For the study, 200 unemployed young people were included with an age range of 20-30 years. Participants were provided with a self-report inventory of questionnaires with Relative Deprivation (Jia, 2022), Eight State Questionnaire (Curran and Cattell, 1976) for Negative Affect, and Activism Orientation Scale (Corning & Myers, (2002). Descriptive Statistics and Regression analysis was used for the analysis of data. It was found when people compare themselves to others and believe the inequalities are unjust, they may feel unsatisfied or unhappy with the situation. Negative responses may occur when expectations are not satisfied, and these negative responses or affects may breed a propensity for violent protest.

Keywords: Inequality; Relative Deprivation; Unemployment; Negative Affect; Social Protest

CORRELATION BETWEEN PERSONALITY TRAITS AND COPING STRATEGIES OF YOUNG ADULTS IN INDIA

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ABSTRACT

The aim of the present work was to investigate the correlation between personality traits and coping strategies among young adults in India, as well as determine if males and females have any significant differences in terms of personality traits and coping strategies. For this purpose, correlational and ex-post facto research design were employed on a sample of 126 young adults (61 males and 65 females) between the age of 18 to 35 years. Personality traits were measured using NEO Five Factor Inventory, and coping strategies were measured using Coping Strategies. The data was analysed using Pearson Correlation and t- test. Results demonstrated significant correlation between personality traits and coping strategies. Additionally, significant difference between males and females has been found in behavior avoidance coping strategies, and personality traits of openness and agreeableness. The findings of the present study give insight into the complex relationship between personality and coping strategies, additionally sex related difference between these variables suggest implications for the understanding of sex related differences especially regarding social behavior and psychological interventions.

Keywords: Personality, Big Five Personality Traits, Coping Strategies, Gender Differences, NEO Five factor Inventory.

EXAMINING THE CORRELATION WITHIN AND BETWEEN PERSONALITY TRAITS AND COPING STRATEGIES AMONG YOUNG ADULT MALES AND FEMALES IN INDIA

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ABSTRACT

Aim: The objective to the present study is to examine the correlation within and between personality traits and coping strategies among young adult males and females in India.

Method: NEO Five Factor Inventory and Coping Strategies Scale were used measure personality traits and coping strategies, respectively, on a sample size of 126 young adults (61 males and 65 females) between the age of 18 to 35 year. Sample was selected using purposive sampling technique. The data was analysed using Pearson Correlation.

Results: The results of the study revealed several differences between males and females. In terms of personality traits, both sexes exhibited a significant positive correlation between extroversion and conscientiousness in their personality traits. However, males showed additional significant positive correlations between openness and agreeableness, and between agreeableness and extroversion. In terms of coping strategies, females had a significant positive correlation between cognitive approach and behavioural cognitive approach, and behavioural approach has significant positive correlation with all coping strategies. In contrast, males exhibited a significant positive correlation between behavioural approach and behavioural avoidance, while also displaying significant positive correlations between cognitive approach and behavioural cognitive approach, and between cognitive approach and behavioural cognitive approach. In terms of correlation between personality traits and coping strategies, among females, behavioural cognitive approach has significant negative correlation with neuroticism, and a significant positive correlation with extroversion and conscientiousness, while cognitive approach had a positive correlation with conscientiousness. In contrast, among males, behavioural avoidance has a significant negative correlation with agreeableness and conscientiousness, and cognitive avoidance has significant negative correlation with. These findings provide insight on the intricate relation that exist within personality traits and coping strategies, as well as between the two variables. It also reveals sex related differences in the manifestation of these correlations.

Keywords: Personality Traits, NEO Five Factor Inventory, Coping Strategies, Coping Strategies Scale, Correlational Study, Sex Differences, Young Adults

INTRODUCTION OF CAREER MANAGEMENT PROGRAM FOR SCHOOL STUDENTS WITH INNOVATIVE STRATEGIES

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ABSTRACT

In recent years, we have witnessed many changes in the work system, from classroom to virtual work system, job seekers to job providers. We are living in a digital work era and our global solutions must reflect that. The challenge of education today is to offer school experiences that provide students with opportunities to develop the understanding skills, and attitudes necessary to become lifelong learners, capable of identifying and solving problems and dealing with change. The students need to communicate clearly, competently, and confidently from a broad knowledge base in order to make thoughtful and responsible decisions. In response to these challenges, it is necessary to shift guidance from education to innovative career management programs. I found that a lot of students started out with a vision and purpose but they faced the adversities and challenges of the education system. In this process, I have introduced four domains, which include learning about themselves, gathering information, planning and portfolio development, and lastly goal setting and decision making. In this process, we need to develop communication connections and care to create a healthy relationship in the whole process. My relevance of the study is to find out the effectiveness of career management programs for students from classes 7th to 12. My paper will study the observable changes in the team of parents, teacher, and students due to the digital work system. The aim is to study the effectiveness of communication. For the present study random sampling of 100 students from class 8th to 10th. Data was gathered using a questionnaire workshop conducted to make the career management program effective. The limitation of the research is the small sample size of urban regions. Secondary data include online blogs, newspapers and websites.

Keywords: Career Management, Innovation, Communication, School Students.

ATTACHMENT STYLES & RELATIONSHIP SATISFACTION AMONG LONG-DISTANCE ROMANTIC COUPLES: ROLE OF RELATIONSHIP MAINTENANCE BEHAVIOR

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ABSTRACT

Long-distance romantic couples encounter several stressors due to prolonged physical separation. Despite that affecting their connection, to maintain closeness, intimacy, and overall couple well-being, partners perform relational maintenance behavior like actively expressing their love and commitment, open communication of thoughts and feelings, spending quality time to increase positive interaction, supporting their partner, etc., known as relational maintenance behavior (RMB). The current study explores relationship satisfaction (RS) among long-distance partners from the lens of attachment theory, as love and attachment in adult romantic relationships mirror how attachment ties a child with their caregiver. The researchers examine the mediating role of RMB between attachment style and RS. Data collected online from Indian young adults (18-30 years) currently pursuing a long-distance relationship (N = 103, 77 female, 26 male) showed that secure attachment type has a significant positive correlation with relationship satisfaction ($r=0.363$, $p < .001$), and relational maintenance behavior ($r=0.291$, $p < .01$). Relational maintenance behavior was significantly associated with relationship satisfaction ($r=.485$, $p < .001$). As hypothesized, attachment style predicted relationship satisfaction. Secure attachment was found to be a significant direct predictor ($\beta = 0.21$, $t = 2.44$, $p < .05$), and anxious preoccupied type was found to be a significant negative predictor ($\beta = -0.16$, $t = -2.09$, $p < .05$). Routine and strategic maintenance behavior was also found to be a significant positive predictor of relationship satisfaction ($\beta = 0.26$, $t = 2.64$, $p < .05$). In the mediation model of the indirect pathway Secure \Rightarrow RMB \Rightarrow RS, relational maintenance behavior was found to mediate between secure attachment and relationship satisfaction partially. Evidence supported the present research. However, anxious and avoidant attachment types did not show promising results, which can be a potential area for further research.

Keywords: Long Distance Relationship, Relationship Satisfaction, Attachment Styles, Relational Maintenance Behavior, Secure Attachment.

EATING DISORDERS: CHALLENGES IN DIAGNOSIS AND TREATMENT

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ABSTRACT

Aim: To study the challenges faced in diagnosis and treatment of eating disorders in India

Method: A case study methodology was utilised to explore challenges faced in diagnosis and treatment of adolescents with eating disorder presenting in a primary care setting. Detailed history taking, mental status examination and assessments were carried out to elucidate and assist in diagnosis. Based on individual diagnoses of Anorexia Nervosa and Avoidant/Restrictive Food Intake Disorder, a multidisciplinary approach was adopted with Enhanced Cognitive Behavior Therapy (CBT-E) as the primary psychotherapeutic treatment.

Results: Common issues emerged in diagnosis as well as treatment. The cases that have been chosen present history of multiple consultations with physicians, extensive medical tests, and treatments, suggesting greater acceptance and compliance with physicians than with mental health professionals. It also focuses on the difficulties encountered during the intervention in dealing with adolescents as existing literature and treatment modules developed for cognitively sophisticated clients did not translate adequately in implementation.

Discussion: The study highlights obstacles in form of lack of awareness and availability of appropriate healthcare services in rural areas resulting in misdiagnosis and treatment delay. The implementation is further complicated as existing treatment modules have been developed in primarily western context. Future directions include establishing efficacy and effectiveness of adaptations of pre-existing intervention modules like CBT-E and developing contextually grounded intervention modules in the Indian context.

Keywords: Eating Disorders, CBT-E, Adolescents, India, Challenges

PERSPECTIVES OF E-LEARNING PEDAGOGY IN TEACHING AND LEARNING OF PHYSICS COURSE DURING COVID ERA

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ABSTRACT

This paper reports the acceptance level and insight of first year engineering undergraduate learners studying physics using e-learning classroom strategy implied during COVID period. The authors tried to implement an effective approach using e-learning as well as problem based learning as its major instruction for teaching and learning (T&L). The teaching and learning activities based on technology enhanced digital media was done via e-learning which included their assessments in the form of multiple choice based quizzes, rubrics based physics lab journal submission etc. We have also tried to conduct problem based learning in physics using poster making on the given topic, PowerPoint presentation or making screencast video of their presentation. This methodology is an educational approach where the students act as active learners who are guided by facilitator. E- Learning and problem based learning techniques are one of the alternative approaches to the traditional methods of teaching. A set of questionnaire was floated among the students to get their feedback on the new methods of teaching learning involved. Students' response towards e-learning is also discussed in the paper. The paper presentation activity used in the problem based learning involves the group activity as a flipped classroom teaching medium. Poster presentations are now being used quiet frequently as one of the teaching method. These sessions are beneficial for the students as it promotes learning, serves to be an excellent tool for developing their soft skills. At the same time, it also encourages students to explore the given topic thoroughly and provides opportunities for think-pair-share learning thus, promoting a positive attitude among the students.

Keywords: Flipped Classroom, Critical Thinking, Technology-Enhanced Learning, E Learning, Poster Presentation, Problem Based Learning, COVID

SINGLE MOTHER SYNDROME OF INTERNATIONAL MIGRANTS-MYTHS AND REALITIES

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ABSTRACT

Migration has been a longstanding human tradition throughout history, and international migration has emerged as a consequence of globalization. The absence of a husband paved the way for women-headed families in India. The concept of 'Single Mother Syndrome' among international migrants refers to a range of challenges and experiences faced by women who are left behind as single parents when their spouses or partners migrate for work or other reasons. This **ABSTRACT** provides an overview of a comprehensive study unpacking the myths and realities associated with this phenomenon and highlights the diverse and nuanced realities that single mothers navigate by critically analyzing the multifaceted impacts on women in sending countries.

Through a meticulous review of existing literature and case study methods, the paper explores economic, emotional, social, cultural, parenting, and health-related aspects that shape the experiences of these women. The paper dismantles ten common myths associated with this phenomenon, ranging from economic hardship and emotional distress to rigid gender roles and universal vulnerability in the context of international migration. In contrast to these myths and prevalent misconceptions, this study focused on the dynamic interplay of economic, emotional, and social factors and inform policymakers, support organizations, and communities about the complexities of the Single Mother Syndrome among international migrants. It advocates the importance of considering individual circumstances and cultural context when addressing the needs of these women and suggests tailored and culturally sensitive support mechanisms that recognize the resilience, strengths, and evolving experiences of these women and their families.

Keywords: Migration, International Migration, Women left behind, Single mother syndrome, Myths and Misconceptions.

UNDERSTANDING SCHIZOPHRENIA WITH OBSESSIVE-COMPULSIVE FEATURES IN AN ADULT FEMALE

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ABSTRACT

This case report delves into the intricate diagnosis and assessment of a 48-year-old female patient. She was dealing with the co-occurrence of Schizophrenia and OC features. The patient's major concerns encompassed a spectrum of symptoms, including aggression, suspiciousness, hearing things that could not be heard by others, feeling of coldness in bones, unwanted and repeated thoughts and fear of contamination. The patient's readmission to the psychiatric centre occurred after experiencing these distressing symptoms and she was admitted at the hospital for three months. A comprehensive assessment battery was employed to support and clarify the diagnosis, which included The Rorschach Inkblot test for a deeper understanding of thought processes, the Brief Psychiatric Rating Scale to gauge symptom severity, The Yale-Brown Obsessive-Compulsive Scale to quantify obsessive-compulsive features, and the 16 PF for personality evaluation. The results of these assessments, combined with clinical observations have been discussed.

Keywords: Schizophrenia, Obsessive-compulsive, OCD, Case report, Assessments, Psychosis.

A STUDY ON INTEGRATED COGNITIVE BEHAVIOURAL THERAPY FOR PATIENTS WITH SUBSTANCE USE DISORDER AND ADHD

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ABSTRACT

Background: Attention Deficit Hyperactivity Disorder (ADHD) frequently co-occurs with Substance Use Disorders (SUDs). Standard ADHD treatments have not been found effective in this population. The aim was to study the efficacy of Integrated in patients suffering from Substance use Disorder with ADHD enrolled in a residential treatment program for substance use disorder.

Methods: the study consisted of two groups with 50 members each suffering from substance use disorder with ADHD. The study group received both integrated CBT and treatment as usual whereas the control group only received treatment as usual.

Results: the study group showed significantly more reduction in ADHD symptom severity as compared to the control group post treatment as well as on follow up of 2 months and 6 months post treatment. The recovery rate from SuD six months post treatment was also found to be higher in study group as compared to the control group

Conclusions: Compared to regular treatment for SUD integrated cognitive behaviour therapy resulted in more improvement in both ADHD symptoms and SUD.

Keywords: Substance use Disorder, ADHD, Integrated Cognitive Behavioural Therapy, residential treatment program, recovery

NEUROCOGNITIVE FUNCTIONING IN BEHAVIOURAL ADDICTION

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ABSTRACT

Behavioral addictions, as delineated within the International Classification of Diseases, 11th Revision (ICD-11), have drawn increased attention owing to their pervasive and deleterious impact on mental health. ICD-11 characterizes behavioral addiction as a persistent engagement in specific behaviors resulting in clinically significant impairment or distress, and it encompasses diverse manifestations, with gambling addiction and gaming addiction being prominent among them. This narrative review undertakes the synthesis and critical examination of the recent literature surrounding the cognitive aspects of individuals afflicted by gaming and gambling addiction, with a keen focus on cognitive domains encompassing memory, attention, concentration, retention, recognition, intelligence, visual perception, and visuomotor skills. Compliant with the Preferred Reporting Items for Narrative Reviews (PRISMA) guidelines, we systematically scoured electronic databases and relevant journals to identify peer-reviewed articles published within the past five years, and through rigorous inclusion criteria, we incorporated 10 pertinent studies into this review. Our findings underscore the profound cognitive functioning associated with gaming and gambling addiction, resulting in marked functional and emotional distress. Memory deficits, spanning working and episodic memory, were prevalent, as were widespread issues with attention and concentration, diminishing cognitive flexibility and executive functioning. Additionally, these addictions contributed to difficulties in retaining new information, recognizing cues, and processing information, impeding the decision-making capabilities of affected individuals. The impact on intelligence was inconclusive, with some studies suggesting potential cognitive developmental effects, while others reported no significant disparities in intelligence scores between addicted and non-addicted individuals. Visual perception and visuomotor skills were also compromised, with evident reductions in hand-eye coordination and visual-spatial processing. Future research directions should prioritize longitudinal investigations to assess the potential reversibility of these cognitive deficits and develop specialized cognitive remediation interventions, offering support to those grappling with gaming and gambling addiction.

Keywords: Behavioral addiction, Gaming addiction, Gambling addiction, Cognitive functioning

EFFECT OF CYBERLOAFING ON MENTAL HEALTH, QUALITY OF LIFE, AND STUDENT ENGAGEMENT AMONG COLLEGE STUDENTS

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ABSTRACT

The current study's main goal is to discover the effect of cyberloafing on mental health, quality of life, and student engagement among college students, as well as the difference in demographic details (gender, qualification, and place of living) and the effect of cyberloafing dimensions on student engagement among college students. A total of 200 data were collected, and 193 student responses were taken for the study, of which 96 were male students and 97 were female students. By using the purposive sampling method, quantitative data was collected through online and offline modes. Data was analyzed using SPSS in that t test, Linear and multiple regression were used in this study. A result of the study was that cyberloafing significantly predicts mental health and student engagement among college students but not significantly predicts the quality of life among college students.

Keywords: Cyberloafing, Mental Health, Quality of Life, Student Engagement.

**AN ANALYSIS OF E-WALLET ADOPTION AND USAGE PATTERNS BY
UNIVERSITY STUDENTS IN INDIA**

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ABSTRACT

E-Wallets, commonly referred to as electronic wallets or digital wallets, are applications available on digital platforms that facilitate transactions online easily and safely. They enable users to make payment digitally with the use of smartphones, tablets, computers and other electronic devices. Electronic wallets have been around since the late 1990s, when the emergence of e-commerce called for safe and practical means of online payment, however in recent times they have gained wide scale popularity. Demonetisation, followed closely by the COVID-19 pandemic propelled India into becoming one of the largest users of E-wallets in the world.

E-wallet are very popular with university students. They provide the students with effective financial management options. They equip them with an understanding of their spending patterns through features like expense tracking, budgeting tools, and transaction history. E-wallets empower students to make wise financial decisions and develop sound financial practices. These resources can improve students' general financial literacy and equip them to manage their money wisely while pursuing their academic goals.

The aim of this paper is to determine the factors leading to the large scale adoption and usage of e-wallets by university students. It evaluates the perceived advantages and challenges related to e-wallet usage by them. It also assess the effect of e-wallet usage on university students' financial management abilities and behaviour.

The paper concludes with suggestions and recommendations for the e-wallet industry.

A SURVEY STUDY OF CHILD FRIENDLY SCHOOL MODEL: AN ADVANCEMENT FOR BETTER EDUCATION

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ABSTRACT

Education is the act or process of imparting or acquiring general knowledge, developing the powers of reasoning and judgment, and generally of preparing oneself or others intellectually for mature life. Education is a powerful instrument to modify our behavior and it also makes us realize our own self. The aims of education are also very wide in their scope and cater to individual and social need of an individual.

In the course of UNICEF's work during the past decade, the child-friendly school (CFS) model has emerged as the organization's signature means to advocate for and promote quality education for every girl and boy. The model can be viewed as a package solution and a holistic instrument for pulling together a comprehensive range of quality education interventions. As the main proponent of this model. The CFS approach to education guarantees all children the right to schools that are safe and protective, that offer safe drinking water, hand-washing facilities and clean, safe toilets. In child-friendly schools, children learn about hygiene and how to protect themselves and their families from infectious diseases. The access water, sanitation and hygiene (WASH) in schools improves health, boosts attendance and achievement, promoters gender equality and benefit communities.

A review study has been done to see the problems faced in implementing CFS model worldwide. The review of the studies carried out in different countries of the world revealed that educational institutions are willing and interested to implement the Child Friendly School Model in a positive way. Countries of the world are framing policies to provide a guideline make a conducive environment for establishing Child Friendly Schools. It has been observed that there is a need of providing training to concerned peoples and creating awareness among stakeholders regarding different elements of Child Friendly School Model. Need to upgrade schools to become child friendly have also been pointed out.

Keywords: UNICEF, Child-Friendly school, child rights, education, basic amenities.

ANXIETY AND SOCIAL PRESSURE AMONG UNEMPLOYED YOUNG ADULTS

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ABSTRACT

Unemployment is a major social problem that affects psychological health of young population and adds to societal problems. The purpose of this research is to study social pressure and anxiety that unemployed men and women experience. In light of the changing nature of the workforce and gender relations, it is essential to comprehend the unique experiences of this group in order to design policies and provide appropriate support. Psychological issues, such as low self-esteem, worry, stress, and depression, has been observed among the unemployed youth. It can cause a person to lose their sense of self, control, and social relationships, which frequently leads to maladaptive coping strategies and cognitive difficulties. The sample of the study consists of 120 unemployed young adults aged 18 to 30 years old. The results of this study underline the unique difficulties that unemployed youth faces on the way to build their future.

Keywords:: Anxiety, unemployment, social pressure, gender differences, young adults.

INTERNET ADDICTION AS AN ANTECEDENT TO PROVOKE OBSESSION-COMPULSION AND BODY DYSMORPHIC DISORDER AMONG YOUTH: A SYSTEMATIC REVIEW

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ABSTRACT

Internet addiction, also known as problematic internet use or internet addiction disorder (IAD), is a term used to describe excessive and compulsive use of the internet that interferes with daily life, relationships, school work, productivity, and overall well-being. Like other forms of addiction, internet addiction can have negative consequences on various aspects of a youth life. Excessive use of the Internet at different types of platform changes people's perception and mental health.

This study reviews the existing scientific evidence regarding internet-use-related addiction problems and its association with obsession-compulsion and body dysmorphic disorder among youth. In the last two decades, there has been an exponential growth in research in this field. Since 2013, internet gaming disorder has been included in the appendix of the American Psychiatric Association's fifth Diagnostic and Statistical Manual of Mental Disorders, and gaming disorder has been included in the eleventh International Classification of Diseases published by the World Health Organization. This study includes a detailed critical literature review on internet addiction, obsession-compulsion, and body dysmorphic disorder. Based on scientific databases, several empirical studies with both community and clinical literature reviews have been selected from different resources of web based services. The majority of studies with internet-use-related addictions were found significant correlation with obsession compulsion and body dysmorphic disorder young youth. Comorbidities with other psychiatric conditions were present as a rule, and they were more severe in the case of depression and internet gaming disorder. This study provides the conceptualization of these two internet-use-related addiction problems, together with a set of policy options, preventive actions, and evidence to support future policies in the Indian context.

Keywords: Internet, Internet Addiction, Obsession- Compulsion, Body Dysmorphic Disorder, Youth

A REVIEW STUDY ON NUTRITION-SENSITIVE APPROACHES TO OVERCOME POOR CHILDREN'S HEALTH

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ABSTRACT

This review study was conducted to address the issue of malnutrition among children below five years of age in India, despite the country's progresses in agriculture and food production health status an alarming concern. This paper focused, the prevalence of underweight and stunting children, correlation between maternal health and children's nutritional status, importance of nutrition-sensitive agriculture to cater the health of families and agricultural growth and, requirement of multidisciplinary actions to eradicate poor health among people. The paper also presents the current scenario of nutrition and anemia in India, along with how it can impact the cognitive and physical abilities of individuals, leading to negative effects on socioeconomic indicators. Researchers have taken an interdisciplinary approach to handle the issue of malnutrition by designing nutritional models to improve food and nutrition security and promoting dietary diversification. On the other hand, policymakers are addressing problems through ongoing food supplementation programs and nutrition interventions. The study emphasizes the need for nutritional education and communication to improve the nutritional status of people and reduce the burden of childhood stunting in India.

Keywords: Nutrition-sensitive approach, Children's Health, Malnutrition, Maternal Health, Agriculture

FACTORS OF AFFECTING INTERVENTION AND PARENTAL SATISFACTION IN ASSAM WITH REFERENCE TO CHILDREN WITH EARLY DEVELOPMENTAL DISORDER

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ABSTRACT

Like physical health, utilisation of mental health care also depends upon various socio-economic factors. Early Developmental Disorder among children has become a cause of concern at present time as it requires intensive therapy, intervention and treatment. This paper tries to find the various socio-economic factors which influence the utilisation of therapy, intervention and treatment for the affected children by their parents in Assam and parental satisfaction based on primary data. Data has been collected about 189 children from the age group 5-15 years age group from their parents from different parts of the state. Data has been analysed both in terms of bivariate and multivariate analysis. This study has identified the economic condition of the household to which the children belong, the level of education of the parents, severity of the ailment are the major factors that actually guide the decision regarding the use of intensive therapy, intervention and treatment. Parental satisfaction from the utilisation of health care for their children in terms of intensive therapy, intervention and treatment has also been analysed in this study.

Keywords: Socio-Economic, Intensive Therapy, Intervention, Economic Condition, Severity of Ailment

THE MEDIATING ROLE OF EMOTIONAL INTELLIGENCE IN CRIMINAL PROPENSITY: UNDERSTANDING THE IMPACT AND IMPLICATIONS AMONG ADOLESCENTS

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ABSTRACT

Adolescent delinquency remains a pressing societal concern with far-reaching implications. This review paper delves into the nuanced relationship between emotional intelligence (EI) and criminal propensity among adolescents, offering a comprehensive synthesis of existing research to understand its mediating role and the implications it holds for prevention and intervention efforts. Adolescence, marked by significant cognitive, emotional, and social changes, is a critical period for studying the emergence of criminal behaviors. By conducting an exhaustive review of empirical studies, psychological theories, and criminological literature, this paper elucidates the intricate pathways through which emotional intelligence mediates the link between psychosocial factors and criminal tendencies during adolescence. The synthesis of findings reveals that emotional intelligence acts as a key determinant in shaping adolescents' behaviors. Adolescents with higher emotional intelligence are better equipped to navigate emotional challenges, make informed choices, and engage in prosocial interactions, thus reducing their susceptibility to criminal behaviors. Conversely, adolescents with lower emotional intelligence may experience difficulties in regulating emotions and displaying empathy, potentially increasing their likelihood of delinquent involvement. Recognizing the practical implications of these findings, this review paper discusses the potential for early identification and enhancement of emotional intelligence as a preventive measure against adolescent delinquency. It underscores the role of educational institutions, families, and juvenile justice systems in implementing targeted emotional intelligence education programs and interventions to equip adolescents with essential skills for responsible decision-making and healthier relationships. In conclusion, this review paper offers a comprehensive exploration of the mediating role of emotional intelligence in criminal propensity among adolescents. By synthesizing existing research, it sheds light on a promising avenue for reducing juvenile delinquency. Understanding the intricate impact and implications of emotional intelligence in this context provides valuable insights to foster a safer and more promising future for our youth and society as a whole.

Keywords: Adolescents, Criminal Propensity, Emotional intelligence, Juvenile delinquency, Life skill

UNDERSTANDING GRATITUDE AND RUMINATION IN POST-TRAUMATIC GROWTH

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ABSTRACT

The primary objective of this study was to examine the roles played by gratitude and rumination in the context of post-traumatic growth (PTG) among individuals who have undergone traumatic experiences. The research involved 210 participants who were asked to complete self-report questionnaires assessing their levels of gratitude, rumination, and PTG. The findings of this investigation revealed a significant positive correlation between gratitude and PTG, whereas rumination exhibited a negative correlation with PTG. Furthermore, these results suggest that encouraging gratitude and mitigating rumination may facilitate the development of PTG and enhance the overall well-being of trauma survivors. This study offers valuable insights into the significance of gratitude and rumination in the process of PTG following trauma, underscoring the potential advantages of interventions designed to boost gratitude and reduce rumination among individuals who have experienced trauma. This research contributes important knowledge for the constructing interventions fostering PTG and improving the well-being of trauma survivors.

Keywords: - Post-traumatic growth, Gratitude, Rumination, Trauma

MENTAL HEALTH CARE THROUGH JUDICIAL PARLANCE

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The research paper primarily focuses on the challenges faced by the mentally disabled people in the legal system. Mentally ill persons, whatever their origin, or nature, have certain fundamental rights, which include the right to enjoy a decent life. The first part of the research paper provides an overview of the legal background concerning mental health care legislation at the international level. This has been divided into two sections. The first part introduces the concept of disability as incorporated under the United Nations Human Right instruments. The second part presents a comparative study of those instruments with the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) along with the existing mental health care legislations in India.

Challenges: Although several laws exist to ensure their full and effective participation in society. Yet, they remain ineffective due to a lack of awareness and their non-implementation.

Critical Analysis: The third part of the paper discusses the Indian and foreign case laws on this issue.

Achievements: To present how the judiciary acts as the protector of the human rights of mentally disabled persons and provide jurisprudence on the development of this area of law.

Lessons: The primary duty of domestic laws is to take care of the mental health, safety, and welfare of the population. Proper implementation of such laws to uplift of mental health conditions of their population.

Legal Vision: Understanding and solving major regulatory challenges in India and strengthening relevant laws along with a system of accountability in this area.

Keywords: Mental Health, Human Rights, United Nations, Judiciary, Disability.

BEHAVIORAL ADDICTIONS IN INDIAN CONTEXT: CURRENT CHALLENGES AND RECOMMENDATIONS

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ABSTRACT

This talk explores the prevalent issue of behavioural addictions in India, focusing on concerns such as internet addiction, gaming addiction, smartphone addiction, etc. Behavioural addictions have gained prominence in the Indian context, significantly impacting the growth and development of children, adolescents and adults. This presentation delves into the current trends of behavioural addictions, shedding light on their prevalence, demographic patterns, associated psychiatric comorbidities and the underlying factors contributing to their rise in India.

The discussion addresses the challenges of identifying and treating behavioural addictions within the Indian healthcare system. Issues like the stigma associated with mental health problems, limited access to specialised treatment, and the absence of standardised diagnostic criteria pose significant obstacles.

To conclude, this talk offers insights into potential solutions and interventions to the Indian context. It emphasises the importance of raising awareness, promoting mental health literacy, and fostering collaboration between healthcare professionals, educators, policymakers, and the community in India. By integrating evidence-based practices, we can develop a holistic framework to address the growing concern of behavioural addictions, promote healthier use of technology, and promote healthier lives for individuals in the Indian context.

A STUDY OF WOMEN IN TERMS OF MENTAL HEALTH

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ABSTRACT

As we all know that women play an important role in our society from birth till death. The foundation of families and communities is women. They are crucial to the growth of children and provide care, support, and nurturing to their families and play a vital role in community development. Communication styles, interpersonal dynamics, emotional expression, and responses to stress are all different between men and women. When we contrast the status of women in modern society with that of mythological civilization, it is evident that things have changed for the better. Women have begun to work, helping to pay for household bills and managing multiple roles as a daughter, sister, wife and mother. In several fields, women now outnumber males. Girls are consistently setting records that make the entire nation—not just their families or societies—proud. In spite of all these positions we all know that there is a discrimination among men and women in our society in respect of sexist prism, where men assumed superiority over women and upheld it as patriarchal society, the differences between men and women have been socially defined and twisted. As a result, women's contributions to the human dyad have been underestimated. One important factor in determining mental health and mental disease has been identified as gender. The culture of India is distinct. The "Indian Paradox" is a system of joint families, patriarchy, marriage being a requirement, especially for women; marriage is a sacred union, a permanent union; preference for the male child; practice of dowry; lower educational status of women; a strict code of conduct for females; and the primary roles of women being childbearing and child rearing. Depression, hopelessness, exhaustion, overwork, domestic and civil violence, entrapment and economic dependence leads to the development of mental health issues in women. Through this study we try to put stress on the well being of women by improving the mental health so that she can lead a better sociological, physiological and psychological life for herself, for the society and for the upliftment of families etc.

Keywords: Women, Men, Gender, Society & Mental Health.

IMPACT OF COVID-19 ON EXECUTIVE FUNCTIONS

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ABSTRACT

Since December 2019 and up to the present, the rapid growth and explosion of SARS-CoV-2 have forced countries all over the world to implement virus control measures intended to slow the curve of infection. The main focus is on neurological and ongoing cognitive challenges. The prevalence and character of the cognitive side effects of COVID-19 are still unknown. Numerous chronic problems are capable of persisting in the post-era, according to evidence. The psychological effects of patients hospitalized for disease in 2019 (COVID-19) are, however, little understood. This essay aims to review the severity and symmetry of cognitive impairments following COVID-19.

Keywords: COVID-19, Cognitive Impairment, Executive Functions

COOPERATIVE LEARNING AS AN INNOVATIVE PEDAGOGICAL STRATEGY

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ABSTRACT

Pedagogy is generally defined as the theory and practice of teaching. Traditional pedagogy implies face to face teaching around a prescribed conceptual framework in a particular set up. Such strategies encouraged rote learning, memorisation and recitation without a focus on the conceptual learning, development of critical thinking and problem-solving skills among the learners. Teachers were the controllers of the class with all powers vested in them, taking decisions on what to teach and how to teach. Teachers served more as knowledge dispensers and not as facilitators. With the changed scenario of the education system, students are no longer the passive audience, listening to the dictates of the teacher instead they are now the active participants, ready to interact and question where ever required, the creator of knowledge. Traditional pedagogical strategies which emphasised passive learning have replaced the modern ones which focus more on democratic values. In this respect the present paper in the light of reviews and researches discusses cooperative learning as an innovative pedagogical strategy which promotes social values, creative thinking and problem solving skills among the learners. Cooperative learning is a learner catered pedagogical strategy that aims at organising learning activities into academic and social practices promoting socialisation of learners. It involves students working together in groups to achieve common goals or tasks. In the process students share their ideas and opinions with each other and also monitor and evaluate the views of other members. Five basic elements integrated with the strategy are positive interdependence, social skills, individual accountability, group evaluation, face to face interaction. Cooperative learning strategies include – Think-Pair-Share, Numbers Head Together, Jigsaw, STAD (Students Team Achievement Division), Quiz-Quiz etc.

Keyword: Cooperative Learning, Pedagogy, Social Skills, Positive Interdependence

BALANCING MIND AND BODY: SIDDHA MEDICINE'S ANCIENT WISDOM FOR MODERN MENTAL HEALTH - A OVERVIEW

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ABSTRACT

Mental health is an integral part of overall health and well-being. It encompasses our emotional, psychological, and social well-being. Mental health conditions can affect our thoughts, feelings, and behaviors, and can interfere with our ability to function in our daily lives.

Siddha medicine, rooted in holistic principles, embraces a wide array of natural remedies, therapeutic practices, and dietary guidelines. It originated in Tamil Nadu, India, and is based on the principles of the Panchabootha (five elements) and the Tridosha (three humors). Siddha medicine has a rich tradition of treating mental health conditions, and its use is becoming increasingly popular in recent years. It emphasizes the equilibrium of bodily humors, energy pathways, and psychological well-being.

There is a growing body of scientific evidence to support the use of Siddha medicine for mental health conditions. For example, a study published in the Journal of Clinical Psychiatry found that the Siddha herbal preparation Brahmi was effective in reducing symptoms of anxiety and depression. Another study, published in the Indian Journal of Psychiatry, found that the Siddha herbal preparation Sarpagandha was effective in treating schizophrenia.

Overall, Siddha medicine offers a safe and effective approach to the treatment of mental health conditions.

Siddha remedies, including herbal formulations and meditation techniques, are discussed in the context of their potential benefits for mental health.

Future directions: More research is needed to confirm the efficacy of Siddha medicine for mental health conditions, and to identify the mechanisms by which it works. Additionally, more research is needed to develop evidence-based treatment guidelines for the use of Siddha medicine in mental health care.

Despite the need for more research, Siddha medicine has the potential to play a significant role in the prevention and treatment of mental health conditions. It is a safe, effective, and affordable system of medicine that is accessible to people all over the world.

Keywords: Mental Health, siddha medicine, Research, Trithosa, Five elements.

SOME IMPORTANT MEDICINAL PLANTS WITH ANTI-ARTHRITIC PROPERTIES

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ABSTRACT

Medicinal plants are an important part of therapy systems globally. Ayurvedic therapy system is largely based on medicinal plants. Ayurvedic system of treatment of diseases has been practiced in India since long time. India harbours rich biodiversity of plants. These plants possess medicinal properties useful in treatment of many ailments. Arthritis is a disease affecting cartilage and bone joints of the body. Rheumatoid arthritis is an autoimmune disease causing swelling, pain and damage to cartilage and bones and in long time may cause permanent disability in patients. A large population globally, especially elderly persons are suffering from arthritis. Females have been observed to be more prone to this disease. Although it is difficult to completely cure this disease in many cases but symptoms of the disease and advancement of disease can be delayed with proper treatment which will improve living quality of patients. Modern systems of treatment are useful in treatment and management of diseases but they have many side effects which in long term negatively affect the health of patients and they are costly also. Ayurvedic system of treatment of diseases involving medicinal plants has few side effects and it is cost-effective. Therefore treatment of arthritis employing medicinal plants can be a suitable cost-effective option of treatment. In this review, some important medicinal plants having anti-arthritis properties are discussed. This review also takes into account their traditional uses in arthritis treatment.

Keywords: anti-arthritis, ayurvedic, bones, medicinal plants, traditional uses.

EMOTIONAL INTELLIGENCE, COGNITIVE DIFFERENTIATION, GENDER AND PARENTAL INFLUENCE AS FACTORS IN CAREER DECISION MAKING

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ABSTRACT

The present study is an attempt to find out the career decision making ability of career oriented boys and girl students in relation to their parental influence and cognitive differentiation ability and emotional intelligence. Career decision making is a cognitive process which is influenced by rational and emotional brain of an individual. Parents always play major role in career decision of their children. Thus, present study is aimed at examining the effect of emotional intelligence and parental influence and cognitive differentiation ability of career oriented boys and girls in career decision making ability. The study was conducted on 320 students of science and commerce stream by using 2x2x2x2 factorial design with fixed effect model consisting randomized sampling technique. They were asked to fill the questionnaires regarding emotional intelligence inventory by Thomas & Shushma (2003), Cognitive differentiation grid by (Manchanda and Hasan 1998) and finally career decision making questionnaire of Gati (1996). Contribution of these factors in generating variance upon career decision making have been done through multiple regression analysis.

Keywords: Career decision making, Cognitive differentiation, Emotional Intelligence, Gender and Parental influence.

MENTAL HEALTH AND MENTAL HEALTH CARE: A PERSPECTIVE FROM CRITICAL PSYCHOLOGY

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ABSTRACT

The purpose of this paper is to examine the concept of mental health and mental health care from a critical psychology perspective, with a focus on the global theme of World Mental Health Day, emphasizing that mental health is a universal human right. Mental health is described as a state of mental well-being that empowers individuals to navigate life's challenges, realize their potential, acquire knowledge, excel at work, and contribute to their communities. It is an integral component of overall health and well-being, forming the foundation for our individual and collective abilities to make decisions, foster relationships, and shape our world. Mental health is fundamentally a human right and plays a vital role in personal, community, and socio-economic development (W.H.O, 2022). However, conception of mental is not inclusive of diverse population of India as well as overlooking the foundation of social justice and epistemological justice in its commencement. Thus, this paper is an attempt to draw the attention of stakeholders towards revisiting the same from the critical lenses. Critical Psychology offers a unique perspective that goes beyond individualized approaches to mental health, delving into the socio-cultural and political contexts that influence an individual's mental well-being. This paper employs a feminist standpoint to raise methodological considerations surrounding the politics of defining this construct, paying close attention to the language and discourse used to expound upon it, as well as exploring concepts of reflexivity, representation, and the intersectionality of differing experiences of mental health. Finally, the paper advocates for the mobilization and direction of research to bring about social change and inclusivity in the realm of mental health care.

Keywords: Critical Psychology, mental health, Feminist, epistemology and social justice

USABILITY CHALLENGES OF MOBILE HEALTH TECHNOLOGIES DEVELOPED FOR COMMUNITY DWELLING OLDER ADULTS: A SCOPING REVIEW

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ABSTRACT

Background: Mobile health (mHealth) technology is defined as the use of mobile and wireless devices, such as mobile phones, tablet computers, patient monitoring devices, and mobile applications, to support the achievement of health objectives. Despite of the multiple benefits of mHealth technology in the healthcare sector, strong evidence of its widespread use by older adults for their self-management is lacking. The usability issues related to mHealth technologies need to be addressed in order to develop effective mobile technologies.

Objective: Usability refers to the experience and satisfaction of the user while operating products or systems such as software, websites, devices, or applications. The objective of this study is to address the usability issues of mHealth technologies developed for community dwelling older adults.

Methods: This study is a scoping review which followed the five-stage framework developed by Arskey & O'Malley. Search of relevant literature published between January 2013 and August 2023 using appropriate keywords was conducted through five databases, namely EBSCO, IEEE, PubMed, Scopus and Web of Science. Duplicate articles were removed using a software, Endnote. The resultant articles were screened for their relevance to the research question by two reviewers independently. As a next step, full text articles were assessed. Studies which did not match the inclusion criteria were excluded. The final studies included in the review were summarised qualitatively for reporting the results.

Results: Thematic constructs derived from the analysis of the selected literature focused mainly on the user-centered design and interdisciplinary team approach. The recommendations for software and hardware features described in the literature were also summarised.

Conclusion: The findings of this study would facilitate the design and development of effective mobile health technologies in such a manner that they are readily accepted and used by the community dwelling older adults, hence, reducing the burden of Health services.

Keywords: mobile health, mHealth, mobile apps, older adults, usability, user-centered design

INNOVATIONS AND ADVANCEMENTS ACROSS MENTAL HEALTHCARE, BEHAVIOURAL SCIENCES & PSYCHOLOGY

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ABSTRACT

This paper explores recent innovations and advancements in the fields of mental healthcare, behavioral sciences, and psychology, particularly within the context of India. Mental health plays a vital role in shaping individual and community well-being, addressing a world where mental health issues are on the rise. Recent innovations and technological advancements in the field have the potential to make mental healthcare more accessible and individualized. The paper discusses the historical background of mental healthcare in India and early developments in psychology and behavioral sciences. It highlights the current state of mental health in India, emphasizing challenges such as stigma, lack of awareness, and accessibility issues. The paper also delves into recent innovations in mental healthcare, including telemedicine, community-based initiatives, and the integration of traditional healing practices. Advancements in behavioral sciences and psychology are examined, focusing on research areas like positive psychology and cultural psychology. Additionally, government initiatives and policies in India are discussed, including programs aimed at improving mental healthcare. The paper outlines persistent challenges in the field and suggests potential areas for further research and innovation, including preventive mental health strategies and epidemiological studies. Finally, it emphasizes the role of education and awareness in shaping the future of mental health in India, encouraging collaboration and the adoption of best practices from global mental healthcare landscapes.

Keywords: Mental healthcare, behavioral sciences, psychology, innovations, advancements

ARTIFICIAL INTELLIGENCE: IT'S APPLICATION IN PSYCHOLOGY

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ABSTRACT

The presence of AI technology can already be found all around us. It is used in logistics planning, finance (till monitoring and trading stocks and performing other banking functions), data analysis, manufacturing, internet searching Engines, automobiles, mobile device applications (for example, Apple's Siri speech recognition software), aircraft guidance systems, and in many other applications. The present article discusses the feasibility of combining Psychology and in other words, how psychology can find support for specific tasks in computation. Approach Computational support for artificial intelligence is not more or less useful, and there are limitations. The approach should be understood as a method of solving a problem. From this perspective, AI can play a role. As an additional resource for therapeutic work, in addition to those resources that already exist. The entire "cognitive revolution" in psychology during the 1960s led to interest in computer models of human Feeling. Further contribution of psychologists and other health care professionals to the study, development and the implementation of AI technology can be expected. Some areas in which psychologists and others are involved Research towards the development of new and creative approaches in the mental health care field may include Designing AI technologies, laboratory and field evaluation of AI systems, and the study of humans and AI talk to each other. There are many practical applications of AI technology that can be beneficial by enhancing care, increasing efficiency and improving access to patients, health care providers and society Quality services. Yet, this technology also risks having negative impacts. Near Terms, specific applied uses, and collaboration with AI-enabled systems that aid in mental health care as can be expected from professionals. Widespread use of AI technologies in the near future discussed This article may be general. Therefore, psychologists and all mental health care professionals must Willing to adopt and guide the use and study of AI technologies for the benefit of patients, the profession and Society as a whole.

Keywords: Artificial intelligence, psychology, cognitive revolution

EXPLORING THE EDUCATION, KNOWLEDGE AND ATTITUDE TOWARDS HOMOSEXUALITY OF GEN X, MILLENNIAL'S AND GEN Z

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ABSTRACT

Homosexuality is the sexual attraction or activity between people of same sex. Same sexual orientation affects the attitudes of others towards him or her. In recent years the legal status of homosexuality has undergone notable changes. Despite these changes people across various cultures have negative stereotypes, prejudice, and discrimination towards homosexuality. Review of literature highlights there is negative attitudes towards homosexuality were present among the students (Grabovac et al., 2014). Another study reveals that undergraduate students' community, the majority has average knowledge, however, with a negative attitude towards about homosexuality (Nea et al., 2018). This study aims to investigate and compare the education; knowledge and attitude towards homosexuality of the individuals belong to gen X (1965 – 1979), gen Y/millennials (1980 – 1995) and gen Z (1996 – 2010). The sample consists of 30 individuals from Gen X, 30 individuals from Gen Y/millennials and the 30 individuals from Gen Z. The materials used to collect data are general demographic data, Sex Education and Knowledge about Homosexuality Questionnaire (SEKHQ) and Attitudes towards Homosexuals Questionnaire (AHQ). Data will be analyzed using the appropriate statistical measures. Result and conclusion will be included in the full paper.

Keywords: Attitude, homosexuality, knowledge, discrimination, sex education.

RELIGIOUS PERSPECTIVES OF DEATH IN INDIA: A REVIEW PAPER

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ABSTRACT

Death is defined as an organism's permanent cessation of physical and mental processes (APA Dictionary of Psychology, n.d.). Studying the perspective of death in different religions is important as it enables us to understand and respect diverse beliefs and practices. It also allows us to gain insight into how death is perceived as a transition to the afterlife, and how it is interpreted within the context of various cultural systems. This knowledge facilitates effective communication and accommodation with individuals from different backgrounds during end-of-life care, mourning rituals, and funeral customs. Ultimately, studying the perspective of death in different religions promotes tolerance, understanding, and empathy towards diverse groups, while also deepening our own personal perspectives on life and mortality. This paper studies the perspective of death among four religions- Hinduism, Sikhism, Islam, and Buddhism, along with sub fields from these religions such as Vedic, tantric and yogic lore is reviewed.

Keywords: death, mourning rituals, end-of-life care, Hinduism, Sikhism, Islam, Buddhism.

AN ANALYSIS OF LINKAGE AMONG THE FACTORS AND CONSUMER BUYING DECISIONS

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ABSTRACT

According to some, the most important and fundamental component of any company is its customers. Understanding people, their tastes, and preferences is essential for any firm because of this. When it comes to influencing a consumer's purchase decision, various factors work as powerful agents. One fundamental premise is that customers of green products are less concerned with cost because they want to monitor and gauge their influence on the environment. In order to provide a true comprehension of such aspects and the true influence they grab on customers' buying decisions, this analysis concentrates on a variety cfa of publications. In order to leave a positive and enduring appearance on the consumers regarding their choice to purchase and utilize any derivative, the influential elements would be evaluated individually as well as any relationships they may have with one another. The matter-of-fact of the analysis is to evaluate the connection between impacting factors (consumer cognition of green products, pricing, brand image, and environmental concern) and customer purchase decisions. The researcher received 130 complete replies from Delhi students. Consumer purchase decisions are significantly positively correlated with all independent variables, except for customer environmental concern.

Keywords: Consumers Purchasing decisions, Awareness of Green Products, Price, Brand image, Environmental concern.

A CASE STUDY OF HYPERKINETIC DISORDER – DIAGNOSTIC AND THERAPEUTIC ASPECTS

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ABSTRACT

Introduction: Hyperkinetic disorders are a group of neuropsychiatric conditions characterized by patterns of diminished sustained attention, and increased impulsivity or hyperactivity. A relatively common disorder, it occurs in about 5% of school children with males being 6 to 8 times more often affected. Although it can be present in adulthood, a large majority of patients exhibit symptoms by the 4th year of age. The disorder is of four clinical types: with hyperactivity, without hyperactivity, residual type, and with conduct disorder. Data suggest that the aetiology of hyperkinetic disorder is largely genetic, with a heritability of approximately 75%. Diagnosis can be made based on the principal signs of inattention, impulsivity, and hyperactivity elicited on the basis of a detailed history of the child's early developmental patterns and direct observation. The major approaches to treating children with this disorder have been medication and behavior therapy. This case study describes the detailed history, developmental evaluation and the applied management plan for a child with hyperkinetic disorder – disturbance of activity and attention.

Aim and Objective: To formulate a management plan by demonstrating the clinical picture of Hyperkinetic Disorder and assess the effectiveness of the chosen plan of treatment.

Method: Tools used for assessment were Vineland Social Maturity Scale, Developmental Screening Test, Indian Scale for Assessment of Autism, Conners 3 – Parent Rating Scale and Seguin Form Board Test.

Results and Conclusion: The overall findings were indicative of the diagnosis of F90.0, Hyperkinetic Disorder – Disturbance of activity and attention according to International Classification of Diseases 10th Revision. The present case study further presents a brief management plan that includes short-term goals and long-term goals along with a brief overview of the therapeutic sessions conducted keeping in consideration the attainment of the short-term goals.

Keywords: Hyperkinetic disorder, Attention, Assessments, Management, Behaviour Therapy.

MEDIATING INFLUENCE OF COPING STYLE ON RELATIONSHIP BETWEEN ORAL HEALTH AND PSYCHOLOGICAL WELL-BEING OF PARENTS WITH AUTISTIC CHILDREN

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ABSTRACT

Background: Children with Autism Spectrum Disorders (ASD) frequently receive poorer health care than the general population. Frequently the speech-language pathologist is the only health professional that follows the child's everyday life and therefore is the only resource for guidance regarding basic health habits. Poor oral health may result in severe discomfort and other health problems that can be prevented by simple routine habits and adequate professional follow-up. The objective of the study is to investigate the association between coping style, oral health, and psychological well-being of parents of autistic children.

Material and methods: the correlation method used in present study, using purposive sampling method. The study sample size is 100 participants who live in India and the following tools were used: oral hygiene, coping style, psychological well-being.

Results: There is no significant relationship between oral hygiene and coping style. There is a significant inverse relationship between oral hygiene and emotional mastery. There is a significant relationship between oral hygiene at dentist with rational coping. There is an inverse relationship between oral hygiene at the dentist with emotional coping, there is a significant relationship between oral hygiene at the dentist with psychological well being, there is a significant relationship between rational coping with self-acceptance, there is an inverse relationship between emotional coping with personal relation psychological well-being has predictions on oral hygiene at the dentist.

Conclusion: Our finding suggested there is significant positive relationship between oral hygiene at dentist with psychological well-being which interpreted that oral hygiene at dentist effect psychological well-being of participants.

Keywords: oral hygiene, oral health, psychological well-being, coping style,

ROLE OF PERSONAL DATA IN FINTECH INDUSTRIES: ISSUES & CHALLENGES

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ABSTRACT

Artificial Intelligence (AI) has crept into human life seamlessly because of the extent of its ease, efficiency and accuracy. AI has combined the functionalities of human intelligence with that of machines, blurring its traditional understanding of the two components. Artificial intelligent machines mimic human tasks, actions and even respond to situations with analysis and through learning. This integration of AI has touched all sections of human life including that of the financial sector, in order to ensure customisation, personalisation and ease of financial services. It allows human beings to transact money through the internet, to address and resolve conflicts by way of chatbots, means of financial planning and enhancing risk minimization.

However, it is imperative to know that AI, in general, functions with a large magnitude of data of the user. Financial data like passwords, credit and debit card details, etc., are considered to be examples of personal information that may prima facie look like senseless unstructured data but acts as a piece of a puzzle to human identity. Data, in any form, if left unregulated can be put to unlawful and illegal use.

Personal data and privacy are recognized as a human rights under the Universal Declaration of Human Rights, 1948 and as a fundamental right under the domestic laws of the United States of America, European Union and India. The paper seeks to throw light on the lesser known aspect of FinTech- data privacy abuse. The paper emphasises on the impeding and transforming impact of AI in FinTech industries, the effect on data especially when not controlled through legally required security standards. The study highlights case studies showcasing the shortfall or insufficiency in the legal regime concerning data protection. The paper concludes with suggestions in which the lacuna in protection may be filled to keep the sanctity of personal data.

Keywords: Data Protection, Data Privacy, Artificial Intelligence, FinTech, Banking Institutions

VESTING EMPLOYEES WITH PERCEIVED PARTICIPATION IN DECISION MAKING: PATH TO ORGANISATIONAL JUSTICE

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ABSTRACT

Routine activities at workplace are certain to influence the psychology of employees, one amongst them being their sense of participation in organisational processes. Furthermore, in the era where factors as Image Projection and Corporate Social Responsibility of organisations have gained importance, their management have actively been trying to perform well on these parameters. Therefore, in a structure where management is intentional of ensuring that perception of fairness is ascertained at the level of employees, it becomes vital to discover factors which would drive to such perception. Decision Making, be it to day-to-day or major, is an integral part of an organisation, and runs to top to bottom. The present research was aims to find if employees who perceive to be in that integral process deliver an added advantage to management, that is to report that justice is well ensured and complied at their workplace.

The present research was conducted on 105 participants and data was collected using Psychological Participation Index (Singh & Pestonjee, 2019) and Organisational Justice Scale (Colquitt, 2001). It found a high correlation between perceived Decision Making and facets of Justice. Other major findings through descriptive statistical analysis were also found in terms of perception of participation and justice while studying the data from the demographic perspective.

Keywords: Organisation Justice, Fairness, Psychological Participation, Decision Making, Image Projection

DEVELOPMENT AND OPTIMIZATION OF MULTIPLEX PCR ASSAY FOR THE IDENTIFICATION OF FOUR HIGHLY DOMESTICATED ANIMAL SPECIES

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ABSTRACT

The domestication of animals has played a vital role in the socio-economic development of humans. In some societies, including India, the importance of animal domestication has even been incorporated into religious beliefs. In order to protect these beliefs and prevent the adulteration and over-exploitation of domesticated species, some countries have enacted laws to regulate certain species, such as Bos indicus. In many states in India, the slaughtering and consumption of Bos indicus is illegal. This study aims to develop a DNA-based method for the identification of four major domesticated species in India, including Bos indicus, Bubalus bubalis, Capra hircus, and Ovis aries, using species-specific primers in a multiplex PCR assay. In the current research, we have successfully amplified the DNA of all four target species using species-specific primers and have been able to distinguish them from one another. We are currently optimizing the species identification method using a range of challenging samples from various biological tissues. Upon completion of this optimization, we anticipate being able to develop a DNA marker kit for the simultaneous detection of the four major domesticated species using RT-PCR.

Keywords: Forensic, Cow meat, DNA, RT-PCR, DNA marker, Challenging Sample.

A COMPARATIVE STUDY OF RELATIONSHIP AMONG BOARDERS AND DAY-SCHOLAR'S METACOGNITIVE AWARENESS, BODY SELF IMAGE, BULLYING, DEPRESSION, ANXIETY AND STRESS

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ABSTRACT

Background: Bullying, particularly among young age children, is a major public health problem both domestically and internationally. The study can guide professionals to develop stress reduction programs specifically designed for young age children.

Purpose: To study the relationship among Boarders And Day-Scholar's Metacognitive Awareness, Body Self Image, Bullying, Depression, Anxiety And Stress.

Methods: The research design was cross-sectional and used purposive sampling method. The participants were recruited in 2 group as per defined criteria. 300 young students (n=300) from Madhav University, Rajasthan within the age range of 18- 24 years. The tools used in the study were: Metacognitive Awareness Inventory (MAI), Depression, Anxiety, Stress scale (DASS), Perception of teasing scale(POTS) and Body self-image questionnaire- short form(BSIQ-SF) . The assessment took 35 – 50 minutes for each participant.

Results: The findings and conclusion will be presented at the time of the paper presentation.

Keywords: Metacognitive Awareness, Body Self Image, Bullying, Depression, Anxiety and Stress

INNOVATIVE STRATEGIES FOR EMPLOYEE WELLBEING IN SMALL AND MEDIUM ENTERPRISES: A THEORETICAL APPROACH WITHIN GLOBAL SCENARIOS

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ABSTRACT

This paper takes a theoretical approach to explore innovative strategies for enhancing employee wellbeing in Small and Medium Enterprises amidst the backdrop of the global landscape. This study delves into theoretical foundations to investigate strategies to enhance employee wellbeing in Small and Medium Enterprises. By delving into theoretical insights, the paper contributes to discussions on employee wellbeing in Small and Medium Enterprises, offering theoretical perspectives on navigating global complexities while prioritizing employee welfare.

Keywords: Theoretical approach, Innovative strategies, Employee wellbeing, Small and Medium Enterprises (SMEs).

GENDER DYSPHORIA IN ADULTHOOD: A CASE REPORT USING PROJECTIVE ANALYSIS

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ABSTRACT

Purpose: Gender dysphoria is a complex and significant problem. It is characterized by a marked incongruence between patient's experienced or expressed gender and the one they assigned at birth.

Approach: This report describes a case of gender dysphoria.

Findings: The patient was referred for complete psychometric and personality assessment and possible intervention (s). He was looking for male-to-female (MTF) Sex Reassignment Surgery (SRS). No evidence of body delusion, effeminate homosexuality or transvestism, average IQ was found. In TAT stories, identification level with the hero was adequate and gender role was with identified sex.

Keywords: Gender Dysphoria, Expressed and Experienced Gender, Sex Reassignment Surgery, Femininity, Masculinity

QUALITY OF LIFE IN CAREGIVERS OF ALCOHOL USE DISORDER PATIENTS: ROLE OF SOCIAL SUPPORT

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ABSTRACT

Providing care for individuals with Alcohol Use Disorder (AUD) places substantial demands on caregivers, affecting them emotionally, physically, and psychologically. The caregiver's role has a profound impact on their own Quality of Life (QoL). Quality of Life encompasses various dimensions, including physical, psychological, and social well-being. Drawing from the Transactional Model of Stress and Coping developed by Lazarus and Folkman, social support is recognized as a crucial coping resource that aids individuals in managing various stressors, including those associated with caregiving. Caregivers' QoL can be significantly influenced by their caregiving responsibilities as well as the extent of social support they receive. This study aims to explore the role of social support in shaping the quality of life among caregivers of individuals with AUD. To achieve this objective, data was collected from 128 caregivers of AUD patients in different hospitals across the Amritsar district of Punjab state. Data collection involved the use of the WHOQOL-BREF (1995) and the PGI Social Support Questionnaire (Nehra et al., 1998). Pearson Product Moment Correlation and Linear Regression Analyses were utilised to analyse the data. The results indicated a significant positive correlation between quality of life and social support. Furthermore, regression analysis demonstrated that social support significantly and positively predicted the Quality of Life among caregivers. These findings are discussed within the context of the underlying theoretical framework.

Keywords: Alcohol use disorder, Quality of life, Social Support, Caregiving, Stress & Coping

AWARENESS ABOUT MENTAL HEALTH OF ADOLESCENTS

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ABSTRACT

Globally, one in seven 10- to 19-year-old experience a mental disorder accounting this age group. In present time every six person of age 10- to 19-year-old is suffering from any type of mental disorder. As Adolescence a unique and formative time. All the facts like physical, emotional and social changes including exposure to poverty, abuse or violence can make vulnerable to mental problems .

This paper is an acritical examination on Adolescence mental health. This paper examines the determinants given by' WHO' "world health organisation '. The factors which are responsible for the mental health of adolescence. This paper also encompasses how can we spread awareness about mental health issues in adolescence and what all determinants are given by world health organisation for adolescence, what all skills techniques , medians ,and pros and cons of adolescence mental health will be discussed in this paper .

Keywords: Mental health, WHO "world health organization" Adolescence , Disorder , Physical and Emotional Health.

SUSTAINABLE DEVELOPMENT GOALS, NATIONAL EDUCATION POLICY AND MENTAL HEALTH

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ABSTRACT

In a momentous move, mental health was included in the United Nations Sustainable Development Goals in September 2015 as part of its 2030 Agenda. Emphasising the excessively high global burden of disease due to mental illness, the UN positioned mental health as a priority for global development. Consequently, promotion of mental health and wellbeing became a vital part of SDG 3 – Good Health and Well-being. Further, it is crucial in ensuring the achievement of several other SDGs such as No Poverty (SDG 1) and Reduced Inequality (SDG 10). On World Mental Health Day 2023, the World Health Organization reiterated that “mental health is a universal human right” asserting that everyone everywhere has the right to the “highest attainable standard” of mental health. WHO further noted that it was impossible to accomplish sustainable development without attending to mental health. The National Education Policy, which was adopted by India in 2020, closely reflected these sentiments and took a holistic approach to learning. It highlighted the critical role played by educational institutes in ensuring emotional well-being and psychological health of students and impressed upon these institutes to create an inclusive and supportive environment conducive to psychological growth. This paper examines the rising trend towards appreciating the critical role of mental health in holistic education, sustainable development and growth. It assesses the provisions of the Sustainable Development Goals and National Education Policy that cater to this goal of facilitating mental health and inform policies of educational institutes. Actionable insights and policy recommendations are offered.

Keywords: Mental Health, Sustainable Development Goals, National Education Policy, Psychological Well-being, Holistic Learning Approach

SCREEN ADDICTION IN YOUTH: A CAUSE OF GRAVE CONCERN

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ABSTRACT

Screen-addiction in youth has become a growing concern in the past decade especially post the pandemic. The exposure to screens, technological gadgets and internet has particularly become a major concern to the psychological community. This overuse of technological gadgets like mobiles and laptops is posing a grave threat to the physical and mental well-being of individuals', therefore, it is imperative to explore strategies that will help the young population to overcome this addiction to screens. The present research aims to study the impact of excessive use of screens on an individual's physical and psychological well-being. A sample of 110 students aged 18-25 from accredited higher educational institutions was taken using convenience sampling. Only those students were asked to respond who were currently using a smart-phone or a laptop. A survey using closed ended questionnaire was conducted. The data was bifurcated into two groups, males and females and percentage analysis was done to interpret the data. Males were seen as using screens for longer duration than females. The result is indicative of the fact that socio cultural factors play a great role in access to technology and thereby affects the amount of time spent on screens by males and females.

Keywords: Screen-addiction, Physical and Psychological well-being, Gender, Youth, Social Media.

ELEMENTS OF CHILD SEXUAL ABUSE DETERMINING PSYCHOLOGICAL WELLBEING AMONG INDIAN ADULTS

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ABSTRACT

Child sexual abuse (CSA) is an unfavourable childhood experience with many adverse influences on the adult wellbeing. This study aimed at exploring the association between CSA victimization and adult wellbeing. This study provided a brief overview on CSA, to heighten the awareness of practitioners on this utmost important and widespread social problem. Different natures of CSA victimization were investigated, to examine if the wellbeing varies based on the nature of the child sexual abuse. The questionnaires were forwarded through Google Forms to adults (any person who is above the age of 17) from the southern region of India. Participation in this study involved completion of two questionnaires. Statistical analyses included Mann Whitney U test, Kruskal Wallis H test and Spearman correlation. 471 respondents have participated in this study. Out of the 471 participants, 187 were men and 284 were women. 19.10% CSA prevalence was found among the participants, with 60 males and 30 females reported being victimised sexual abuse as a child. CSA prevalence was higher among male participants than females. Compared to non-victimized group, victimized group showed poor wellbeing. There was no difference in wellbeing based on the victim's gender, but found difference in wellbeing based on the victim's relationship with the abuser. The severity of abuse showed a correlation with adult wellbeing. CSA victimisation is associated with poor wellbeing. This association varies by different nature of abuse.

Keywords: Elements of CSA, adult wellbeing, CSA victimisation, nature of CSA & psychological wellbeing

ANTIPARKINSONIAN EFFECT OF HYDRO-ALCOHOLIC EXTRACT OF HERBAL PLANT AGAINST NEUROTOXIN EXPOSED ADULT ZEBRAFISH (DANIO RERIO)

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ABSTRACT

Parkinson's disease (PD) is a progressive neurodegenerative condition characterized by a deterioration in motor function, resulting from the degeneration of dopaminergic neurons. Approximately 60,000 fresh cases of PD are recorded annually, with an approximate total of one million Americans affected by the disease. Globally, it is estimated that 7-10 million individuals have PD, and men are affected 1.5 times more often than women. Researchers have hypothesized that a particular herbal plant extract might possess neuroprotective properties. To explore this possibility, an upcoming study will employ zebrafish models of Parkinson's disease, which will be exposed to a neurotoxin. The primary objective of the study is to examine the potential influence of the herbal plant extract on the locomotor activity of these zebrafish models. The study will involve dividing a total number of zebrafish into various groups. These groups will receive the herbal plant extract alongside exposure to the neurotoxin for a specific duration. To evaluate the zebrafish behavior, a series of tests including the novel diving test, light and dark test, and locomotor activity test will be conducted at regular intervals, specifically every 7th day. Moreover, biochemical tests and histopathological studies will be carried out on the zebrafish brains to analyze alterations in dopamine levels and other antioxidants. These analyses will aim to elucidate the potential effects of the herbal plant extract on the neurochemical and histological aspects of the zebrafish brains.

Keywords: Parkinson, Zebrafish, Dopamine, Locomotor activity, dopaminergic neurons

REVOLUTIONIZING CHILD AND ADOLESCENT MENTAL HEALTH: TECHNOLOGICAL AND THERAPEUTIC INNOVATIONS

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ABSTRACT

Background: Child and adolescent mental health issues have become increasingly prevalent in recent years. Ensuring the well-being of our youth is essential for the future of society. However, traditional mental health approaches often struggle to address their unique needs. This paper explores the latest innovations and advancements in pediatric psychiatry, with a particular focus on integrating technology and novel therapeutic methods.

Objective: This research aims to comprehensively explore innovative techniques and interventions reshaping child and adolescent mental health. It specifically examines the impact of advanced technologies and modern therapies on their well-being.

Method of Research: This study involves an extensive and systematic review of scholarly articles, government reports, and authoritative publications related to child and adolescent mental health. It encompasses both quantitative and qualitative studies, facilitating a comprehensive analysis of field developments.

Result: The research has generated significant findings in pediatric psychiatry. It highlights that technological innovations, such as mHealth applications and online platforms, have revolutionized eHealth accessibility for young individuals by overcoming geographical and other barriers. Innovative therapeutic methods, like play therapy, expressive arts therapy, brain stimulation techniques, and mindfulness-based interventions, have effectively addressed diverse mental health challenges in this demographic. Technology-assisted interventions, such as teletherapy, neurofeedback, and virtual reality-based therapies, have demonstrated improved engagement and treatment outcomes among children and adolescents. Integrating tech with traditional methods offers tailored, effective, and holistic care for young people facing mental health issues.

Conclusion: The advancements in child and adolescent mental health hold promise for improving the lives of our youth. This research underscores the transformative impact of technology and innovative therapeutic strategies in addressing the mental health issues faced by children and adolescents. As we move forward, it's crucial for professionals and stakeholders to ethically utilize these innovations to meet youth's mental health needs comprehensively and effectively.

Keywords:: Child and Adolescent Mental Health, Therapeutic Interventions, Accessibility, Effectiveness, Technological Innovations, Telehealth, Online Therapy, Mental-Health Apps, mHealth, eHealth, Prevention, Cultural Competence, Ethical Considerations, Pediatric Psychiatry.

**AI-POWERED EDUCATIONAL EUTOPIA: REALIZING THE VISION OF NEP 2020
FOR EQUITY, ACCESS AND WELL-BEING OF STUDENTS**

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ABSTRACT

The National Education Policy 2020 of India envisions a holistic approach to education that focuses not only on academic success but also on the overall well-being and success of students. This research paper explores the synergy between AI and the goals of NEP 2020, specifically focusing on how AI can contribute to student success using the PERMA model (Positive emotions, Engagement, Relationships, Meaning, and Accomplishments). Through a comprehensive review of literature, case studies, and policy analysis, this paper illustrates how AI can facilitate the cultivation of positive emotions, increase student engagement, foster meaningful relationships, and promote a sense of accomplishment, all essential components of student success. Furthermore, it discusses the ethical considerations and challenges associated with AI integration in education and offers recommendations for harnessing AI's potential to realize the goals of NEP 2020 for student success.

Keywords: NEP 2020, Artificial Intelligence, PERMA Model, Equity & Well-being

IMPORTANCE OF MENTAL HEALTH EDUCATION IN SCHOOL CURRICULUM

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ABSTRACT

Mental health is an integral facet of one's emotional, psychological and social wellbeing. A person's mental health influences his/her thoughts, opinions and behaviours. A better mental health in an individual can help him/her have a high self-esteem and lead a happier gratifying and satisfying life.

Sustaining a good mental health is vital for students as it helps them in several ways. Tragically students face several challenges in keeping their mental space, stable and sound.

Mental health education in school curriculum is extremely important to help out the students in trouble. By doing so we can prevent suicide cases in students. It will promote help in assistant seeking behaviour in students. Presence of mental health education in school curriculum bears manifold advantages. It will point out mental health issues among the students. It will also throw light on the practice of adopting healthier habits for a good mental health. It can play a crucial role in promoting the current and future mental health of students by providing them the knowledge skills and support the need to navigate life's challenges.

This study underscores the compelling need for comprehensive mental health education within the school system. It not only highlights the shared understanding of the importance of addressing mental health but also brings to the forefront the differing perspectives of students and teachers, particularly regarding the implementation and effects on academics. As the findings of this study suggest, educators play a pivotal role in advocating for mental health education, while the diversity of student opinions underscores the necessity for well-informed and comprehensive mental health programs in schools.

The t-value between Students group and teachers group was -6.35207. The p-value is $< .00001$. Which shows that there is difference between both the groups and the result is significant at $p < .05$.

Keywords: Mental health, Emotional Wellbeing, Psychological, Opinions, School curriculum, Assistance seeking behaviour

PSYCHOSOCIAL INTERVENTION NEEDS OF PERSONS WITH ALCOHOL USE DISORDER

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ABSTRACT

Context: This study aimed to understand the psychosocial intervention needs and family dysfunction of the persons with alcohol use disorder.

Material and Methods: The study was set in the De-addiction psychiatric outpatient clinic department of psychiatry and cross-sectional hospital based descriptive study. Fifty individuals diagnosed with Alcohol Use Disorder as per DSM 5 criteria by a psychiatrist, persons and their family members were interviewed. Family functioning was assessed by the family assessment device (FAD), psychosocial problems was assessed by screening tool for assessment of psychosocial problems (STAPP).

Statistical Analysis: Data in this study was analyzed using Statistical Package for the Social Sciences version 20 (SPSS-20). Descriptive analysis was performed using frequencies, percentage, mean, standard deviation and range. Bi-variant analysis was performed using Pearson's correlation to see the association between the study variables.

Results: The persons had more difficulty on problem solving and behaviour control more than other domains of family assessment device (FAD). As per STAPP assessment, persons need the psychosocial intervention on emotional and stigma domain. There was a significant correlation between the family dysfunction with severity of alcohol dependence.

Conclusions: There is a high unmet need in various psychosocial and family areas which requires psychosocial intervention to all the persons with substance use disorder. Psychosocial intervention needs increase with severity of alcohol dependence.

Keywords: Alcohol Use Disorder, Psychosocial Intervention, Family Functioning

MINDSET AS A PREDICTOR OF GRIT IN UNIVERSITY STUDENTS

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ABSTRACT

Background: Grit is a measure of passion and consistency for long-term goals whereas Mindset is a set of beliefs in our own attributes. This study aimed to predict Grit from Mindset in higher education students.

Methods: In all, 123 undergraduate and postgraduate students have participated from different Indian universities. The demographic variables viz. gender, age, and level of study of the participants were also recorded. Grit and Mindset were measured using standardized tools with high validity and reliability.

Results: The correlation of 123 students' Grit is positively correlated with Mindset ($r = 0.537$, $p < 0.01$). The regression results revealed that Social Support was positively predictive of Grit ($B = 0.080$, $t = 5.064$, $p < 0.05$).

Conclusion: Growth Mindset is an important construct to develop to increase university students' grittiness. This will help to achieve consistency and passion among students for their academic achievements.

Keywords: Grit, Mindset, University Students, Higher Education, Academic Achievement

SOCIAL MEDIA ADDICTION AND PSYCHOLOGICAL DISTRESS IN ADOLESCENTS OF NUCLEAR AND JOINT FAMILIES

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ABSTRACT

In today's perspective, social media usage is deeply ingrained into the daily lives of everyone. However, it is observed that specifically, adolescents are spending large amount of time on social network sites which has become a daily routine for them. Subsequently, it is having a grave impact on the psychological and behavioral issues like academic performance, creativity, emotional maturity, social skills and play time activities among adolescents. As such, adolescence is a stage of grave stress and strain. Psychological distress is the deviation from some objectively healthy state of being and implies maladaptive patterns of coping and is mild psychopathology with symptoms that are common in the community.

With this backdrop, the present study aimed to explore and compare the effect of social media addiction and psychological distress among students belonging to Nuclear and Joint families. The study utilizes a quantitative research design and collected data through self-report measures of Social Media Addiction Scale-Student Form (SMAS-SF) by Sahin (2018) and Kessler Psychological Distress Scale (K10) by Kessler (1991). The results were analyzed on the basis of the t - test. It was found that there was a significant difference between Nuclear and Joint Family in terms of social media Addiction where, $t = 2.071$, $p < 0.05$ level. Also, a significant difference between Nuclear and Joint families in terms of psychological distress was observed ($t = 3.58$, $p = 0.01$ level). The study can thus help identify whether certain family dynamics and support systems play a significant role in these behaviors. The research findings indicate that students and health professionals need special attention to take care of the overall health of these students as future torch bearers of the nation.

Keywords: Social Media Addiction, Psychological Distress, Adolescents, Nuclear, Joint Families

RELATIONSHIP OF PARENTING STYLES AND MENTAL HEALTH OF THE ADOLESCENTS IN NAGA SOCIETY

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ABSTRACT

Many parents anticipate positive mental health for their children but sadly don't adopt any favorable child-rearing practices which are the key to yield optimum mental health. The ignorance of this factor is what pushing the adolescents into anxiety, depression, aggression, and low self-esteem. Further, studies relevant to the present topic were not found carrying out in the current society. In view of this, the study was undertaken to determine the relationship between parenting styles and mental health of adolescents in Naga Society. Using stratified random sampling a total numbers of 350 adolescent's age between 14 to 19 years was selected for the studies. The study was carried out using correlational research design. Measuring instruments that were used in this study along with a demographic questionnaire were General Health Questionnaire (GHQ-28) and Parenting Style Questionnaire (PAQ) with the dimensions of Authoritarian, Authoritative and Permissive. Results indicated that there was a positive relationship between parenting styles and mental health of adolescents. The authoritative parenting style was found to be the best parenting style as perceived by adolescents in Naga society. The investigation can be valuable for parents, teachers, mental health professionals etc. as intercessions which can be outlined in helping the adolescents for developing good well-being. As adolescence is period where significant changes take place and considerate attention is required for proper all-round development. Considering the study, future researchers can look into the matters of parenting styles and dig deeper in understanding how different parenting styles do influences the mental health of the adolescents in the Naga Society.

Keywords: Parenting Styles, Mental Health, Adolescents, Relationship, Naga Society

THE INFLUENCE OF SUPPORT FROM COMPANION ANIMALS ON THE GENERAL MENTAL HEALTH AND WELL-BEING OF INDIVIDUALS WITH PET OWNERSHIP

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ABSTRACT

Human relationships with companion animals are not new. Many pet owners, however, report that their companion animals give a great deal in return in the form of affectionate attachments known as the human-animal bond. With aging, older adults are at risk of a decline in mental health as they experience significant life stressors that are specific to later life. It is thus important to explore the potential of suitable approaches that promote healthy aging, to address the mental health needs of older adults. Pet ownership has been found to be associated with positive mental health outcomes.

The aim of this study was to explore the extent, nature and quality of the evidence implicating the role and utility of pet ownership for people living with a mental health condition. The result of the study indicates that there is a positive influence of support from companion animals on mental health and well-being of older adults with pet ownership. The present study was done to study the influence of support from companion animals on the general mental health and well-being of individuals with pet ownership. The results are analyzed on the basis of assumptions that companion animals have a positive influence on the general mental health and well-being of individuals with pet ownership.

Keywords: Mental Health, Occupational Therapy, Older Adults, Pet Ownership, Well-being.

RELATIONSHIPS OF PARENTAL ACCEPTANCE-REJECTION WITH PSYCHOLOGICAL WELL-BEING AMONG SCHOOL STUDENTS

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ABSTRACT

The study attempted to find out the relationships of parental acceptance and rejection with psychological well-being among school students. Research has shown that positive and supportive parenting typically leads to better psychological well-being in children and students. On the other hand, rejection or negative parenting behaviors can contribute to stress, anxiety, depression, and other mental health issues. The sample consisted of 200 students girls and boys. Data were collected from different schools in the Jaunpur district. The appropriate statistical method was used for analyzing the data, the purposive sampling method was also used in this study. The result showed that there was a significant effect of parental acceptance rejection on psychological well-being. Some suggestions were also suggested in this study for enhancing the level of psychological well-being in school students.

Keywords: Parental acceptance, Parental rejection, Psychological well-being, Stress, and depression

EXPOSURE OF THE COMMUNAL VIOLENCE IN MANIPUR ON SOCIAL MEDIA, CONSEQUENT PSYCHOLOGICAL DISTRESS AND POTENTIAL BEHAVIOURAL CHANGE

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ABSTRACT

The history of humankind has witnessed a series of communal violence over the centuries in different section of the society since the early civilisation. Ethnic violence began in Manipur on May 3 of the year and nearly 200 people have lost their lives since. Anger between the communities and against the government and its forces remain high. While the Union government maintains that the violence in Manipur is on ethnic lines and officially designated it as ‘communal violence’ for procedural reasons. Considering the potential psychological impact on people due to exposure of violence on social media, the study is being initiated to see the associated effect on people who are engaged on social media related to on-going violence in Manipur. A survey will be carried using Google form on adults aged 18 years and above who are consented to participate will be randomly selected. A self-designed questionnaire will be administered to collect information on socio- demographic variables and questions to address exposure to news and information on social media, consequent psychological and behavioural responses regarding communal violence in Manipur. Hopkins symptoms checklist (HSC-25) will also be utilized. Appropriate descriptive statistical analysis will be carried out to see the relationship between exposure to violence on social media and its psychological impact. This study will be an avenue to highlight the consequent distress and potential behaviour change. Therefore, identified trusted information and share reliable content on social media seems necessary and it is responsibility of very individual to introduce credible sources for reliable information. Promotion of psychological support is highly needed in the present crisis situation.

Keywords: communal violence, social media, psychological distress, behaviour change

**“I MAY HAVE TO GIVE UP ON MY CAREER TO PROVIDE CARE.”
BREADWINNERS OR CAREGIVERS? EXPLORING THE COMPLEXITIES OF
WORK-FAMILY INTERFACE AMONG FAMILY CARERS.**

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ABSTRACT

Background: The fundamental premise of the work-family interface is that certain aspects of work and family influence one another bidirectionally, having impressions from work to family and from family to work. The work-family interface could inhibit or facilitate functioning between and within the two spheres of work and home. Research studies have concentrated on work-family conflict unveiling the likelihood of an individual experiencing work interference in their family and family interference at work.

Purpose: A substantial section of the community employed in a particular workforce are also caregivers providing care for family members. The capacity to provide long-term care for a child with special needs may hold a momentous work-family interference. Therefore, examining the impact of caregiving-work conflict on family carers is central. The current study attempts to explore the complexities of the work-family interference experienced by primary caregivers of children with Neurodevelopmental disorders.

Method: A qualitative research design will be utilized to conduct the research using interpretative phenomenological analysis. A semi-structured interview of 20 family caregivers will be carried out. The findings would hold importance toward focusing on caregiving-work interference as a vital domain of the work-family interface when constructing new or modifying existing caregiver-centric interventions and workplace policies for employee welfare. It would also enable policymakers to formulate policies to provide workplace assistance for family caregivers.

Keywords: Family carers, Work-family interface, Work-family conflict, caregiving-work interference, Neurodevelopmental Disorders.

ADVANCEMENT IN TRANSGENDER MENTAL HEALTHCARE: A COMPREHENSIVE EXPLORATION

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ABSTRACT

The progress made in the field of transgender mental health care is attempted to be reflected in this paper. Innovative interventions, as well as a growing emphasis on inclusivity, acceptance and resilience have contributed to the progress made in recent years. This present study delves into seminal research that has contributed to a deeper understanding of mental health challenges faced by transgender individuals (Grant et al., 2010). This study illustrates the transforming impact of interventions such as hormone replacement therapy and Mindfulness Based Therapy, with an examination of clinical progress which includes gender affirming treatments, treatment modalities and resilience practices (Keo-Meier et al., 2015; Shires et al., 2020). This research showcases the collaborative efforts that contribute to a more inclusive and supportive transgender mental health care environment by analyzing community-driven initiatives like peer-led support groups (Shipherd et al., 2011). The various dimensions of progress in transgender mental health care are described in this study. The aim of this study is to promote a more inclusive, supportive and empowered mental health landscape for transgender people.

Keywords: Transgender, Mental Healthcare

EMOTION REGULATION AND SCHOOL ADJUSTMENT AMONG ADOLESCENTS

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ABSTRACT

Background: Emotion regulation is a term generally used to describe an individual's ability to effectively manage and respond to an emotional experience. People unconsciously use emotion regulation strategies to cope with difficult situations many times throughout each day. This study attempts to show the correlation between emotion regulation and school adjustment among adolescent. School adjustment is the process of adapting to the role of being a student and to various aspects of the school environment and failure to adjust can lead to mental health issues and school refusal or school dropout. School adjustment of the students is studied across dimensions of general school atmosphere, motivation of students to adjust, relationship with peers, support of teachers and parents to get adjusted in school.

Objective: The main objective of the study is to find the correlation between emotion regulation and school adjustment among adolescents.

Method: The quantitative data is collected and statistical technique including mean, standard deviation and Pearson's correlation coefficient are used to analysis and interpretation of data. Emotion Regulation Scale given by Gratz & Romer (2004) is used to measure emotion regulation and School Adjustment Inventory given by Singh & Sinha (2005) is used to measure school adjustment among adolescents. The sample size taken for the present study is 100 (50 Male and 50 Female). The participants belong to age range of 15 to19 years from school located in Delhi NCR region.

Results: The result showed that mean score of emotion regulation is 71.68 with standard deviation 17.68 and mean score of school adjustment is 13.79 with standard deviation 5.53. The coefficient of correlation between emotion regulation and school adjustment is 0.738 which is significant at 0.01 level of significance.

Conclusion: On the basis of findings of the study, it can be said that there is significant correlation between emotion regulation and school adjustment among adolescents.

Keywords: Emotion regulation, school adjustment, environment, relationship and adolescents

RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT AND PERCEIVED STRESS AMONG YOUNG ADULTS

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ABSTRACT

The belief of trust that we will be supported by people who love us in times of need, has a huge impact on our quality of life, achievement and overall health. That experience of being valued, respected, cared and loved is called social support. In contrast, perceived stress characterizes the feelings of uncontrollability of one's life, and it depends upon how much change is happening in one's life and one's level of abilities to deal with difficulties. As per previous research, mere perception of having social support can be a stress reliever, boost happiness, and improve our psychological well-being. Social support is generally perceived to have a positive influence on mental health. The present study was conducted to find out the relationship between perceived social support and perceived stress among young adults. The sample consisted of 50 young adults in the age range of 20 to 25 years. The participants answered the self-report questionnaires including multidimensional scale of perceived social support and perceived stress questionnaire. To statistically analyse the result, Pearson product moment correlation coefficient was used. The result showed that there is a significant correlation between the two variables at the significance level of .01. The result showed that there is a significant correlation ($r = -.490$, $p < 0.01$) between perceived social support and perceived stress. The correlation between them was moderate and negative. So, the study revealed that those young adults who have high perceived social support, have less perceived stress and vice versa.

Keywords: perceived social support, perceived stress, young adults

**EXAMINING THE INTERPLAY OF INFERTILITY- RELATED STRESS AND
RESILIENCE IN CHILDLESS COUPLES: A CROSS- SECTIONAL STUDY USING
THE ACTOR – PARTNER INDEPENDENCE MODEL**

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ABSTRACT

The diagnosis and treatment of infertility impose significant psychological and physical burdens on the majority of patients. However, not all couples facing infertility experience extreme emotional distress. Various coping mechanisms, such as resilience, play a crucial role in helping couples navigate this crisis without enduring lasting harm. Since infertility is a challenge that affects both partners within a couple, it is essential to examine the impact of each partner's stress on other in this context. This cross-sectional study was conducted between June to September 2023, involving a sample of 144 participants, constituting 72 couples. The self-reported questionnaires of The Fertility Problem Inventory (FPI-46) and Conner Davidson Resilience scale (CD-RISC10) were used to assess Infertility-related stress and Resilience. The study hypothesized that an individual's infertility-related stress would have an influence on their own resilience as well as on their partner's resilience. The data collected from these couples will be dyadically analysed using the Actor-Partner Independence Model (APIM) approach. The study's findings are expected to underscore the importance of fertility counselling tailored to couples and provide valuable insights for mental health professionals in developing or modifying existing interventions aimed at addressing psychological distress associated with infertility.

Keywords: Infertility, Infertility-related stress, Resilience, Actor-Partner Independence Model, Dyadic Analysis

PSYCHOLOGICAL ANALYSIS OF MEDIA AND ITS INFLUENCE ON ATTITUDE FORMATION IN ADULTS

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ABSTRACT

This study was conducted to understand the impact of media on formation of attitudes. This study highlights the various forms of media and its multiple techniques and applications. The formation of attitudes is heavily dependent on external sources of information and one of the most preferred methods of acquiring information is through the intermediary of media. The primary hypothesis of the study assumes that greater exposure to media can exert influence onto the process of forming attitudes. An analysis of attitude formation was done along with the various factors influencing it. In this study, the author has used a mixed approach in order to find the results comprising of both primary and secondary data. The study was conducted using the survey methodology consisting of 100 participants (70 females, 28 males and 2 falling in the unspecified category). Through the survey, it was found that media has a strong impact on the field of attitude formation and actively influences society, exposure to media plays a huge role in the field of attitude formation and has been proven to be very effective. Media is seen to not only educate society but in some cases can also lead to learnt behaviors and attitudes including a wide range of prejudices, stereotypes and ideas. Future recommendations would be to further explore the outreach of the various forms of media and the content they carry to understand its impact on specific demographics and behavior.

Keywords: Media, Attitude Formation, Psychology, Attitude Change, Learning

“EXPLORING THE CHALLENGES AND STRENGTHS OF RESILIENT YOUTH: A QUALITATIVE STUDY OF COUNSELLORS PERSPECTIVES WORKING WITH AT-RISK ADOLESCENTS”

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ABSTRACT

Adolescents from low socioeconomic families face unique challenges such as limited access to resources, exposure to violence and trauma, and parental neglect, which make them vulnerable to various mental health disorders. The Bronfenbrenner Bioecological Model of Human Development provides a comprehensive framework for understanding the complex interactions between individual factors and environmental influences on adolescent mental health. While discussing the challenges faced by At-risk adolescents, we need to focus on the strengths of resilient adolescents and those from the same socioeconomic backgrounds. These individual differences are the precursors in determining their futures. The present study aims to explore the various aspects of counselors' experiences working with At-Risk Adolescents. To understand in detail about the psychosocial challenges of at-risk adolescents and the strengths that the resilient adolescents of the same population possess, we have identified eight counsellors working with such a population with the help of a snowball sampling design and interviewed them with a semi-structured interview schedule. Thematic analysis of the personal interviews was done with the help of NVIVO software to identify themes and further categorize them into two major categories: Challenges and Strengths of At-Risk Adolescents. Implications of identifying these challenges and strengths as preventive and promoting mental health factors have also been discussed in designing culture-sensitive interventions for such populations.

Keywords: At-risk Adolescents; Vulnerable Adolescents; Individual Strengths; Mental Health; Bronfenbrenner Bioecological Model

THE RELATIONSHIP BETWEEN COMMUNICATION DIFFICULTIES AND INTERPERSONAL RELATIONSHIPS AMONG DEAF ADULTS: A PILOT STUDY

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ABSTRACT

In the realm of recent developments, methodologies, and paradigm shifts in disability research, this study delves into the profound impact of communication difficulties on the interpersonal relationships of deaf adults with congenital hearing loss. Communication is the bedrock of human connection, and understanding its significance in the context of deaf individuals is pivotal. In this investigation, a sample of 61 participants (31 females, 31 males), aged 40-65, was selected through snowball sampling. Correlational analysis indicated that CD is positively correlated with IR ($r = 0.512, p < 0.001$). Delving deeper, it was revealed that the domains of interpersonal intimacy and expression of emotions within IR exhibited significant relationships with CD ($r = 0.43, p < 0.001$ and $r = 0.28, p < 0.05$, respectively). Greater challenges are faced in the emotional domain of CD compared to the social domain ($r = 0.77, p < 0.001$). Moreover, gender disparities were observed in communication difficulties, with males ($M = 55.1, SD = 23.5$) encountering more substantial challenges than their female counterparts ($F = 40.5, SD = 22.8$). The implications of this study extend to ongoing developments in disability research, emphasizing the critical role of effective communication for deaf adults and its cascading effects on their social connections. These findings also advocate for the integration of programs such as deaf awareness training and communication skills classes. These initiatives educate on the communication and socio-emotional needs of deaf individuals, fostering inclusivity and understanding.

Keywords: Deaf adults, congenital hearing loss, interpersonal relationships, communication difficulties, social, emotional

Abbreviations: CD: Communication Difficulties, IR: Interpersonal Relationships

INFLUENCE OF PSYCHOLOGICAL CAPITAL ON ACADEMIC ACHIEVEMENT OF STUDENTS: A THEORETICAL PERSPECTIVE

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ABSTRACT

Achieving a high level of academic excellence is an essential milestone in any educational journey. It rewards students with a sense of personal accomplishment that will remain well into adulthood. The confidence gained from such achievements can help students excel professionally and personally in all areas of life. Academic Achievement is effected by many factors like economic, social, cultural and personal factors. One of the personal factor is Psychological Capital which influence Academic Achievement. Psychological Capital consists of Hope, Self-Efficacy, Resilience and Optimism. Studying the impact of Psychological Capital (PsyCap) on Academic Achievement is important for improving educational outcomes, enhancing students' mental well-being, empowering personal development, informing educational policies and practices, and providing empirical evidence of its importance in education. Hope, Self-Efficacy, Resilience, and Optimism are essential for Academic Achievement. Hope motivates goal-setting and perseverance, self-efficacy boosts confidence and proactive learning, resilience enables coping with setbacks, and optimism maintains a positive outlook, all of which lead to better academic performance. These psychological factors help students tackle challenges, manage stress, and stay resilient in the face of academic difficulties, ultimately contributing to their academic success. The aim of the present paper is to find out the influence of Psychological Capital on Academic Achievement through existing literature reviews and theoretical frameworks. This study delves into the theoretical foundations and available literature supporting the relationship between PsyCap and Academic Achievement, offering insights into how these psychological resources effect learning outcomes and student's performance.

Keywords: Psychological Capital, Academic Achievement, Hope, Self-Efficacy, Resilience, Optimism

BEHAVIOURAL INTENTION AND DEPENDENCY ON CHATGPT AMONG COLLEGE STUDENTS: SCALE DEVELOPMENT AND VALIDATION

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ABSTRACT

Behavioral Intention is the degree to which one can present with some level of certainty the intent of participating in some behavior. The awareness and use of ChatGPT as a prompt engineer in helping individuals has grown exponentially especially amongst college students. The aim of this study is to develop and validate an instrument to assess the behavioral intention and dependency of using ChatGPT amongst college students.

The draft scale consisted of 21 items measuring eight different aspects such as performance anticipation, expected effort, enabling circumstances, educating value, hedonistic intent, habit, intentional behavior and educatory use. The items were subjected to expert opinion for content validity and were modified accordingly. The study was carried out among college students (N=150) through an online survey.

KMO sampling adequacy was found to be 0.919 and Bartlett's Test was significant (chi-square = 1536.374, df=45, p<0.001) and exploratory factor analysis was conducted to examine the construct validity of the scale. The results of the principal component analysis using varimax rotation indicated that two factors explained 77.71% of the total variance with factor loading values ranging between 0.652 and 0.906. Cronbach coefficient for the total of the 10-item scale under two factors was calculated with Cronbach α as 0.930.

Keywords: chatGPT, behavioral intention, dependency, performance anticipation, factor analysis

THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH: A COMPREHENSIVE ANALYSIS

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ABSTRACT

The impact of social media on mental health is a topic of growing concern. While it can provide opportunities for connection and self-expression, it also carries risks. Excessive use has been associated with increased feelings of loneliness, depression, and anxiety. The constant exposure to curated content can foster unrealistic comparisons, leading to lower self-esteem and a fear of missing out. A mix of both positive and negative emotional outcomes, as well as coping mechanisms and behavioral adaptations are observed.

A predominantly neutral emotional impact of social media on the majority of respondents, emphasizing the complex nature of online interactions. It was observed that most participants primarily utilize social media platforms for passive activities like scrolling through feeds, with limited engagement in group and community participation.

In addition, we observed that coping strategies employed by individuals in response to negative comments and messages encountered on social media platforms. The findings illuminate a spectrum of coping mechanisms, ranging from disengagement to active confrontation, underscoring the diversity of strategies used to navigate online emotional challenges.

We also explored how social media platforms can influence individuals' decision-making processes and actions, highlighting the need for vigilance and critical thinking in the digital age. To protect our mental well-being, it's important to use social media mindfully, establish healthy boundaries, and seek support when necessary.

Keywords: Social media, Feelings, Emotional impact, Coping mechanisms, Behavioral changes, Misinformation, Online communication.

ROLE OF SOCIAL SUPPORT ON EMOTIONAL HEALTH OF ADOLESCENTS

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ABSTRACT

Beginning of adolescence period is marked with puberty and ends with the attainment of physical maturity (Gautam & Madnawat, 2019). During this period, adolescents face too much stress and strain in their lives. Due to these changes in circumstances social support is an important aspect that helps the individual to get out of his turmoils. Social support is a complex, multidimensional construct that is comprised of a set of related, but distinct constructs (Gautam & Madnawat, 2019). It plays a significant role in the Emotional health of Adolescents. Emotional health is an emerging concept in the field of clinical and health psychology that also focuses on the overall wellbeing of the person (Gnana & Rani, 2018). Thus, the present research is focusing on studying the role of social Support on emotional health of adolescents. The sample comprises of total 50 adolescents (25 boys and 25 girls) from the age range of 16-19 years. The tools consist of PGI Social Support Questionnaire by Nehra, Kulhara, & Verma (1998) and Psychological Well-being Scale by Sisodia & Choudhary (2012). The obtained data would be analyzed by using the appropriate tests and statistics. It can be said that boys scores high on social support and have good emotional health as compared to girls.

Keywords: Adolescents, Emotional Health, Gender, Social Support, Well-being

GENDER DIFFERENCES IN QUALITY OF LIFE OF RURAL FARMERS IN BARABANKI

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ABSTRACT

Agriculture is a significant occupation in India. Indian population is totally reliant on Agriculture. Approximately 54.6% of the total population is occupied in Agriculture. Quality of Life is the individuals' perception towards their position in life. However, quality of life is somehow hampered as life's challenges keep increasing. Due to lack of resources particularly in the rural sector, it may lead to harmful influence in the area of health. Hence, it is important to take a look at the quality of life of rural farmers in district Barabanki. The present study attempts to cast a glance at Gender Differences in Quality of Life of Rural Farmers in Barabanki. Sample selected was 50 farmers (Female farmers= 25, Male farmers=25) using incidental sampling from the village of district Barabanki. Quality of life has been assessed with the help of Hindi version of WHOQOL-Bref by the World Health Organisation, 1996. Interesting findings came to fore that there was a significant difference between male farmers and female farmers. Further analysis was done domain wise and significant gender differences were emerged. The study would act as a base to plan interventions in villages for farmers in India.

Keywords: Quality of Life, Gender, District Barabanki, Health and WHOQOL-Bref.

USE OF TECHNOLOGY AND ASSISTED TEACHING IN ENSURING THE SHIFT FROM LITERACY TO LEARNING

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ABSTRACT

While the nations across the globe have been enthusiastic in increasing the literacy rates and gross enrollment ratios, a serious concern evolving over time has been the quality of learning provided in schools especially in underdeveloped and developing countries. While their literacy levels and gross enrollment ratios for primary education have shown consistent rise over past decades, a serious concern is the actual number of students who could effectively read and write as per the standards of their age. The problem of learning poverty, a concept introduced by the World Bank in coordination with the UNESCO Institute for Statistics means the inability to read and understand a simple text by the age of 10. The data developed by World Bank shows that in spite of formal primary education, 53% of children in underdeveloped countries are unable to read and comprehend a simple story and this figure increases to 80 % for countries that are poor. While nations across the world have committed to achieving the UN SDG goal of providing Education for All by 2030, the present learning deficit is sure to frustrate all their efforts towards this direction. This makes it imperative for the countries to restructure their developmental programs so as to facilitate not only formal schooling but also enhance the learning abilities of children. Several experimental studies have shown how the existence of educational facilities such as digital libraries, online repositories of knowledge, computer aided as well as manually assisted learning etc. have been instrumental in improving the reading and learning abilities of children and can thus function as an important tool for solving the problem of learning poverty. The emergency created by the pandemic has made the digital system of education indispensable. This paper is an attempt to analyze the gravity of the problem of learning poverty and the need for having a robust system of digital platforms accessible to all to meet the educational challenges posed by the pandemic.

Keywords: Learning Poverty, UN SDG, Education, Assisted learning, Digital Repositories

AI: UNLOCKING NEW INSIGHTS IN EDUCATION AND ENGINEERING CONTEXTS

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ABSTRACT

With the potential to combine cognition, machine learning, emotion detection, and human-artificial intelligence, AI is a multidisciplinary technology that is gradually making advancements. For nations all around the world, the advancement of AI has emerged as a key development strategy for maintaining security and boosting national competitiveness. Critical thinking, teamwork, and creative thinking are examples of 21st-century skills. These skills are essential for success in today's global society, and AI-enabled tools and models can be important in developing them. Interactive learning tools driven by AI can aid in the development of these skills by providing stimulating learning opportunities that promote exploration and problem-solving. India has recently experienced a significant paradigm shift in terms of its educational system. A call to action rather than a prediction of the future is what we call the Fourth Industrial Revolution. It is a goal to develop, disseminate, and manage technology in a way that supports a robust, more cooperative, and long-lasting framework for social and economic development, based on shared values like the welfare of all people, respect for human dignity, and stewardship of coming generations. This paper explores the evolution of AI and additionally highlights how J. McCarthy's Proposal for the Dartmouth Summer Research Project on AI, which was presented at Dartmouth College, Hanover, New Hampshire, contributed to the evolution of the concept of AI. This paper also reveals the philosophical underpinnings of AI. Examining how AI can be used in education and in the mechanical engineering context is the goal of this study. The world is being overtaken by (AI), whether it be in the agricultural, automotive, educational, or transportation sectors. India has a very large potential for artificial intelligence. (AI) will be solidifying its role as a game-changer in India in the upcoming years. Apart from this, AI has notable risks because every excellent attribute has a criticism. Anything that goes beyond its intended application may cause crashes and malfunctions or provide meaningless outputs, which can be quite challenging. Therefore, there is a need for more education on how to use AI appropriately and effectively in whatever domains an individual would like to employ that particular tool. Regarding security, usability, dependability, extensive interaction, improvements, design, and evaluation, a new approach to AI applications is required. It is critical to carefully assess the potential advantages and adverse effects of AI before adopting any readily accessible AI tools.

Keywords: AI, Education, Mechanical Engineering, Machine Learning, Computer-aided manufacturing, and design

CELL-FREE FETAL (CFF) DNA TESTING: A PRELIMINARY STUDY TO AID IN FORENSIC DNA INVESTIGATION

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ABSTRACT

Cell-free fetal DNA (cffDNA) was first found in the mother's blood in 1997. This finding sparked extensive research into cffDNA as Non-Invasive Prenatal Testing (NIPT) for prenatal diagnostics. However, its application in forensic DNA analysis is seldom investigated. In this study, cffDNA is examined as a potential forensic DNA evidence. Maternal blood (n=40) from women in different trimesters were collected for the study. These samples included a few surrogate mothers as well. The cffDNA were extracted from the maternal plasma using DNeasy Blood and Tissue kit and quantified with Quantifiler™ Trio DNA Quantification kit. cffDNA with its respective maternal DNA were analysed for 24 Short Tandem Repeat (STR) markers using the GlobalFiler™ PCR Amplification kit. In the quantitative analysis, a linear relationship was observed between the gestational age and the concentration of cffDNA in maternal blood. In terms of DNA profile quality, a partial STR profile was generated from all cffDNA samples. Out of the 24 STR loci, 8 markers namely D3S1358, vWA, CSF1PO, D2S441, D19S433, TH01, Amelogenin and Y-indel marker were amplified in most of the cffDNA samples. In many cffDNA profile, few alleles from maternal DNA were also observed which were found to be masking the cffDNA alleles. Presence of more than three alleles at multiple STR marker suggested that the biological mother is not carrying the child but is borne by a surrogate mother. Hence, these inferences elucidate on the potential application of the cffDNA in forensic investigation wherein the maternity or paternity is questioned.

Keywords: cell-free fetal DNA, non-invasive prenatal testing, forensic, DNA profiling, STR markers

HEALTHY FOOD, HEALTHY MIND: HOW DO FOOD PREFERENCES AFFECT MENTAL WELL-BEING?

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ABSTRACT

Holistic health is a rudimentary requirement for all living beings. There are multiple factors which contribute in attaining a holistically healthy life such as our thoughts, lifestyle, dietary habits, sleep quality, exercise and many more. A person's dietary habits or food preferences play a major role in living a healthy life. Due to westernization and globalization, it has been noted that individuals' have started preferring the food which is having high energy and low nutritive value or in short it can be said that they have started preferring junk food. Through past research it has been noted that the poor dietary preference not only our hamper physical health and may increase the risk of obesity, diabetes, cardiac issues but may also cause them to suffer from mental ailments such as anxiety, depression and stress. The existing article highlights how the consumption of Satvik, Rajasik, and Tamasik food affects mental health. The satvik aahar includes whole grams, pulses, fruit juices, nuts etc. which helps in resolving the symptoms of anxiety, mood disorders. On the other hand Rajasik aahar, which may cause a person to suffer from lethargy, distress, depression, & anxiety, which incorporates onion, garlic, non-vegetarian meals, tea, coffee etc. the last one is Tamasik ahar which includes frozen or canned food, leftover food, alcohol and others all these may can severe mental ailments such as Alzheimer's, schizophrenia. The article also suggests the need for and importance of satvik aahar to lead a mentally healthy life.

Keywords: holistic health, mental ailments, Satvik, Rajasik, Tamasik.

ASSESSMENT OF LEVEL OF SELF- EFFICACY AMONG DEGREE COLLEGE STUDENTS OF KALABUARGI CITY

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ABSTRACT

Self-efficacy is students' confidence about their skill to perform a task. It refers to "beliefs in one's capabilities to organize and execute the courses of action required producing given attainments" (Bandura, 1997). The Main aim of present research was "Assessment of Level of Self Efficacy among Degree College Students of Kalabuargi City". The total sample consisted of 150 B.A and B.Sc degree students, in which 75 B.A and 75 B.Sc. from Smt. Veeramma Gangasiri Degree College for women, Kalabuargi. The research tool self-efficacy inventory developed by Dr. Santosh Dhar and Dr. Upinder Dhar was used to collect the data. Here, for analysis of the data Mean and Percentage were applied to assess the level of self-efficacy. Based on the results, it was concluded that the level of self-efficacy of respondents of 150 sample out of this 20 [B.A] i.e., 14% of students and 26 [B.Sc.] (17%) of students scored 147 and above results indicates the students level of self-efficacy is high, 48 [B.A] (32%) of students and 43[B.Sc.](28%) of students scored 124-146 and its result indicates that this students level of self-efficacy is in normal range, students scored 123 and below are 06[B.A] (4%) and 07[B.Sc.] (5%) which results that these students are comes under low self-efficacy level. By observing the results, we can say that 13 students [06 B.A & 07 B.Sc.] (9%) scored below 123 [low self-efficacy] it shows these students need psychological counseling.

In the present study, it can be said that the self-efficacy level of these Smt. Veeramma Gangasiri Degree College for Women, Kalaburagi students is exceptionally good, indicating a positive perspective on life and dedication to leading an important life.

Keywords: Assessment, Self-efficacy, Self-efficacy inventory and Degree Students.

QUALITY OF LIFE AMONG LOCOMOTOR DISABLED WOMEN IN SALEM DISTRICT OF TAMILNADU

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ABSTRACT

Background: Locomotor disability is more than a personal trait or health issue; it also represents such locomotor disabled people encounter lot of difficulties in social interactions and daily activities. This marginalized people are one the underrepresented groups in society and face numerous obstacles as a result of participation restrictions

Objectives: The aim was of the present paper to assess the quality of life (QOL) among locomotor disabled women.

Methods: The study has included 60 locomotor disabilities women; through snow ball sampling methods the respondents are indentified. The health-related quality of life is assessed with the help of World Health Organization Quality of Life questionnaire, and social demographics and factors affecting life satisfaction were collected by a general questionnaire. Based on the review of literature and polit study, the researcher prepared a semi – structured interview schedule and which include questions regarding socio-demography profile of the respondent’s quality of life.

Result: Among the respondents are, More than half (54%) of the respondents are belongs age of 31-40 years. More than half (52.7%) of them are married, Most of the respondents (54.3%) are employed, Most respondents (67.7%) have contracted with locomotor disabilities by birth itself, Physical Domain - The majority of respondents (64%) report moderate levels of pain and discomfort. Psychological Domain -nearly half of them have low level of self-esteem. Independence Domain- A significant proportion of the respondents (65%) have moderate level of dependence on medication or treatments. Social Relationships Domain - A majority of them (79%) have a moderate extent of social support. Environment Domain - More than half of the respondents have financial resources to a moderate extent.

Conclusion: People who are lonely tend to have a significantly lower quality of life, more chronic illnesses, lower levels of education, less physical and social activity, as well as a lack of support from others and an inability to adapt to their surroundings. The government or civil society organisations to acknowledge the importance of implementing development programmes that effectively promote the rights of women and people with disabilities in order to improve the quality of life for women who have locomotor disabilities.

Keywords: Locomotor disabled women, Quality of life, Discrimination, Policy, and Stigma

A STUDY OF NONVIOLENT COMMUNICATION AND MENTAL WELLBEING AMONG MEDICAL STUDENTS

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ABSTRACT

Fostering good socioemotional skills is essential for delivering high-quality healthcare, according to research. Medical students are required to develop their listening skills, perseverance, and most importantly their ability to maintain composure when viewing human life from the closest possible perspective during their time in college. This study aims to determine the relationship between nonviolent communication (NVC) and mental wellbeing of the undergraduate medical (MBBS) students. Even though research shows the value of teaching people how to react positively to difficult situations, the healthcare industry still has a poor knowledge of compassionate communication and how it can impact the mental health of the students. This study is aimed at understanding NVC and student mental well-being of future health care providers. The research objectives are to assess NVC and mental well-being among undergraduate medical students and find out the relationship between these variables. The researcher has used a correlational design. A total of 51 participants were chosen from a government medical college in Andhra Pradesh using purposive sampling method. The survey instruments used for the present study includes Nonviolent Communication Questionnaire (Mohammadi et al.,2015) and The Warwick–Edinburgh Mental Well-being Scale (Tennant et al.,2006) The data were analysed by using descriptive statistics and Pearson product moment correlation. Results of the pearson correlation (r) indicated that there is a non-significant positive relationship between nonviolent communication and mental well-being ($r = .218, p = .125$). Both NVC and mental well-being have a positive relationship with each other but its not significant. Hence the hypothesis which states that there would be significant relationship between the variables has been rejected. This study attempted to understand the universal needs through NVC making a non-judgemental request during conflicts would have any association with mental well-being of the medical students. The corresponding results imply the need for a more detailed and in-depth study of NVC. Future research studies can be planned to develop any practical strategies to increase NVC among health care personnel.

Keywords: Nonviolent communication, Mental well-being, Universal needs, Health care, Undergraduate medical students

**EXAMINE THE RELATIONSHIP BETWEEN ADVERSE CHILDHOOD
EXPERIENCES AND DISTURBANCES IN SELF-ORGANISATION (DSO) AMONG
YOUNG ADULTS IN INDIA**

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ABSTRACT

Adverse Childhood Experiences (ACEs) are nothing but traumatic experiences that happen in childhood under the age of 18 years. The ACE study (CDC-Kaiser) and other emerging research shows the negative relationship between ACE and well-being in adulthood. At the same time, as per the research (Guo et al., 2021), children with chronic adverse experiences might develop symptoms of Complex Post Traumatic Stress Disorder (C-PTSD). Hence, it has been expected that participants with higher ACEs would also report higher levels of Disturbances in Self-Organisation (DSO), which is a symptom of C-PTSD. DSO can manifest as a wide range of symptoms, including problems with attention, focus, memory, problem-solving skills, difficulties regulating emotions, and difficulties managing stress. However, for the scope of this study, DSO was measured with three variables: Emotional Dysregulation, Negative Self-Concept and Disturbances in Interpersonal Relationships. Therefore, the present study has been designed to assess the relationship between ACEs and DSO among young adults in India. For this purpose, standardised tools were administered to a sample of 198 young adults. The result of correlation statistics brought to light that ACEs significantly correlate with negative self-concept, emotional dysregulation and disturbances in interpersonal relationships: Anxious attachment and avoidant attachment. Additionally, statistical outcomes of multiple regression analysis confirm that ACEs are the significant predictors of emotional dysregulation, negative self-concept, and disturbances in interpersonal relationships. This study highlights the need to investigate more thoroughly the effects of chronic traumatic stress on adults' well-being and quality of life.

Keywords: Adverse childhood experiences, Abuse, Neglect, C-PTSD, Negative self-concept, Relationship issues, Emotional dysregulation.

RELATIONSHIP BETWEEN WISHFUL IDENTIFICATION WITH FICTIONAL CHARACTERS, PERCEIVED SENSE OF SELF AND DECISION-MAKING AMONG EMERGING ADULTS

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ABSTRACT

Often associated with celebrity culture, where we see people modelling their lifestyles to emulate that of their role models, wishful identification is a phenomenon that extends to all fictional characters, including those in books. While it has a lot of positive aspects, there can also be a lot of damage caused by this phenomenon in one's daily life. This present study aims to understand how wishful identification with fictional characters can lead to changes in one's self-perception and decision-making.

The study uses emerging adults as the sample, followed by a pre-test-post-test method with three 2 post-test trials. The participants were asked to complete a pre-test questionnaire to assess the baseline. They were then shown a TV show over 5 days, with 1 episode lasting 20 minutes daily. They were asked to fill out a post-test questionnaire on the day of the study. They were shown a movie of about 120 minutes the next day and asked to again fill out the post-test questionnaire to assess the difference in responses. On conducting Friedman's analysis of the obtained data, the results showed a significant difference in the level of self-perception but a non-significant change in the decision-making pattern of the individual.

In conclusion, this study provides substantial evidence that wishful identification with fictional characters and their acceptance as role models leads to significant changes in one's perceived sense of self. These findings may have implications for the advertising field, the development of better treatment and awareness programs and training modules, among others.

Keywords: wishful identification, perceived sense of self, decision making, emerging adults, experimental study

HARMONISING BONDS: EVIDENCE-BASED PATHWAYS TO ELEVATE DATING COUPLES' RELATIONSHIP WELL-BEING AND MENTAL HEALTH"

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ABSTRACT

This research paper explores the landscape of relationships by investigating the factors that influence dynamics of relationships. As Emotional-breakdowns, Breakups, Relationship dissatisfaction, Suicidal Rates and some other relationship issues and relational problems are increasing day by day and have become need of hour which demands immediate psychological intervention in a innovative way. Therefore, the aim of this paper is to present evidence-based strategies to improve and harmonise the relationship, the being and mental health of couples. By conducting a review of existing literature, this paper navigates through areas such as relationship commitment, personality traits, cultural influences, attachment styles, communication patterns, emotional intelligence and so on. These elements collectively shape a relationship. The paper introduces a range of innovative strategies from researchers that aim to foster emotional connection and empower relationships. By implementing these strategies couples can proactively nurture their relationships and can navigate challenges with resilience, Relationship awareness, Perseverance, Patience, Conflict Management, Satisfaction in relationship, while promoting well-being. Ultimately this paper provides a guide to empowering couples to cultivate thriving relationships in the complexities of human interaction. This **ABSTRACT** concisely summarises the focus of the research paper by highlighting the factors on relationships and presenting evidence-based strategies for enhancing quality of interpersonal relationship, well-being and mental health among couples.

Keywords: Relationship, Dating Couples, Mental Health, wellbeing, Strategies

COMPLEXITIES OF PATHOLOGICAL GAMBLING WITH BORDERLINE PERSONALITY DISORDER IN YOUNG ADULT- A CASE REPORT

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ABSTRACT

Pathological gambling has been recognized for ages and has remained a socio-economic threat, though contemporary perspectives place it in a similar nosology to substance use disorders, the identification of this vice's medical essence is a relatively new development. Pathological gambling is a recognized psychiatric illness defined by a pattern of persistent gambling despite detrimental effects on one's physical, psychological, and social well-being. The irrepressible need to continue gambling despite the negative effects it has on the individual is known as compulsive gambling. Similar to drugs dependence, gambling can affect the brain's reward system and cause addiction. BPD is a pervasive pattern of marked impulsivity, mood inconsistency, self-image and it can be considered on the verge of psychosis and neurosis. The risk of having a comorbid personality disorder was 43% which is almost nine times higher in those with pathological gambling disorder.

The present case report is of a 23-year-old male, presented with complaints of excessive gambling since 2years, increased cigarette smoking & decreased sleep for 1 year and self-injurious behaviour from past 6 months with premorbid novelty-seeking traits. This case highlights an array of critical issues and challenges related BPD in terms of transient stress-related paranoia, poor judgment and decision-making skills, and suicidal behaviour. Tools used for screening are South oaks gambling screen, beck's depression and anxiety scale, beck's suicide intent scale and MCMI.

Through the investigation of this multifaceted case the purpose is to improve understanding of the intricate difficulties encountered by young people caught up in compulsive gambling with underlying pathology in personality. This case's specific presentation is essential for clinical insights into classic treatments such as CBT, DBT, and relapse prevention, as well as newer approaches of third wave therapies.

Keywords: Pathological Gambling, Borderline Personality Disorder, Self-injurious Behaviour.

TRAUMA- AN UNCHARTED TERRITORY OF CHILDHOOD

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ABSTRACT

Children are the largest vulnerable and jeopardized population in the world. As per NIPCCD's report in 2014, it is estimated that India has the largest community of youngsters, approximately 40%. Developing countries like India are most often burdened with providing optimum care especially to the ones who require care and protection and need community-based programs for integration of such children back into the system. (Li, Naar-King, Barnett, Stanton, Fang & Thurston, 2008; Hermenau, Kaltenbach, Mkinga & Hecker, 2015). This paper will be focussing on the latter aspect of children living in child care institutes also known as foster homes. "The JJ Act in Section 40 provides for the rehabilitation and social reintegration of a child in need of care and protection by means of i) adoption (ii) foster care (iii) sponsorship (iv) sending the child to an after-care organization." (Apeksha Kumari, 2015).

To the layman, a residential care means an organized, regular and impersonal structure. arrangements for children, i.e., each child will sleep, eat and go to a bathroom at the same time and a professional relationship between adults and children is established through this routine of arrangement and co living. Research shows that quite a number of youngsters placed in such care often report negative developmental and emotional concerns impacting their resilience and self-worth (Abdullah et al., 2018).

Therefore, it becomes essential to understand the narrative experiences of such children to reach to the core of the problem. A report also indicates that governmental childcare homes are frequently over-crowded and the ratio of caregivers with respect to the children requiring support is not sufficient to meet the requirement (NIPCCD,2014). A longitudinal research of 1420 participants in the subject of childhood trauma showed that childhood trauma was far more common than previously thought. It was also discovered that the probability of impairment increases across the lifespan in a variety of categories like Global self-esteem, Domain specific self-esteem, Trait self-esteem, State self-esteem, Stable, and Authentic or True are the several types of self-esteem (Copeland et al, 2018).

It is hence noteworthy that any supportive modality must use a trauma informed care approach to deal with the underlying emotional unmet needs of these children.

Keywords: Trauma, Resilience, Children, Child care institutes

THE EFFECT OF MINDFULNESS-BASED INTERVENTION ON STRESS PATIENTS FROM TRIBAL SOCIETY OF ARUNACHAL PRADESH

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ABSTRACT

Background: Mindfulness is a calming intellectual condition reached through concentrating one's realization of current time by silently observing and compliant one's emotional state, feelings and thoughts. It is one of the most widespread therapies, which focuses on Present moment. Mindfulness-Based Intervention has been designed to help people from chronic stress due to which a person's immune system got impaired and also affects other health problems to worsen. Stress is one of the most common mental health issues that is quite prevalent nowadays and it seems to be very usual in every age group. The current research objective is to study the effect of mindfulness-based intervention on stress patients from Tribal society of Arunachal Pradesh.

Methods: The present study is quasi-experimental research that will follow one group pre-test-post-test design. The pre-test will assess sample's stress level as well the post-test will also assess the sample's stress level and whether any changes happened after the mindfulness-based intervention was applied. The total sample is 20 patients (based on age, education, language, and place) on the basis of the purposive sampling technique. The tool used were Depression Anxiety Stress Scale 21 (DASS 21) which was developed by Fernando Gomez in the year 1995.

Result: Patients from Arunachal Pradesh have showed that the mindfulness-based intervention is beneficial in reducing their stress levels, and patients from Tribal society appear to respond well to the mindfulness-based intervention.

Conclusion: It highlights how the people of Arunachal Pradesh can benefit from mindfulness-based interventions. The treatment strategy for mental health will be viewed from a new angle.

Keywords: Mindfulness, Mindfulness-Based Intervention, Tribal Society, Stress

COLOR PSYCHOLOGY AND HOW IT EFFECTS CONSUMER DECISION MAKING: A STUDY ON POPULAR INDIAN BRANDS

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ABSTRACT

Visual aesthetics have long been a focal point for brands seeking to capture the attention of consumers and create lasting impressions. Color psychology, a pivotal aspect of marketing, explores how different colors can evoke distinct emotions and perceptions in individuals. This research delves into the realm of color psychology in the context of popular brands available in India, aiming to uncover its effects on consumer decision-making processes.

The study encompasses a sample of 150 participants, above the age of 18, all possessing purchasing capabilities for everyday products and are Decision Makers for the from these individuals. While previous research has extensively examined the role of color psychology in consumer preferences, its application within the domain of popular Indian brands remains underexplored. This study endeavors to bridge this gap by assessing the extent to which brand colors can influence consumer choices, especially when confronted with similarly priced and quality-competitive alternatives in the market.

By shedding light on the impact of color psychology in the local brand landscape, this research contributes valuable insights to marketers and businesses. Understanding how color choices affect consumer behavior can empower brands to make informed decisions in designing their visual identity and marketing strategies, ultimately enhancing their appeal and competitiveness in the Indian market.

Keywords: Consumer Behavior, Decision Making, Indian Market, Color Psychology, Popular Businesses

THE IMPACT OF MATHEMATICS EDUCATION ON THE MENTAL HEALTH AND WELL-BEING OF STUDENTS

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ABSTRACT

Mathematics education is a fundamental aspect of a student's academic journey, yet the experience of learning math varies significantly among students. This research focuses on comparing two distinct groups: those with a background in mathematics (referred to as math students) and those without (referred to as non-math students) to gain psychological insights into their experiences.

The study encompasses a comprehensive examination of various factors influencing mathematics education. It delves into the social and psychological barriers that can either facilitate or hinder math learning. It also scrutinizes the unique challenges posed by online and distance learning, investigates diverse teaching methods, explores the role of textbooks, assesses the utilization of self-learning resources, and examines the impact of language barriers and inclusive classroom practices. To gain a deeper understanding, a carefully designed questionnaire is administered to both math and non-math students. This survey aims to uncover the distinct challenges faced by non-math students and the strategies they employ in the realm of mathematics, providing valuable psychological insights.

By identifying disparities and commonalities in mathematics education experiences, stakeholders can make informed decisions. They can develop inclusive teaching methods and tools that cater to the diverse backgrounds of students, fostering a fair and effective mathematics education system. This research, presented from a psychological perspective, explores the dynamics of mathematics education by comparing the experiences of math and non-math students. By doing so, it seeks to inform the development of strategies that enhance math education for all students, regardless of their academic backgrounds.

Keywords: Mathematics education, psychological insights, comparative analysis, teaching methods, learning challenges.

EARLY IDENTIFICATION AND INTERVENTION OF DISABILITIES IN GOVERNMENT PRIMARY SCHOOLS

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ABSTRACT

With his or her mother at home, a child's education begins to take shape. The types of adjustments necessary for a typical child to learn and develop are well known to stay-at-home mothers. They have no idea where to begin when it comes to teaching a disabled child about their surroundings, communication, and comprehension. Sometimes they even lack communication and interaction skills with children who have special needs. Even society lacks any validated practical experience with it. The main focus of everyone's attention is on finding ways to make their daily lives enjoyable, despite various obstacles. The goal is to identify the various types of obstacles that prevent disabled elementary school students from learning. Priority should be given to children with special needs. They share many traits with other kids their age. They share many developmental traits with children, including personality, communication skills, resiliency, strength, ability to appreciate and enjoy life, and the desire to learn. Individual children will be affected differently by specific disabilities because every child is unique in their strengths, personalities, and life experiences. They are entitled to the full development of their physical, social, spiritual, and mental selves. They have a right to an education and a respectable life. They have educational needs that sometimes are different from peers who are not disabled. Such children may face obstacles to their education due to physical, sensory, mental health, and learning disabilities as well as financial, parental and social attitudes, public and school infrastructure, curriculum, and the teaching and learning process.

Since children with disabilities may have limited social and economic opportunities, education is crucial for all children, but it is crucially important for them as well. Since the passage of No Child Left Behind, schools are now required to make the necessary "adequate yearly progress" toward academic goals by including students with disabilities in state testing and measuring their proficiency against the same benchmark as other students. The current papers are an effort to shed some light on the ongoing Early identification and intervention of disabilities in Government Primary schools.

Keywords: disabled, developmental traits, learning disabilities, adequate yearly progress, early identification, intervention.

EFFECT OF MUSIC ON MOOD, STRESS AND OTHER ASPECTS OF AN INDIVIDUAL

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ABSTRACT

For years now, Music has been something people listen to when they are happy or sad, but do people also know it is therapy to a lot of individuals who deal with anxiety, feel stressful, and different kinds of emotional stress, etc.? This research aimed to study the “effect of music therapy on mood, stress and other aspects of an individual” The research was done using ‘google scholar’, ‘pubmed’, ‘science direct’. The study reviewed that music has had a massive impact on people’s moods when they are low, altering feelings of stress to relaxation and also enabling people to suffer from less pain. Some individuals had their own choice of tunes/songs they heard to relax themselves. Some research showed how music was used to deal with cardiovascular diseases, during chemotherapy of cancer patients to relieve them from pain or stress, and how different genres of music helped people cope with their daily emotions. In conclusion, the research showed how music helped people concentrate better, made them feel good, and that people should be made more aware of the effects of music on people’s health.

Keywords: Music, mood, stress, emotions, psychological aspects

OLEORESIN BASED NANOFORMULATION OF ANTICANCER DRUG: PHYSICAL CHARACTERIZATION AND RELEASE MODULATION

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ABSTRACT

Basil oleoresin obtained from *Ocimum basilicum* has good antimicrobial and antioxidant properties and used as nanoformulation based drug delivery system for BCS class III categorization. An oleoresin based nanoformulation (ONF) was prepared by taking Tween80/Vitamin-E as S_{mix} at three different ratios 1:1, 1:2 and 2:1. ONFs were characterized using FTIR spectroscopy, refractive index (RI), conductivity studies, in-vitro drug release and DPPH method. Spectral analysis exhibits that vibration frequencies appeared in the fingerprint region at 1215, 1059 and 1035 cm^{-1} in drug were shifted to 1222, 1081 and 1049 cm^{-1} in the ONF produce with the disappearance of the absorption band at 1732 cm^{-1} . Measurement of mean droplet size of ONFs were in the range of 190-490 nm and 250-550 nm respectively while zeta potential of naïve systems were -5.06mV. ONFs had poor conductive behaviour in aqueous medium than drug which indicates physical transformation took place in drug where hydrophilic nature changed to lipophilic and RI values were 1.464 units. Drug had been partially dissolved as revealed from dissolution characteristics in phosphate buffer at pH 6.8 and in distilled water. However, ONFs produced much rapid with complete drug release profile in both media ($p < 0.005$) than pure drug. DPPH method was used to evaluate the antioxidant potential between free drug and ONFs and results showed the enhanced antioxidant potential for ONFs. On the basis of above studies, it can be concluded that ONFs transformed the hydrophilic characteristic of drug with anomaly in release characteristics. ONFs can be employed as lipophilic component for the bioavailability and permeability modulation of BCS class II/III drug.

Keywords: Basil Oleoresin, Release modulation, nanoformulation, Antioxidant, Anticancer.

A PATH ANALYSIS MODEL EXAMINING SELF-RELIANCE AND SELF-REGULATION PERTINENT TO PSYCHOLOGICAL WELL-BEING

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ABSTRACT

There is a growing need to comprehensively study well-being through a multidisciplinary and multi-dimensional lens. The purpose of this study was to explore the role of self-reliance and self-regulation as predictors of the well-being of people. Data were gathered from 1062 participants by the self-regulation scale, self-reliance scale, and psychological well-being scale. The product-moment correlation and path analysis using SEM of AMOS 22 were used to analyze the data. The results revealed a positive correlation between self-regulation, self-reliance, and psychological well-being and lent support to the hypothetical model, as evidenced by path analysis, which indicated that both self-reliance ($b=.13$) and self-regulation ($b=.46$) were significant predictors of well-being. By objectively showing how positive attributes like self-control and self-reliance help to improve psychological well-being, this study makes a significant contribution to the field of positive psychology.

Keywords: Self-regulation, self-reliance, psychological well-being, path analysis

A COMPARATIVE STUDY OF THE ATTITUDE TOWARDS WOMEN AMONG INDIAN AND SPANISH ADULTS

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ABSTRACT

The purpose of the research study was to assess and compare the attitude towards women among Indian and Spanish adults. The instrument used for the study was the 15 item Attitude Towards Women Scale (1978) developed by Spence and Helmreich. Online google forms of the scale were distributed to the respective population and data were collected using snowball sampling. 50 participants of both the nationalities were included in the study. The data collected were interpreted using Independent sample t- test. The mean scores of the Spanish and Indian cultures were found to be 41.72 and 38.44 respectively. The t-score was found to be 3.531. The p value was found to be 0.001 which is $p < 0.01$. Results revealed that there was significant difference between the attitudes towards women in Spain and that of India. While Spanish population have a more egalitarian attitude, the Indian population have more of a conservative one. This might be considered as a factor behind the noticeable difference in the overall development of both the nations.

Keywords: Attitude, women, comparison, Indian, Spanish, snowball sampling, development

THE IMPACT OF TRANSCENDENTAL MEDITATION ON HAPPINESS AND SELF-EFFICACY AMONG UNIVERSITY STUDENTS

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ABSTRACT

The transition from high school to university is a pivotal moment in a young Person's life, marked by academic, social, and personal challenges. In this study, happiness was defined in terms of career, subjective, social, spiritual, and emotional well-being. These operational definitions were used to explore the potential impact of Transcendental Meditation (TM) on happiness and self-efficacy among university students.

In this study, the sample consisted of 200 students between the ages of 18 to 23 years who were not practicing any kind of meditation. The participants were selected using purposive sampling and were offered the opportunity to participate in the Transcendental Meditation (TM) training program provided by Maharishi University in Lucknow. The TM teachers conducted initiation for 3 days by providing a personalized mantra to each student in small groups of 6-8 students. The TM practitioners were instructed to sit comfortably and close their eyes, while thinking about the personalized mantra provided to them for 20 minutes.

For data collection, Self-Efficacy by Mathur and Bhatnagar (2012) and Happiness by Rastogi and Moorjani (2016) was used. Also, a semi-structured interview schedule was used to screen out the participants. Descriptive statistics has been calculated with the help of SPSS and T-Test between pre and post data of Happiness and Self-Efficacy was calculated. Also, through SPSS, Pearson Correlation Coefficient was used to see the relationship among variables.

There was a statistically significant difference between the pre and post data of happiness and self-efficacy among university students who practiced Transcendental Meditation (statistically significant at 0.01 level). Also, there was a positive weak correlation between Happiness and Self-Efficacy. By fostering a strong sense of happiness & self-efficacy, educators and institutions contribute to students; abilities to overcome challenges, embrace diverse experiences, and cultivate resilience. Recognizing the pivotal role of self-efficacy in shaping well-rounded individuals, schools can create environments that not only impart knowledge but also nurture the confidence and belief necessary for holistic growth.

Keywords: Transcendental Meditation, Self-Efficacy, Happiness, Well-Being, holistic growth

EXPLORING THE NEXUS OF PREGNANCY, MENTAL HEALTH, AND GARBH SANSKAR: A COMPREHENSIVE ANALYSIS

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ABSTRACT

Pregnancy brings profound physical, emotional, and psychological changes to a woman's life. Prioritizing the mental health of expectant mothers is essential for a healthy pregnancy and favourable outcomes. This article examines the intricate connection between pregnancy, maternal mental health, and the ancient Indian tradition of Garbh Sanskar.

It begins by outlining the physical and emotional changes during pregnancy, emphasizing the need for a holistic approach to maternal well-being. The article then explores Garbh Sanskar, a traditional Hindu practice encompassing rituals, dietary guidelines, and mental exercises for expectant mothers. Historical and cultural contexts are considered to understand the origins and importance of Garbh Sanskar in promoting healthy pregnancies and positive maternal mental health.

This article examines the potential advantages and drawbacks of Garbh Sanskar in promoting maternal mental health, drawing on research and expert opinions. It delves into how this practice can help alleviate stress, boost emotional stability, and improve overall psychological well-being. The article also covers the challenges and controversies that arise when integrating Garbh Sanskar into modern healthcare.

Moreover, the article emphasizes the importance of combining evidence-based interventions with traditional practices like Garbh Sanskar to create a well-rounded approach to maternal mental healthcare. It highlights the role of healthcare providers in guiding expectant mothers towards making informed decisions about incorporating traditional practices into their pregnancy journey.

In conclusion, this article highlights the interconnectedness of pregnancy, maternal mental health, and Garbh Sanskar. It advocates for a nuanced understanding of this relationship, acknowledging the potential benefits and limitations of traditional practices in today's context. Ultimately, it promotes a holistic approach to maternal well-being, encompassing physical, emotional, and psychological aspects, leading to healthier pregnancies and improved mental health outcomes for expectant mothers.

Keywords: Garbh Sanskar, Holistic Health, Mental Health, Pregnancy, Maternal Healthcare.

PERCEIVED WELL-BEING AMONG RESCUED FEMALE SEX WORKERS

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ABSTRACT

Background: This report presents a systematic review examining the perceived well-being of female sex workers rescued from the sex industry. This review aims to identify the factors influencing their well-being and provide an understanding of their experiences and outcomes.

Methods: The inclusion criteria for this review encompassed studies focusing on rescued female sex workers who voluntarily exited or were involved in intervention programs. The review considered studies published in English between 2000 and the search date. To find pertinent studies, a number of databases were searched, including PubMed, PsycINFO, Web of Science, and Google Scholar. The included studies' risk of bias was evaluated, and the techniques used to synthesise the data and present the findings were described.

Results: A total of X studies, involving Y participants, were included in this review. The studies investigated various aspects of perceived well-being among rescued female sex workers, such as mental health indicators, social support measures, empowerment, and quality of life. The synthesis of results revealed significant variations in perceived well-being outcomes among the included studies.

Discussion: The limitations of the evidence included in this review relate to potential biases in the studies, inconsistencies in outcome measurements, and limitations in the sample sizes. Despite these limitations, the findings suggest that rescued female sex workers face complex challenges in terms of their perceived well-being. The review highlights the importance of comprehensive support systems, including mental health services, social support networks, and empowerment programs, to address the diverse needs of this population.

Keywords: Rescued sex workers, Perceived Well-Being, Systematic review, Social support

RESILIENCE AND AGGRESSION AS PREDICTORS OF MINDFULNESS IN ADOLESCENTS

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ABSTRACT

The present study aims to investigate resilience and aggression as predictors of mindfulness, to assess the relationship of aggression and resilience with mindfulness and to assess the gender difference in resilience, mindfulness and aggression among adolescents. Nicholson McBride Resilience Questionnaire (NMRQ), Aggression Questionnaire by Buss & Perry, and Child and Adolescent Mindfulness Measure by Greco et al. were used. The sample consisted of 280 students between the ages of 14 years to 18 years (140 males and 140 females). Results showed a significant positive correlation between resilience and mindfulness and a significant negative relationship of aggression with both mindfulness and resilience. A significant gender difference was also seen with males showing higher levels of mindfulness and resilience while the female population showed higher levels of aggression. Results also indicate that both lower levels of aggression and a higher level of resilience are significant predictors of mindfulness among adolescents explained by 27.2% (Aggression, $R^2 = .272$) and 16.7% (Resilience, $R^2 = .167$) of variance in criterion variable i.e., Mindfulness.

Keywords: Mindfulness, resilience, aggression, adolescents, predictors of mindfulness

KNOWLEDGE OF WOMEN BENEFICIARIES ON UHC (UNIVERSAL HEALTH COVERAGE) RELATED SERVICES

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ABSTRACT

Limitations and problems specific to India's health care delivery system exist. Since most rural residents are below the poverty line, their financial situation affects how much and what kind of health care they can afford and whether their households can continue to live comfortably when a member of the family becomes ill. Additionally, they are unable to afford the opportunity cost of a doctor's visit, much less a lengthy hospital stay. As a result, they frequently discontinue receiving therapy midway through a course of treatment because doing so would involve leaving their family, animals, and crops unattended.

The purpose of the study was to ascertain the knowledge level of the selected respondents towards UHC (Universal Health Coverage) in the selected villages of Udham Singh Nagar district of Uttarakhand state. Knowledge tool was standardized for assessing the knowledge of the respondents regarding Universal Healthcare Services. The congregated data was tabulated and analyzed with the help of descriptive and statistical analysis (frequency, percentage).

Analysis of the data revealed that about 29.6 percent people knew about the village health plan whereas, 70.4 percent respondents were not having information. The data clearly revealed that 32 percent respondents clearly knew about village health & sanitation samiti while 68 percent respondents did not have knowledge. Nearly 77.6 percent respondent were having knowledge that government schemes cover tertiary healthcare services, but 22.4 percent were not having knowledge regarding this. The data pertaining to knowledge level of the respondent showed that 71.2 percent respondents were aware about UHC services and 28.8 percent respondents were unaware.

It was recommended that short term training programmes should be organized to encourage the usage of health related programmes and their benefits.

Keywords: health care delivery system, Universal Health Coverage, Universal Healthcare Services, village health plan, knowledge level

**EFFECTS OF PSYCHOLOGICAL CAPITAL ON JOB ENGAGEMENT AND MENTAL
HEALTH: WITH SPECIAL REFERENCE TO PUBLIC HEALTHCARE
PROFESSIONALS**

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ABSTRACT

Recent study has focused on the impact psychological capital (PsyCap) has on employee well-being and organizational results. The purpose of this study is to investigate how PsyCap affects public health workers' mental health and workplace engagement. Increased workplace engagement was linked to higher PsyCap levels, indicating that healthcare workers with strong psychological resources are more engaged, passionate, and committed in their work. Furthermore, PsyCap demonstrated a robust inverse correlation with mental distress symptoms, suggesting that it has a protective function in reducing mental health problems. Particular aspects of PsyCap, such hope and resilience, have a significant impact on this connection. The results highlight the potential advantages of encouraging PsyCap among medical practitioners, particularly in the demanding context of public health. The research adds to the body of knowledge on positive organizational psychology and offers useful recommendations for managers and policymakers who want to improve employee wellbeing and engagement in public health contexts.

Keywords: Effects, Psychological Capital, Job Engagement, Mental Health, Healthcare Professionals

INDECISIVENESS AND MAXIMISING DECISION-MAKING STYLE AS PREDICTORS OF HOARDING IN YOUNG ADULTS

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ABSTRACT

Background: Previous researches link Hoarding disorder (HD) to indecisiveness and decision-making difficulties. Maximising decision-making style (MDMS), i.e., making an optimal choice only after thoroughly processing all the information, was positively correlated with hoarding. Past research has focused on clinical population with HD and obsessive-compulsive disorder (OCD). However, studies have yet to explore indecisiveness and MDMS in light of Hoarding cognitions (HCs) in a sample of young adults.

Methods: HCs, indecisiveness and MDMS were administered on a sample of young adults (N=174) who were initially screened for distress using general health questionnaire-12 (GHQ-12).

Results: Indecisiveness and MDMS were significantly correlated with HCs (including subdimensions of emotional attachment, memory and responsibility). Regression analysis showed that both indecisiveness and MDMS predict HCs.

Conclusion: This study showed that indecisiveness and MDMS underlie HCs in young adults. Indecisiveness and MDMS also predicted HC sub-dimensions: emotional attachment, memory and responsibility. Future researches can be directed at the role of MDMS in hoarding. HCs in non-clinical young adults were researched in this study, which can be a limitation. Future research can be done to incorporate a clinical sample of HD patients. Longitudinal studies can research whether MDMS predicts clinical hoarding in people.

Keywords: Hoarding cognitions, Hoarding, Indecisiveness, Maximising Decision making style, Young Adults

TYPES AND SEVERITY OF CEREBRAL PALSY AND LEVEL OF DEPRESSION AMONGST MOTHERS OF CHILDREN WITH CEREBRAL PALSY (CP)

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ABSTRACT

Mothers of Cerebral Palsy children are at risk to develop various mental health issues. The present study aims to find out depression level in these mothers and its association with different types and severity levels of Cerebral Palsy. It was a cross sectional study on 100 mothers of 6 months to 12 years old CP children from Bihar. Self-prepared Socio-demographic Questionnaire, Beck Depression Inventory and GMFCS was applied to obtain data. A Chi square technique was applied to analysis data. Results showed that 66% of mothers were having clinical depression. A significant association ($p < 0.05$) was found between various types of cerebral palsy in children and depression of mothers. Different severity level of cerebral palsy in children was not found to be associated with depression of mothers. Due to high level of depression these mothers also need early intervention. So, they can enhance their resilience to deal with CP children and improve their quality of life.

Keywords: Cerebral palsy, Mothers, Mental Health, Depression, Gross Motor Function

INTERVENTIONS FOR PREVENTING TOBACCO UPTAKE AMONG ADOLESCENTS WITHIN SCHOOL SETTING IN SOUTH-EAST ASIA REGION: A SYSTEMATIC REVIEW

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ABSTRACT

Background: Research studies have established that smoking in later life, is often linked with initiating tobacco use at a young age. Tobacco users disproportionately reside in LMICs with massive smokeless tobacco users living in the South-East Asia region alone. However, research has mostly restricted to developed nations.

Objective: To examine the impact of interventions implemented in preventing tobacco uptake among adolescents in school setting in South-East Asia region.

Methods: The protocol was registered prospectively on PROSPERO (CRD42022337341). Systematic search was conducted on 6 databases: PubMed, Embase, Scopus, CINAHL, ProQuest and Web of Science. Randomized Control Trials (RCT) and Cluster RCT conducted in school set-up in South-East Asia among adolescents below 18 years' age were included. Articles between timeline 2002-2022 were considered.

Results: From a total of 963 articles, total of 13 articles were considered in the final review. Nine of the 13 studies were from India, followed by three from Indonesia, and one from Thailand. Four were RCT, while nine were Cluster RCT. Ten studies had interventions based on Health Promoting School Framework, while three were peer-led Interventions. Risk of Bias assessment revealed eight studies had low risk of bias, three had some concerns while two were high risk studies.

Conclusion: Interventions that focus on building a holistic environment and go beyond the usual classroom environment have primarily been implemented and found to be effective in this region. There is a need for strong, high-quality RCT studies with standardised evaluation techniques to combat tobacco use among adolescents.

Keywords: South-East Asia, Tobacco, School Intervention, Randomized Control Trial, Systematic Review

**PATTERNS OF SOCIAL MEDIA USE, LIFE SATISFACTION AND EMOTIONAL
COMPETENCE AMONG ADOLESCENTS OF GOVERNMENT AND
PRIVATE SCHOOLS**

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ABSTRACT

This qualitative study has been done on the 400(N) adolescents of Lucknow. The objective of present study is to see the impact of patterns of social media use on life satisfaction of adolescents. The data was collected by offline mode on students of aged from 12 to 18. Standard questionnaire is used for data collection. Mean analysis and t test is used for analysis. In result, it is found that patterns of social media have significant impact on life satisfaction, and emotional competence of adolescents from govt and private schools.

Keywords: Social media, Life Satisfaction, Emotional Competence, Adolescent, Govt and Private School.

INDIA CHINA AND THEIR MILITARY CONFLICT

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ABSTRACT

India and China, the oldest civilization of world had cultural and economic ties since ancient times. these civilizations grow with time in their culture, religion, trade, and commerce with each other. These trans Himalayan countries spend their fair amount of time under and control and influence of European power's. India became independent in 1947 & after the civil war between Kuomintang led government and communist force the People's Republic of China (PRC) was established on 1 October 1949. At present India and China are the two major and fastest-growing economies of the world as well as the two most populous countries of the world. The total boundary shared between India and China is around 3488km (2nd highest after Bangladesh). The border is generally divided into 3 sectors namely, Eastern, Western and Middle Sector. A total of 5 states shares boundaries with China, Jammu & Kashmir, Himachal Pradesh, Uttarakhand, Sikkim, and Arunachal Pradesh. A territorial dispute or boundary dispute is a disagreement between two or more political entities over the possession or control of the land. After the Chinese occupation of Tibet when India gave asylum to Dalai lama of Tibet military conflict between these two begins in 1962. The 1962 Indo-China war was the first military conflict between these two nations. Chinese troops attacked Indian border posts in Ladakh in the west and crossed the McMahon line in the east. After the 1962 war we witnessed a multiple small border conflict between India China which is still on going. Recently we see clash between the Indian Army and China's People's Liberation Army (PLA) troops at the Tawang sector of Arunachal Pradesh on December 9,2022 was erupted after Chinese tried to transgress the Line of Actual Control (LAC) in Yangtse area of Tawang Sector. Mao five finger policy is also a cause of the border dispute between India and China As changing our neighbour is out of option, we need strong diplomatic policy towards China to maintain peace in our region.

IMPROVING PSYCHOLOGICAL WELL-BEING IN VITILIGO THROUGH COGNITIVE BEHAVIOR THERAPY FOR MOOD REGULATION

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ABSTRACT

Vitiligo is a condition characterized by the loss of skin pigmentation, resulting in white patches on the skin. It is not contagious, and it can affect anyone, regardless of their background or characteristics. A harmonious life is often associated with happiness and health, and it's important to consider these factors when discussing overall well-being. Mood swings are common, and they can be more pronounced in people with untreated depression. Understanding these fluctuations is crucial for addressing mental health challenges and providing support. In this study, we aim to explore the Psychological Well-being and mood state in both experimental and control groups of vitiligo patients after undergoing cognitive behavioral intervention. Individuals with Vitiligo often experience feelings of depression due to drastic changes in their appearance and the unequal treatment they receive compared to individuals without Vitiligo. The primary objectives of this study are to assess the differences between pre-test and post-test groups undergoing cognitive behavioral therapy with respect to mood states, and psychological well-being. A total of 30 vitiligo patients, comprising both males and females aged between 18-45, were included in the study. Data was collected using the General well-being scale developed by V. L. Chauhan and R. K. Didwania to purposely to assess overall well-being of respondents. The mood scale consists of a number of words that describe different feelings and emotions. Statistical analysis of the data was conducted, revealing a positive correlation between the results of the experimental and control group interventions. Statistically significant differences were observed between the pre-test and post-test groups in terms of Mood State, and Psychological Well-being. In conclusion the study undergoes the significant impact of cognitive intervention on enhancing resilience and positively influencing mood state and psychological well-being among the cases of Vitiligo. It helps people with vitiligo feel less stressed, less sad, and more confident about how they look. It also teaches them ways to handle tough situations and feel better about themselves. By using CBT alongside medical care, we can make life better and happier for people with vitiligo.

Keywords: Vitiligo, Cognitive, Intervention, Depression, Psychological Well Being.

RELATIONSHIP BETWEEN MENTAL HEALTH AND EMOTIONAL INTELLIGENCE

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ABSTRACT

A significant portion of human intelligence is covered by emotional intelligence, which externalizes the capacity to perceive, assess, and comprehend effectively as well as to use emotions as a source of human energy. Life balance and cognitive abilities are related to emotional intelligence. Emotional dysregulation is the main etiopathological cause of many mental and physical ailments and can lead to problems in people's social and personal lives. Compared to emotional intelligence's previously described capacity to protect against harmful mental health illnesses, the correlation between Emotional Quotient and positive mental health has been found to have a lesser connection. However, there is some evidence linking specific types of emotional intelligence to higher levels of well-being. Psychological well-being and mental health are intimately related to emotional intelligence. It promotes resilience and stops the emergence of mental health conditions like depression or anxiety disorders by enabling people to identify and deal with negative emotions like sadness, rage, or anxiety. In addition, it improves understanding, empathy, and communication in interpersonal relationships. Creating and sustaining strong connections offers social support, which is good for one's general health and can serve as a defense against hardship and stress. Constructive conflict resolution is more advantageous for those with high emotional intelligence. By navigating conflicts with empathy, active listening, and effective communication, they can lessen the detrimental effects of unresolved conflicts on mental and physical health. In this paper an attempt is being made to explore the relationship between mental health and emotional intelligence.

Keywords: Mental health, Emotion, Emotional Intelligence, Etiopathological

**THE STUDY OF WELL-BEING AND BEHAVIOURAL ISSUES AMONG SLOW
LEARNERS FROM ASMITA CENTER FOR SLOW LEARNERS AND MENTAL
HEALTHCARE, LUCKNOW**

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ABSTRACT

Introduction: It is degrading to label a child as “Slow Learner” .However, in order for them to learn and develop, these are the kids who do require additional support and specialized instructions. Although they may learn slowly, this does not necessarily indicate that they are unable.

Objectives: This paper is an attempt to explore the challenges faced by slow learners in their normal life and analysis of their overall well-being. It also gives an insight about the role of special educator and parents. This paper is based on two months internship programmed on the ASMITA Centre with Case Studies and Reports.

Methodology: This is based on Case Study.

Analysis: It includes Mental Status Examination of six patients between 2 years to 14 years of age group from ASMITA Centre for Slow Learner. It also includes case history report of the patients.

Conclusion: The study and overall analysis reveals that after Covid 19 pandemic there is significant increase in the behavioral problems of slow learners and it also revealed that both parents are working so children don't get enough time with parents it results in poor attention, poor academic performance and it directly effects adversely in their overall well-being. There are certain parenting strategies which need to be followed to improve the well- being of Slow Learners and Children with behavioral problems.

Keywords: Case Studies, Well-being, Slow Learner, Behavioral Issues and Parents Counseling.

JOURNALING: EMOTIONAL REGULATION, SLEEP QUALITY AND SELF COMPASSION IN STUDENTS PREPARING FOR ENTRANCE EXAMINATION

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ABSTRACT

Background: Adolescence, a critical phase with significant emotional challenges, presents intensified stress for students preparing for competitive exams.

Aim: This study aimed to understand the effect of journaling on emotional regulation, quality of sleep, and self-compassion, and to study the relationship between emotional regulation, quality of sleep, and self-compassion.

Method: A total of 138 participants were recruited for the study. Participants were randomly assigned to either the experimental group (n=68) or the control group (n=68). Participants were asked to complete self-report which measured emotional regulation (ERQ-CA), Quality of sleep (PSQI) and self-compassion scale (SCS) at baseline and after the completion of the intervention. The experimental group received a journaling intervention, while the control group did not.

Results: The results showed that the journaling intervention was effective in improving emotional regulation ($p < .001$), quality of sleep ($p < .05$), and reducing self-judgment ($p < .001$). The intervention didn't have a statistically significant effect on self-compassion. The results showed that the journaling intervention was effective in improving emotional regulation ($p < .001$), quality of sleep ($p < .05$), and reducing self-judgment ($p < .001$). The intervention didn't have a statistically significant effect on self-compassion.

Discussion: These results are consistent with previous studies and suggest a potentially important role for journaling in improving emotional regulation, quality of sleep, and reducing self-judgment among students preparing for entrance examination. The study also highlights the importance of emotional regulation and self-compassion for improved quality of sleep.

Keywords: Entrance examination, journaling, emotional regulation, sleep quality, self-compassion, self-judgment.

MENTAL HEALTH CARE, BEHAVIOURAL SCIENCE AND PSYCHOLOGY

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ABSTRACT

Mental Health is a state of Mental Well-being that enables people to cope with the stresses of life, realize their abilities and contribute to their community. Mental Health includes our psychological, emotional and social well-being. It is important at every stage of life from childhood to adolescence through adulthood. Mental health affects our cognitive, affective and conative behavior. It is the foundation for emotions, thinking, communication, learning, resilience, hope and self-esteem. It is a component of overall well-being. It can influence and be influenced by physical health.

It can affect anyone regardless of age, gender, race, income, social status, geography, religion, sexual orientation or background or other cultural identity. Mental illness can occur at any age, three fourth of all mental illness begin by the age of 24. It can be mild or severe. Sometimes it can be treated through counselling and therapy or sometimes it can be serious and a person needs care in a hospital. Many people with mental health conditions return to full functioning as some mental illness is preventable.

Some strategies for Mental Health Care are 1. Regular Exercise, 2. Make sleep a priority, 3. Eat Healthy, Regular Meals and stay hydrated, 4. Try a relaxing activity, 5. Set goal and priorities, 6. Practice gratitude, 7. Focus on positivity, 8. Surround yourself with your loved ones.

Behavioral science is the study of the Interactions between Human beings. Psychology looks at the Science behind Human behavior and mental process. Mental Health Care, behavioral sciences and psychology is an Integrated System that provided clinical Evaluation and treatment for a broad range of cognitive, emotional and behavioral disorders and prevent mental illness. India was one of the first few low and middle income country (LMIG) to develop a National Mental Health Programme (NNHP) addressing the Mental health needs of the population. NNHP has made considerable programmes in the past few decades and is in different stages of implementation across the country with many desired modifications. Addressing the challenges for effective implementation will improve Health outcomes gradually.

Keywords: Cognitive, conative behavior, gratitude, positivity, clinical evaluation, behavioral disorders.

QUALITY OF LIFE AND COPING STRATEGIES AMONG HEALTH PROFESSIONALS

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ABSTRACT

Health professionals deal with facets of health and illness and their nature of work is quite demanding. Scientific literature has documented the way several health professionals deal with their job responsibilities with respect to their coping strategies and quality of life, individually. A review was conducted regarding quality of life, and coping among different health professionals (General Practitioners, Surgeons, Anaesthesiologists, Nurses). The original research papers from different countries were searched through the electronic databases: Pub Med, Research Gate, Ind Med, Scopus, Google Scholar, Shodhganga etc as per PRISMA guidelines. A total of 44 articles were surveyed and finally, 10 articles were included in the review. Themes emerging from the literature revolve around poor quality of life of nurses, while a comparative study found that among nurses and psychiatric nurses there is no significant difference in their coping strategies. The researchers have found inconsistent findings with these variables independently. There is also limited literature available in the Indian context covering the interaction of quality of life and coping strategies together with different specializations of health professionals. The outcome of the review can be incorporated into the planning of interventions aimed at improving the quality of life of health professionals and their coping strategies.

Keywords: Quality of Life, coping strategies, current trends, health professionals

MAPPING THE RESEARCH LANDSCAPE: A BIBLIOMETRIC REVIEW OF AI IN BEHAVIORAL ECONOMICS

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ABSTRACT

Artificial Intelligence (AI) has gained significant attention due to its potential to revolutionize various industries, including economics and psychology. Behavioural Economics (BE) itself being an interdisciplinary subject offers real-world solutions for a variety of problems. Incorporating AI in behavioural economics research offers a multidisciplinary approach to understanding and predicting human behaviour (Cockburn et al., 2018). This bibliometric analysis explores the publication trends and collaboration patterns within artificial intelligence (AI), and behavioural economics in the SCOPUS database. The Keywords: (("AI" OR "Artificial Intelligence") AND ("Behavioural Economics")) were used to retrieve the documents by searching the article title, Abstract and Keywords: of articles. VOS Viewer and R (bibliometrix package) are used to examine publication trends, citation patterns, co-authorship networks, and analysis of Keywords:. It aims to investigate the application of AI techniques in various domains of behavioural economics. The analysis also aims to highlight emerging research topics and future directions, such as explainable AI in behavioural economics and ethical considerations of AI-based decision-making. This bibliometric analysis serves as a valuable resource for researchers, policymakers, and practitioners interested in integrating AI with behavioural economics, providing insights into the current state of this interdisciplinary field and guiding future research endeavours.

Keywords: Artificial Intelligence, Behavioural Economics, Bibliometric Analysis, R, VOS Viewer.

CUTTING-EDGE ADVANCEMENTS IN FORENSIC SCIENCE AND CRIMINOLOGY

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ABSTRACT

Forensic science and criminology have undergone remarkable transformations in recent years, driven by advancements in technology, scientific research, and interdisciplinary collaboration. This abstract provides an overview of some of the most notable innovations that have reshaped these fields, enhancing the accuracy of criminal investigations and our understanding of criminal behaviour. DNA analysis stands as a cornerstone of modern forensic science. Breakthroughs in DNA sequencing technology have enabled the extraction of DNA from minute and aged samples, vastly improving the chances of identifying both suspects and victims. The emergence of familial DNA searching and genetic genealogy has played a pivotal role in solving cold cases and cracking previously unidentified offenders. Digital forensics has become indispensable in investigating cybercrimes. The field has seen significant growth with advanced techniques for recovering and analysing electronic evidence from computers, smartphones, and other digital devices. Forensic anthropology and entomology have also witnessed significant developments. Enhanced skeletal analysis techniques aid in identifying human remains, while precise insect activity studies assist in estimating the post-mortem interval with greater accuracy. Geographic Information Systems (GIS) and predictive policing have revolutionized crime analysis. By mapping crime patterns and predicting future criminal activity, these tools have enabled law enforcement agencies to allocate resources more effectively, ultimately enhancing public safety. Behavioural analysis and neuroscience have deepened our understanding of criminal behaviour. Profiling techniques have become more sophisticated, and lie detection methods have evolved, providing insights into deception and criminal psychology. This abstract highlights the critical role of innovation in forensic science and criminology, emphasizing the potential for continued advancements that will further improve our ability to investigate crimes, prevent criminal activity, and administer justice more fairly and accurately.

Keywords: forensic science, criminology, predictive policy, innovation, behavioural analysis, DNA searching.

IMPACT OF FAMILY INCOME ON EMOTIONAL STATUS AMONG YOUNG ADULTS

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ABSTRACT

Emotional status is related to the chemical changes variously associated with thoughts, feelings, behavioural responses and a degree of pleasure or displeasure. These statuses are often intertwined with stress, sense of self and sense of conflictlessness. The proposed study's objective was to evaluate the emotional status of G.B. Pant University of Agriculture and Technology students in Uttarakhand. A simple random selection strategy was used to choose 240 students from the G.B. Pant University of Agriculture and Technology's three colleges as the research sample. To serve the objective of the research, the MHB-Mental Health Battery (Physiological Health, Daily Routine Activity, Emotional Status, Emotional Management and Intelligence) was created. Before use, the tool's reliability and validity were then determined. Because of the Covid-19 pandemic, the researcher collected the data online. To get at the research findings, appropriate statistical procedures, such as frequency, percentage, p value and correlation, were applied to the data that had been obtained. After analyzing and comparing the data, the research's conclusions showed that monthly income of family have a significant impact on young adults' emotional status.

Keywords: Emotional status, stress, sense of self, sense of conflictlessness, monthly income and young adults

SAFEGUARDING NATIONAL SECURITY: NECESSITY OF COMBATING TERRORISM AND ENSURING GOOD GOVERNANCE

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ABSTRACT

Safeguarding national security undoubtedly requires combating terrorism and ensuring good governance. Terrorism poses security threats to citizens, society, and its various institutions. A comprehensive approach is needed, including intelligence management, coordination among state law enforcement and central investigation agencies, international cooperation, and targeted counter-terrorism measures. Addressing root causes of terrorism such as socio-economic disparities and ideological extremism are crucial activities to deal with it. Good governance with transparency, accountability, and participation fosters trust and social cohesion. Upholding the rule of law, human rights, and combating corruption builds a strong foundation for security. Engaging civil society and respecting diverse perspectives promote collective responsibility. Counter-terrorism efforts must uphold good governance principles to maintain public trust. Conversely, good governance prevents radicalization by addressing grievances and promoting social justice. Collaboration between governments, its organizations, and civil society groups is vital, along with ensuring education, dialogue, and empowering local communities. This theoretical paper provides a concise overview of the crucial concepts and objectives related to safeguarding national security by effectively combating terrorism and ensuring good governance. For the purpose of this paper, pertinent secondary data are collected from various sources such as books, journals, news articles, etc are used.

Keywords: National Security, Terrorism, Counter Terrorism, Good Governance, Human rights, Collaboration

PERSONALITY AND STRESS AMONG THYROID PATIENT: A SYSTEMATIC REVIEW

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ABSTRACT

Introduction: This literature review was conducted to investigate research exploring the relationship between Personality and Stress among Thyroid patient. Earlier investigations predominantly focused on different daises and found a significant positive association. We review studies reporting on consequences of thyroid disorders and present the frequency of identified aspects, both overall Personality and stress issues and classical thyroid symptoms, in order to evaluate which issues are relevant for patients with thyroid diseases.

Method: We used an integrated selection method of the medical and psychological literature, selecting mostly “open access” studies, as it was assumed that they could be easily viewed, discovered and researched, including thyroid.

Results: Literature search identified 49 papers examining this relationship between the years 2010 and 2023. Some 24 studies were included in this literature review, which found a correlation between personality and stress among thyroid. Patients with thyroid have several factors influencing their personality and stress, with both physical and psychological impact. According to the available literature, indicate that higher levels of extraversion, conscientiousness, and openness to experience and lower levels of neuroticism are related to less stressor-related negative effect. Only agreeableness was associated with stressor-related positive effect, such that higher levels were related to greater decreases in positive effect on days stressors occur. One of the study found that stressor-related appraisals partially accounted for the significant associations between stressor-related negative affect and personality.

Conclusion: Overall, it concluded that the importance of the personality and stress among thyroid. The lack of emotional expression and feelings of impotence in the presence of unavoidable stress are characteristics attributed to thyroid. Moreover, personality traits may shape how people appraise daily stressors, yet few studies have examined how stressor-related appraisals may account for associations between personality and stressor-related affect. Implications for these findings in relation to how personality may influence physical and emotional health are discussed.

Keywords: Thyroid, Personality, Stress, Emotional health , Feelings

THE EFFECTS OF DIABETES ON EXECUTIVE FUNCTIONS OF THE BRAIN

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ABSTRACT

Diabetes mellitus is a global public health issue. It is associated with cognitive impairment and structural alterations in the brain. People with type 1 and type 2 diabetes show mild to moderate deficits in executive function. In view of this, the present study was conducted to examine the effects of type 2 diabetes mellitus on executive function of people with type 2 diabetes. The study was conducted on a sample of 100 diabetic and 70 non-diabetic control participants with an age range of 40 to 60 years, purposely drawn from the Department of Endocrinology and Metabolism, Sir Sunderlal Hospital, B.H.U., Varanasi (U.P.). The study was approved by the ethical committee, I.M.S., B.H.U. The participants were administered the 'Demographic and Clinical Profile', 'Behaviour Rating Inventory of Executive Function (Adult-A)-Self-Report Form'. Results revealed that diabetic and non-diabetic groups differed significantly in executive functions.

Keywords: Diabetes mellitus, cognitive impairment, executive function, brain, type 1 and type 2 diabetes.

AI BASED APPROACHES FOR ASSESSING DEPRESSION AND SUICIDAL RISK

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ABSTRACT

Mental health issues continue to be a global consideration, affecting individuals across diverse cultural and social contexts. Suicidal Ideation and Depression are significant public health concerns with far-reaching consequences for individuals and society as a whole. Early detection and accurate diagnosis of these conditions are important for timely intervention and effective treatment. These AI-based approaches promise tools for the detection and diagnosis of suicidal ideation and depression. The Researcher aims to provide a systematic review of last ten years with AI based approaches for addressing Mental Health challenges like Depression and Suicidal Risk among youth. An attempt has been made to investigate the efficacy and accessibility of these approaches, with the aim of shedding light on their respective strengths and limitations. In addition the researcher also examines the perceived effectiveness and acceptability of these approaches from the perspectives of both Mental Health Practitioners and individuals seeking support. Factors such as stigma among people for connecting with mental health professionals, access to resources, and cultural competence are explored as determinants of diagnosis preferences and outcomes.

In conclusion this papers aim to analyze all major tools that are equipped with Artificial intelligence to help assess the depression and suicidal ideation in individuals that can be used to deal with the present scenario of increasing number of suicides and mental health crisis.

Keywords: Artificial Intelligence, Depression, Suicidal Ideation, Suicidal Risk, Mental Health

THE EFFICACY OF PSYCHOANALYTIC PSYCHOTHERAPIES

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ABSTRACT

With a long history, psychoanalytic psychotherapy is still an effective modality in today's mental health care. Through a thorough investigation of the body of literature and empirical studies already in existence, this study seeks to determine its effectiveness.

The study demonstrates the flexibility of this treatment strategy by evaluating a wide range of psychoanalytic techniques and how they can be utilised across diverse psychiatric conditions. In addition to underlining the significance of the patient-therapist collaboration in achieving favourable outcomes, it explores the depth and breadth of the therapeutic a connection.

The abstract additionally addresses the ongoing discussions and criticisms of psychoanalytic psychotherapy, offering a fair assessment of its advantages and downsides. The process includes an in-depth analysis of pertinent papers that summarises real-world evidence on these treatments' efficacy.

The findings of this research help us comprehend the significance of psychoanalytic psychotherapies within contemporary mental health treatment. This study offers helpful insights for clinicians, academics, and policymakers seeking empirically supported approaches to psychotherapy by highlighting the effectiveness of them.

Keywords: Psychoanalytic, Techniques, Psychiatric, Conditions, Approaches

IMPACT OF LONELINESS AND SOCIAL ISOLATION ON MENTAL HEALTH

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ABSTRACT

Loneliness and social isolation are critical for health and wellbeing. Both are recognized as social problems and denote a significant health burden. Social isolation is a well-established social determinant of health, and its ill effects have been well-recognized for decades. Loneliness is a subjective, distressing emotional state resulting from the perceived discrepancy between an individual's desired and actual social relationships. Social isolation, on the other hand, refers to the objective lack of social connections and interactions. Both conditions are increasingly prevalent in modern society, partly due to technological advancements and changing social norms. The research indicates that loneliness and social isolation have adverse consequences on mental health. Individuals experiencing prolonged loneliness or social isolation are at a higher risk of developing various mental health disorders, including depression, anxiety, and even severe conditions like schizophrenia. Additionally, there is evidence that these psychosocial stressors can exacerbate existing mental health issues. Several mechanisms underlie the relationship between loneliness, social isolation, and mental health. The absence of social support and meaningful relationships can lead to chronic stress, which in turn affects the neurobiological and physiological systems involved in mental health regulation. Furthermore, loneliness and social isolation can lead to maladaptive coping strategies, such as substance abuse, which can further deteriorate mental health. In our current study, we aim to extend previous research by investigating the unique impact of loneliness and social isolation on mental health and psychological wellbeing of young adults.

Keywords: Mental health, Loneliness, Social isolation, Depression, Anxiety, Physiological, Emotional.

TECHNOLOGICAL ADVANCEMENT AND HUMAN RIGHTS IN INDIA: A CRITICAL STUDY OF DATA PROTECTION BILL 2023

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ABSTRACT

The world has seen enormous progress since the establishment of United Declarations of Human rights 1948, the technological advancement especially after the Pandemic has profound impact on the Human rights framework. Nada Al-Nashif, Deputy High Commissioner for Human Rights says: Governments have a duty to protect citizens against abuse and misuse of digital technologies. “We must work together to mitigate the harmful use of technologies in order to fully harness its enabling potential.”

The impact of technology on the enjoyment of human rights is profound. From a practical perspective, technology can help move the human rights agenda forward. For instance, the use of satellite data can monitor the flow of displaced people; artificial intelligence can assist with image recognition to gather data on rights abuses; and the use of forensic technology can reconstruct crime scenes and hold perpetrators accountable. Yet for the multitude of areas in which emerging technologies advance the human rights agenda, technological developments have equal capacity to undermine efforts. From authoritarian states monitoring political dissidents by way of surveillance technologies, to the phenomenon of “deepfakes” destabilizing the democratic public sphere, ethical and policy-oriented implications must be taken into consideration with the development of technological innovations. Furthermore Racial and gender bias pervade the algorithms that governments and companies use to make decisions about criminal justice, employment, social services, and access to credit

It is been noted that in India there has been growing concerns about increased surveillance and harassment and violation of basic fundamental rights of citizen, to bridge the gap between technology and law a new bill was introduced in Monsoon session of parliament- Data Protection Bill 2023 but this current bill does not address any surveillance reform and in fact allows the central government to grant broad exemptions to government agencies for law enforcement purposes. Also though there have been far too many incidents of severe data breaches and cyber-attacks due to the digitization of valuable personal data for example- the data breach of Zivame, Rentmojo, and Co-Win. At present there is no policy for data governance, no data privacy legislation, and no updated cyber security strategies. In this paper the new Data protection Bill 2023 is critically evaluated to understand the growing ramification of this bill on individual human right and society as a whole

Keywords: Human Rights, Data protection Bill, Artificial Intelligence, Surveillance and Harassment

DIGITAL MENTAL HEALTH: ROLE OF ARTIFICIAL INTELLIGENCE IN PSYCHOTHERAPY

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ABSTRACT

It is estimated that 6 to 7% of population suffers from mental disorders. WHO reported that one in four families is likely to have at least one member with a behavioral or mental disorder (WHO, 2001). Post pandemic the world has experienced a huge surge in the mental health issues. Unfortunately not everyone is able to access the available mental health services due to constraints like lack of financial assistance, living in remote areas, fear of being stigmatized and lack of awareness. The emergence of online mental health services could solve some of these problems, as these are easily accessible to the people from anywhere, are cost effective and also, the fear of being judged or labeled is quite reduced in online service. A lot of efforts are being done today to integrate Artificial Intelligence with the traditional form of psychotherapy. The role of chatbots for mental health services in the form of e-therapies have been found to be highly relevant and important (Gratzer & Goldbloom 2020). The present study aims to systematically review the evidence on the use of AI based methods for treating mental health issues. Overall, 95 studies were extracted using some of the popular databases like Mendley, Pubmed, Psychinfo and DOAJ. The terms used to search included psychotherapy, online therapies, Artificial Intelligence, online counselling. Finally, after screening, 13 studies were selected based on the eligibility criteria. Most of these studies had employed conversational agents as intervention. The results obtained showed the significant positive consequences of using AI based approach in treating mental health issues. The study strongly suggests for integrating AI with the traditional form of counseling.

Keywords: Psychotherapy, online counseling, artificial intelligence

FACTORS AFFECTING SEXUAL HEALTH COMMUNICATION BETWEEN PARENTS AND CHILDREN: A SYSTEMATIC REVIEW

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ABSTRACT

Effective communication about sexual health with parents plays a crucial role in developing and practicing responsible and informed sexual health-related behaviours in their children. This study was conducted to systematically review the articles to find out the factors that affect sexual health communication between parents and their children.

The methodology involved a systematic search of articles in electronic databases like EBSCO, Pub Med, PROSPERO and APA PsycNet. Peer-reviewed articles published in the past decade (2013-present) were only included in the review. The search was limited to articles published in the English language. Duplicates were removed and articles meeting the quality criteria were screened for the review. This systematic review followed a narrative synthesis method. PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) was used to report the findings of the study.

Keywords: Sexual health communication, parents, children, systematic review

IMPORTANCE OF MENTAL HEALTHCARE

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ABSTRACT

According to World Health Organization, “there is no health without mental health” underlines the fact that mental health is an integral and essential component of health. The Govt., the media and health providers have an important social responsibility to provide factual and balanced health and health related information but sometime the cultural values, beliefs and norms of the people influence their acceptance of health information. Mental disorders are associated with risk factors for chronic disease such as smoking, reduced activity, poor diet, obesity, and hypertension; however, these lifestyle factors have not yet been shown to mediate associations with morbidity and mortality. So, health education can bring about changes in life styles and risk factors of disease. But education alone is insufficient to achieve optimum health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make choices. Mental health problems can affect anyone, at any age. By raising awareness of the issue, we can help to break down the stigma that surrounds it and make it easier for people to seek help if they are struggling. Another important step is to provide support for those who are struggling. This can take many different forms, but some of the most effective methods include counseling and peer support groups.

Counseling can provide a safe space for people to explore their thoughts and feelings, and peer support groups can provide a sense of community and connection for those who are feeling isolated. Human resources are the most valuable assets of mental health services.

Keywords: Integral, Social Responsibility, Cultural Values, Stress, Counseling.

**A REVIEW OF THE LITERATURE ON THE PSYCHOLOGICAL DISTRESS
EXPERIENCED BY CARERS OF SCHIZOPHRENIA PATIENTS AND THEIR
PERCEPTION OF THEIR BURDEN**

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ABSTRACT

Schizophrenia is a psychiatric mental disorder that effect on thought, emotion, perception and behaviour of the person. Caregiver literally played an important role in caregiving of schizophrenia patients. This review was defined on anxiety, depression and perceived burden of care of caregiver of schizophrenia patients. All the article were collected from google scholar, PubMed, Ncert, Sudhganga, Web of Science, EBSCOhost, in the years of 2010-2022. Most of the studies outcome were higher level of perceived burden of care in caregiver of schizophrenia patients. Severity of anxiety and depression also were higher level on caregiver of schizophrenia patents. Anxiety and depression were positively correlated with perceived burden of caregiver of schizophrenia patients. Female caregivers were higher level of depression than male caregivers. This review suggested that, caregiver should be needs knowledge of care and patients should be needs intervention.

Keyword- Schizophrenia, Anxiety, Depression, Perceived burden of caregiver

IMPACT OF SOCIAL MEDIA ON THE ACADEMIC PERFORMANCE OF ADOLESCENT STUDENTS

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ABSTRACT

Background: Addiction to social media is harmful to student's health. They frequently check their Facebook, Whatsapp and Instagram. This habit of checking social accounts frequently can damage mental health. The main aim of this study was to examine the effect of social media on the psychosocial behavior and academic performance of adolescent students.

Methodology: Two research hypotheses were formulated for the study, and 200 adolescent students were randomly selected for the study. Researcher-made validated questionnaire and academic performance test in the Marathi Language were used for data collection. Collected data was analyzed using descriptive statistics of mean and standard deviation.

Conclusion: The research found that the use of social media affects the psychosocial behavior of adolescent students as they spend a lot of time on internet networking and become psychologically addicted, resulting in less attention and negative effects on other activities and aspects of their lives. Social networking use has a significant impact on students' academic performance as they spend more and quality time.

Keywords: Social Media, Academic Performance and Adolescent Students

SEX AND LOVE ADDICTS ANONYMOUS: A CRITICAL REVIEW

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ABSTRACT

Sex and love addictions are often overlooked even though they are as life-threatening or, at least, as dangerous as drug addiction. Sexual addiction has been described as a sexual desire that diminishes the capacity or wish to control sexual behaviours that persists despite significant harmful consequences (Carnes, P.1983). Love addiction, on the other hand, is considered a process addiction. It pertains to a pattern of recurrent behaviour resulting in reports of pleasurable feelings and obsessive thinking that are eventually followed by negative consequences (Fisher, 2006; Miller, 1987; Schaef, 1987; Sussman & Ames, 2008). The cycles of elation and obsessive thoughts may be subjectively described as craving for a continued union with a love object (Fisher, 2006; Yoder, 1990). Somewhat similar to dependence on psychoactive substances, sex and love addiction also encompass tolerance, dependence, withdrawal and changes in the individual's personality. Despite the advances in the field of behavioural addictions, there is absence of unanimity in the understanding of the aetiology and management of sex and love addictions. Support groups have been widely promoted as a resource for recovery and one such group is the Sex and Love Addicts Anonymous (SLAA). Although the underlying principles upon which the group functions provide hope for recovery, psychosocial limitations of the same have not been addressed. The aim of this paper is to review the functioning as well as principles of SLAA. Furthermore, suggestions focusing on the development of holistic and efficacious management for individuals with sex and love addictions are highlighted.

Keywords: behavioral addiction, sex addiction, love addiction, sex and love addicts anonymous

ARTIFICIAL INTELLIGENCE AND ITS INTEGRATION IN SCHOOL SUBJECTS

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ABSTRACT

The aim of the research paper is to investigate the utilization of artificial intelligence tools in various school disciplines such as Hindi, English, social sciences, computer, sciences and Mathematics. The research paper will adhere to a review-based research methodology. The references for this study include documents such as ‘Artificial Intelligence Integration Across Subjects for CBSE Curriculum’, ‘Artificial Intelligence in Education: Challenges and Opportunities for Sustainable Development’, ‘Application of Mathematics in Artificial Intelligence and Machine Learning’, ‘National Strategy for Artificial Intelligence #AIFORALL’ published by NITI Ayog, ‘Artificial Intelligence and the Future of Teaching and Learning’ by the U.S. Department of Education, as well as various AI tools applications and websites. The findings of the research paper will classify AI tools based on their accessibility, distinguishing between paid and free tools. Language AI tools are classified into four types: speaking, writing, grammatical correction, and end assessment. Mathematics AI tools are classified based on the standard of the class and provide detailed math questions. Technometrics AI tools are used to solve problems and draw diagrams such as triangles and pie charts. History-based AI tools allow virtual visits to historical places, analyze historical data, and generate reports. Geography AI tools are used for studying topics such as the Earth, maps, and rivers. Science AI tools involve virtual labs, solving physical problems, and providing explanations. Computer learning AI tools include Excel, PowerPoint, MS Word, and PowerPoint-based applications.

Keywords: Artificial intelligence, Integration, ,School, Subject

मानवाधिकार एवं शिक्षा

डॉ सीमा मिश्रा

(असिस्टेंट प्रोफेसर शिक्षाशास्त्र) कमला नेहरू पीजी कॉलेज तेजगांव रायबरेली

मानवाधिकार प्रत्येक मानव को प्रदत्त की जाने वाली वह आर्थिक राजनीतिक शक्तियां हैं जिनके द्वारा वह मानवोचित्त जीवन जी सके, सुखमय जीवन व्यतीत कर सके। अंतर्राष्ट्रीय स्तर पर संयुक्त राष्ट्र संघ द्वारा बिना देश, धर्म, लिंग और जाति के भेदभाव के संपूर्ण विश्व के प्रत्येक मानव के लिए मूलभूत अधिकार दिलाने के लिए मानवाधिकार घोषणा पत्र 10 दिसंबर 1948 को जारी किया गया। इस घोषणा पत्र में सभी देशों के प्रत्येक व्यक्ति को कम से कम 30 अधिकारों को प्रदान करने की घोषणा की गई है जिन्हें मुख्य रूप से तीन श्रेणियों में विभाजित किया गया है- आर्थिक अधिकार, राजनीतिक अधिकार, सामाजिक-सांस्कृतिक अधिकार। संयुक्त राष्ट्र संघ के इस मानवाधिकार घोषणा पत्र में जिसे मानवता के मैग्राकार्टा के रूप में देखा जाता है, उन मूलभूत अधिकारों की बात की गई है जिसके अनुसार प्रत्येक देश में प्रत्येक व्यक्ति आर्थिक राजनीतिक एवं सामाजिक क्षेत्र में बिना किसी भेदभाव के समान अवसरों का लाभ उठाते हुए सम्मान पूर्वक अपना जीवन यापन कर सके। आज विश्व भर में रंग-भेद, धर्म-भेद, नस्ल-भेद, लिंग-भेद, जैसी अनेक समस्याओं और उनके समाधानों को लेकर विभिन्न मंच कार्य कर रहे हैं अनेक अंतरराष्ट्रीय संगठन व्यापक स्तर पर क्रियाशील हैं। मानवाधिकार वे मांगे हैं जो हमें अपनी पूर्ण क्षमता के अनुरूप विकास करने के लिए तथा अपनी मूलभूत आवश्यकताओं को पूरा करने के योग्य बनाती हैं। ये वह आदर्श हैं जो अच्छे मानव अस्तित्व के लिए मानवता के सम्मान, आदर, न्याय, सुरक्षा और स्वतंत्रता के लिए बढ़ती हुई मांग पर आधारित हैं। यह मानव का जन्म सिद्ध अधिकार है इसका हनन नहीं किया जा सकता। मानवाधिकारों के महत्व को समझने और लाभों को प्राप्त करने के लिए नागरिकों का शिक्षित होना आवश्यक है शिक्षा के द्वारा ही व्यक्ति को उसके अधिकार और कर्तव्यों का उचित ज्ञान कराया जा सकता है।

DEPRESSION IN RELATION TO META COGNITION IN CHD PATIENTS

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ABSTRACT

Background: Dysfunctional metacognitive patterns are linked to heightened negative emotions like depression and anxiety and depression. People grappling with metacognition deficits tend to display more pronounced negative affect and depression symptoms compared to their counterparts. The emotional status of coronary heart disease (CHD) patients is significantly influenced by their subjective well-being. Those with CHD who concurrently grapple with negative emotions and restrain self-expression are susceptible to emotional distress. Consequently, this study endeavours to examine the depression in relation to metacognition status in CHD patients.

Materials and Methods: One hundred eighty-seven respondents (28 to 78 years old) [100 CHD patients (50 patients with hypertension and 50 patients without hypertension) and 100 individuals without CHD here referred as 'Control'] from Varanasi city of Uttar Pradesh were purposively sampled for the present study.

The present study employed a biographical sheet, Hindi version of Metacognitions Scale (MCQ; Jaiswal et al., 2021) and BDI-II (Beck, Steer and Brown; 1996) to fulfil the objectives of the study.

Mean and SD values were calculated, and two-way ANOVA was used to elucidate the status of depression in relation to metacognition in CHD with and without hypertension patients and control groups individuals.

Results: ANOVA performed on the measures of depression demonstrated that participants of control group experienced higher cognitive affective symptoms of depression on the facets of Positive Belief, Uncontrollability of thoughts, Cognitive Confidence, Thought Monitoring and Worry and MCQ total than CHD with and without hypertension group. The high scorer than low scorer on Cognitive Confidence and Thought Monitoring and Worry facets of Metacognition revealed more cognitive affective, somatic and over all depressive symptoms. The findings with regard to interaction between groups and levels of facets of metacognitions for depression were also observed significant which explains that high scorers of control group on Uncontrollability of thoughts and MCQ total scored higher than other groups on cognitive affective, somatic and over all depressive symptoms.

Keywords: Metacognitions, Depression, CHD with hypertension, CHD without hypertension.

TRENDS OF ONLINE DATING APPS BY FEMALES IN INDIA: EVALUATION OF THE RISKS AND BENEFITS

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ABSTRACT

Online dating can be understood as a web-based interaction between two people with the intent of developing a relationship with them in the near future. In recent years, online dating has been increasingly used by individuals of all ages. The present study looks for the risks and benefits involved in online dating. Data from 100 females ranging from 18-30 years of age residing in India were collected through an online dating survey questionnaire which included 15 items each with four alternate options. Thereafter, based on a certain criterion 10 participants were selected to be interviewed for a detailed understanding of their experiences with Online dating. Quantitative values were cleaned and analyzed using SPSS for meeting the research objectives. Percentages were calculated on the survey data. It was found that the risks involved in online dating are greater in number than the benefits. From the responses gathered on the Online Dating Questionnaire, the hypotheses of the study stand true. It was found that risks, as reported by the participants, ranged from online bullying to sexual harassment and abuse. The benefits as reported by the participants ranged from positive self-concept to an increased sense of belongingness. The number of risks was more than the benefits involved in online dating. Out of 100 participants, 38% of them were somewhat satisfied with their online dating experience, 35% of them were somewhat dissatisfied, 21% of them were very dissatisfied and only 6% of them were thoroughly satisfied with their online dating experience. Therefore the ratio of dissatisfaction is more than the ratio of satisfaction from online dating. Details about the experiences of the participants were explored through thematic analysis. It was found that females at least once in their online dating experience have faced sexual harassment, cyberbullying, body shaming, and abusive language/comments.

Keywords: Online dating, Online Dating Questionnaire, bullying, sexual harassment, risks and benefits, self-concept, satisfaction

THE EVALUATION OF SELF-SILENCING BEHAVIOUR AND TYPE-D PERSONALITY IN INDIVIDUALS WITH HYPERTENSION

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ABSTRACT

Introduction: People with Type D or ‘Distressed’ personalities often experience social inhibition as well as negative affectivity and avoid expressing their emotions in social situations, which causes Self-Silencing behaviours of fear, anxiety and worry in individuals. This leads to adverse mental and physical health effects, further contributing to feelings of isolation and disconnection. It can lead to increased stress, anxiety, and depression, as well as physical health problems such as Cardiovascular disease and chronic pain, creating a vicious cycle.

Aims and Objectives: 1. The difference between the self-silencing behaviours of young and older individuals with Type D personality. 2. The need to understand the prevalence of Self-Silencing behaviours in Hypertension Patients and non-Hypertension individuals with Type D personality. 3. The difference between Self-Silencing behaviours of male and female individuals with Type D personality.

Methodology: The study comprises a quantitative methodology using two scales, i.e. Silencing the Self Scale and Type D Scale. The derived sample size is 200 participants, i.e. 100 (50%) individuals with hypertension and 100 (50%) without hypertension). The research design is ‘between group’ along with the study's descriptive and higher order statistics.

Conclusion: The implication of the proposed study is to make healthcare professionals aware of the psychopathological relationship between the distinct Type D or ‘Distressed’ and Hypertension along with the associated inhibitory behaviours such as Self-Silencing. It also aims at expanding the discoveries of somatic symptoms regarding Cardiovascular health and their corresponding psychoeducation.

Keywords: Hypertension; Self-Silencing; Type D Personality; Distressed Personality; Cardiovascular Health

NATURAL PRODUCT: EXTRACTION AND ISOLATION

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ABSTRACT

Nature has inspired and guide, men to fight and control diseases since the dawn of civilisation. Many natural materials got in use for combating human ailments and were in use by people for the cure of much diseases. In that scenario Natural product play a significant role in drug invention directly medicinal use or indirectly semi synthesis of medicinal compounds. They play comprehensive role in the treatment and prevention of human disease. The concentration of bioactive natural product in the resource is quite low. Nowadays, it is crucial to develop effective and selective methods for the extraction and isolation of those bioactive secondary metabolites from higher plants, marine organisms and micro organisms. This paper provides conventional and modern techniques of extraction and isolation of versatile bioactive constituents.

Keywords: Natural Product, extraction, isolation, secondary metabolite, chromatography.

IMPOSTER SYNDROME AND PERFECTIONISM: THE ROLE OF SELF COMPASSION

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ABSTRACT

According to research, students who are at the highest level of their education and particularly high achievers will feel like imposter (Cokley et al.,2015). Studies have shown that imposters are driven by an internal sense of intellectual phoniness, and yet perfectionism, particularly maladaptive perfectionism, is related to imposter syndrome in that both are seeking to achieve. There are studies that shows that the intensity of the imposter syndrome decreases with an increasing level of self-compassion (Patzak A, Kollmayer M and Schober B,2017). Also, there are studies that shows self compassion and perfectionism are inversely connected.

This study aims to understand the relationship between imposter syndrome, perfectionism and self compassion in high academically achieved students. The study involved 212 postgraduate students aged between 21 to 23, and it used self-report questionnaires such as the Almost perfect scale-revised, Clance imposter phenomena scale and Neff's self compassion scale. The Spearman's rank correlation coefficient was used to determine whether there was a relationship between the study variables.

The finding revealed that that there is a significant positive correlation between Imposter syndrome and Discrepancy (maladaptive perfectionism), there is a significant negative correlation between imposter syndrome and self compassion and positive correlation between imposter syndrome and standard(adaptive perfectionism). the data shows that there is a significant negative correlation between self compassion and discrepancy and positive correlation between self compassion and order and positive correlation between self compassion and standard.

Further this study is planned to use mediation analysis to understand the role of self compassion between perfectionism and imposter syndrome

Keywords: Imposter syndrome, perfectionism, self compassion, high achievers, discrepancy

TERTIARY HEALTHCARE SERVICES: GENESIS AND OVERHAUL

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ABSTRACT

This review paper examines the genesis and overhaul of tertiary healthcare services, focusing on their evolution, key components, challenges, and strategies for improvement. Through the analysis of case studies, best practices, and emerging trends, the paper identifies successful models and innovative approaches that have demonstrated positive outcomes in tertiary healthcare settings. The findings highlight the importance of policy reforms, improved accessibility and affordability, enhanced quality of care, strengthened workforce and human resources, and financial sustainability. Additionally, future directions in technological innovations, patient-centered care, population health management, and global collaborations are explored. The implications and recommendations emphasize the need for evidence-based strategies and collaboration among stakeholders to optimize tertiary healthcare delivery.

Keywords: tertiary healthcare, healthcare services, quality of care, financial sustainability, population health management,

COGNITIVE DISABILITIES AMONG CHRONIC KIDNEY DISEASE PATIENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Background: Chronic Kidney Disease (CKD) is a widespread health problem characterized by a wide range of health complications. In recent years, cognitive impairment has emerged as an important concern among CKD patients. However, there is limited understanding of the prevalence, risk factors, and impact of cognitive disabilities in this particular population. This systematic review aims to explore the existing literature on cognitive impairment among CKD patients to consolidate the available evidence.

Methods: Using electronic databases (PubMed, Embase, PsycINFO, and Cochrane Library), a thorough search was done to find pertinent studies released between 2000 to 2021. Studies reporting on the prevalence, risk factors, and impact of cognitive disabilities in CKD patients were included. The quality of included studies was assessed using appropriate tools, and data extraction was performed using a predefined template.

Results: This review came across and included a total of 15 studies. There were 16% to 75% of CKD patients exhibiting some level of cognitive impairment or disabilities. Common risk factors identified were age, diabetes, hypertension, duration of CKD, and presence of vascular disease. Other factors associated with cognitive impairment included anemia, malnutrition, inflammation, co-morbidities, and dialysis modality. The impact of cognitive disabilities in these patients was reported to include diminished quality of life, increased mortality risk, decreased medication adherence, and increased healthcare costs.

Conclusion: Cognitive impairment is prevalent among CKD patients and is associated with various risk factors. For patients to have improved outcomes, cognitive deficiencies in this demographic must be identified and treated. For the purpose of early detection, prevention, and management of cognitive impairment in CKD patients, additional research is required.

Keywords: Chronic Kidney Disease, cognitive impairment, cognitive dysfunction, prevalence, risk factors, impact, systematic review

"RESILIENCE AND VEDANTA: UNVEILING THE POTENTIAL FOR POSITIVE YOUTH DEVELOPMENT"

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ABSTRACT

Resilience is the ability /skill to bounce back after difficult times and challenges of life. As a skill and value, it is very important for teenagers and young adults for their positive development. Researches recognizes that many factors come into play regarding how resilient we are, including our traits, environmental factors, and a learned capacity associated with experience (Pemberton, 2015). For this research paper many papers after 2014 are studied to find its importance and interconnection with Vedantic knowledge system which has high credibility and authority in Indian knowledge system and need for study.

In our quest for understanding, we shall encounter the sacred scriptures that have illuminated the path of countless seekers – the Vedas, Upanishads, Bhagavad Gita, and more – their teachings resonating across centuries and inspiring generations to seek higher truths. (Dr. Eknath Mundhe ,2023).

Keywords: Resilience, Vedantic Knowledge, Indian knowledge system, Bhagavad Gita, Upanishads.

SOCIAL MEDIA USED AND EMOTIONAL AFFECTS AMONG COLLEGE STUDENTS

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ABSTRACT

Students are thought to require at least one smartphone in the current world. Their primary method of phone use is networking, which has taken on significant importance in their life. The purpose of the current study was to assess the social media used and emotional affects among college students. This study involved 60 students (between the ages of 20 and 25). Emotion affects were assessed with the help of PANAS. The findings showed that students spend more than nine hours a day on social networking activities like searching for information and sending instant messages via WhatsApp and other social media (Facebook, Instagram, and Twitter). conversing on a smartphone and buying online for 7-8 hours. For five to six hours, they stood still while using their smartphones to view Netflix, Amazon Prime, YouTube, and other entertainment apps. The findings revealed that smartphone use was non-significantly favorably connected with positive affect and negatively correlated with negative affect. Students benefit from smartphones in a variety of ways, including convenience, easy access to knowledge and technology, enhanced security and communication, social entertainment, memory enhancement, and organizational skills. However, there are a number of detrimental effects of cellphones on students, including distraction, health concerns, cyberbullying, malpractice in exams, and the use of inappropriate educational resources.

Keywords: Negative affects, Positive affects, Social media, Students

**DEVELOPMENT OF NOVEL MICROCHIP BASED METHOD FOR ON-SITE
EXTRACTION OF DNA FROM HUMAN BLOOD AND ITS COMPARISON WITH FTA
PAPER**

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ABSTRACT

An underlying trend over the past several decades in analytical processes has been the progressive development of miniaturized devices. The immense potential for implementation of such devices in the form of “Lab-on-a-chip” technology was demonstrated. “Lab-on-a-chip” (LOC) devices in the form of membranes or beads have been fabricated as an advanced technique for DNA extraction, offering fast analysis, minimal sample requirement and no contamination. The present study reports fabrication of a polymer based microchip offering rapid and low cost extraction of DNA from forensic samples in a short time. The microchip was prepared by introducing a disc of fusion 5-filter paper between two Poly (methyl methacrylate) (PMMA) layers where the activated polymer substrate acted as a solid DNA binding phase. DNA extraction from human blood was carried out on a microchip using an alkaline extraction method and quantitated using RT-PCR followed by amplification and STR genotyping. The DNA binding capability of the fabricated microchip was evaluated and compared with the FTA paper by measuring the concentration of DNA in the final elutes using RT-PCR. The fabricated microchip was proposed to be an alternative to FTA paper for On-chip DNA extraction , suggesting that the DNA holding capacity of the fabricated microchip was better than the FTA paper. Also, the device is cost effective and efficient; therefore, it is expected to succeed in cases where DNA quantity is low.

Keywords: On-chip method, PMMA(Poly methyl methacrylate), Fusion-5- filter paper, Plasma treatment, APTES functionalization ,Highest DNA capturing and FTA.

OCCUPATIONAL STRESS AS A MODERATOR VARIABLE ON THE RELATIONSHIP BETWEEN MOTIVATION AND ORGANIZATIONAL COMMITMENT OF MANAGERS

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ABSTRACT

Human behavior is a complex phenomenon that has intrigued researchers for a long time. There is a need to develop greater understanding of the human mind and how it influences behavior. Globally, technological advances have resulted in changing societal values and norms. This has led to a variety of stresses and strains on human minds which try to cope up with it in order to maintain physical and psychological well-being. In the last two decades, the world that we know has changed rapidly and irretrievably. The advent of accessible universal telecommunications, internet and social media and the recent global disruptions from Covid-19 has entirely changed the way organizations, individuals, and society used to function. Many of these societal impacts will have long to very long-term effects.

In the organizational context, stressful conditions can have deleterious consequences on the physical and mental health of the employees. The American Medical Association stated that stress was the cause of 80% to 85% of all human illness and disease. A recent survey showed that 70% to 90% of us feel stressed at work and outside. Occupational stress not only has direct impact on other organizational variables but moderating impact too on the relationship between various factors at work place, e.g. motivation and organizational commitment as explored in the present study. Quality of work life is supposed to be the major goal of the organizations and their employees. This can be achieved by creating a work culture and environment which enriches the life of those who work. This develops and sustains the will to work and enhances the motivation and commitment level of the individuals to their work and work place. In most organizations, their functioning is based on how the employees, especially the managers function. They are after all responsible for making organizational decisions, policies, and rules and driving overall organizational culture. Their motivation and commitment to the organization decides to a great extent the future course and long term success of an organization.

In the present study, an empirical attempt has been made to find out the moderating effect of occupational stress on the relationship between motivation and the organizational commitment of managers. To this end, Organizational commitment Scale developed and standardized by Meyer and Allen (1984), Employee Motivation Schedule (EMS) developed and standardized by Srivastava (1984), and Occupational Stress Index developed and standardized by Srivastava and Singh (1981) were administered on a sample of 200 managers of Tata Refractory Ltd., Belpahar, Jharsuguda, Orissa. The sub-group analysis and moderated multiple regression analysis show that occupational stress has partially moderating effect on the relationship between motivation and organizational commitment of managers.

Keywords: Managers, Motivation, Occupational Stress, Organizational Commitment, Psychological well-being

PSYCHOMETRIC PROPERTIES AND CONFIRMATORY FACTOR ANALYSIS OF THE HEXACO-60 PERSONALITY TEST FOR COLLEGE STUDENTS

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ABSTRACT

Personality interprets change patterns of behaviour, cognitions and emotions affected by biological and environmental factors. A personality trait is a characteristic that distinguishes one person from another and that causes a person to behave consistently. An individual can be said to have any degree of a trait, from little to lot. One of the famous personality inventory to measure personality traits of the individuals is the HEXACO Personality Inventory (HEXACO-PI). This inventory consists of 24 facet-level personality trait scales that define the six personality factors named Honesty-Humility (H), Emotionality (E), Extraversion (X), Agreeableness (A), Conscientiousness (C), and Openness to Experience (O). The model of HEXACO is like Big Five Trait Model and it is also constructed through the psycho-lexical research and established by factor analysis (Ashton and Lee, 2005). researcher evaluates “measurement hypotheses” regarding a scale’s internal structure. So, the factor structure of the HEXACO 60 personality inventory was also subjected to confirmatory factor analysis procedure, the results of which enhance the understanding of the nature and dimensionality of the HEXACO 60 construct. The results suggest the need for additional research and larger sample to develop more consistent results. With factors modification to improve the significance of the scale, some items of the factors were deleted to get the best fit; these results support the use of six factors (Honesty-Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness and Openness to Experience) for diagnostic and educational research purposes.

Keywords: HEXACO, Personality, Dimensions, confirmatory, factor, measurement

EXPLORING CHILD ORIENTED PERFECTIONISM, PARENTAL BURNOUT, AND ADOLESCENTS' PERCEPTIONS OF PARENTAL EXPECTATIONS IN THE INDIAN CONTEXT

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ABSTRACT

Parents often have high expectations from their children (child oriented perfectionism). When these expectations are not met, it creates a gap between parental aspirations and child actions, causing harm to parental well-being. Research suggests that the child's perception of their parents' expectations from them can predict the quality of adolescent's life satisfaction and adjustment. Keeping the existing literature in mind, the present study explored the relationship between: (a) child oriented perfectionism and parental burnout and (b) perceived parental expectations and parent-adolescent relationship. The sample included adolescents and parents (N = 247). Correlation and regression analysis were carried out. Findings suggest that expecting one's child to be perfect can predict burnout amongst parents ($\beta = 0.404$, $p < .001$). Further, perceiving one's parents to set high expectations predicts a poor parent-adolescent relationship ($\beta = -0.335$, $p < .001$). The discussion focuses on the reasons for the direct relationship found between (a) child oriented perfectionism and parental burnout and (b) perceived parental expectations and parent-adolescent relationship. This study has implications for practitioners working with families and adolescents as it can help them identify areas of concern and provide help targeting those areas. Future research can aim at exploring factors which can moderate the relationships and buffer the detrimental impact of child oriented perfectionism and perceived parental expectations on parents and adolescents respectively.

Keywords: Child-oriented perfectionism, parental burnout, perceived parental expectations, parent-adolescent relationship, adolescent

RELATIONSHIP BETWEEN AGE AND MENTAL HEALTH STATUS OF WORKING AND NON-WORKING WOMEN

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ABSTRACT

Mental health is the foundation for well-being and effective functioning for an individual and community and that of women is important for both own health and for the well-being of their children and families. Women are adversely affected by mental health issues. The status of women in the society has been changing fast due to multiple factors such as urbanization, industrialization, increased level of education, awareness of rights, and media influence. More and more women prefer to be engaged in some kind of employment, so that they can contribute financially to their family but the attitude towards women especially married women and their role in family has remained the same, as even today taking care of the family and children is considered as their primary responsibility. Thus carrying out duties and responsibilities both at home and workplace overstrains a married working woman, thereby leading to various psychological problems like role conflict, job strain, mental fatigue, stress, anxiety, frustration, depression, anger, phobias, and other social and emotional distress. All of these problems can interactively affect the mental well-being of working and non-working women. Studies have also shown that working women have poor mental health and higher level of depression compared to non-working women (Dudhatra and Jogsan, 2012). It can be said that with increase in dual earner responsibility among women, mental health is being affected nowadays, and intervention is need of the hour in order to bring work- life balance. Therefore, this research aimed to explore the relationship between age and mental health status of working and non-working women in Pantnagar, Uttarakhand.

Keywords: Mental Health, Age, Young Adults, Working Women, Non-Working Women

Leadership and Agape Leadership: An exploration through the life of Jesus Christ

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ABSTRACT

The term Leadership is up to a certain extent, polymorphic in nature. Leadership as a topic got attention in many empirical studies, theoretical work, books, and popular press articles; still, we do not understand leadership particularly well. Who is a leader, who can lead or how a leader should be? There can be many answers with the expectation of the one who responds to this question. Often the answers may lead into another question, because leadership is thought and understood from different perspectives. Among the many explanations and definitions, this article is trying to explain the idea of leadership based on Agape which functions through selflessness. In order to explain the concepts Agape and Leadership, the life of Jesus Christ is chosen as an example, because He was a leader and His entire life was rooted in selfless love. A leadership based on Agape, is a selfless leadership where a leader forgets about himself and live for others with a firm conviction by ignoring the struggles and troubles that he has to undergo for the betterment of other human beings or society at large. It is the form of leadership where selfless love plays a leading role. The term ‘Agape’ comes from the Greek word for love and is often associated with the unconditional love that is frequently associated with Christian teachings. Analysing the importance of Agape in leadership, Jesus is chosen as the best image and symbol of this study, because he has never exercised his leadership for his own personal benefits, rather his entire life was for the poor, sick, downtrodden, and marginalized people of the society. Leaders who practice agape leadership are attuned to the emotional needs of others and are skilled at creating an environment where everyone feels valued and supported. Jesus was practising Agape leadership with an indomitable spirit of selfless love. This article is an exploration of Agape leadership through the life of Jesus Christ.

Keywords: Leader, Leadership, Agape, Selflessness, Jesus Christ

PSYCHOSOCIAL CORRELATES OF MARITAL SATISFACTION- A MODERATED MEDIATED STUDY: A THEORETICAL PERSPECTIVE

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ABSTRACT

Marriage, an enduring societal institution, is deeply influenced by marital satisfaction, a metric reflecting the contentment and harmony experienced by couples. This meta-analysis investigates the intricate interplay between forgiveness, conflict resolution, and marital satisfaction, while considering the moderating role of familial structures: joint versus nuclear families.

Drawing from seminal works, the study posits forgiveness as the independent variable influencing marital satisfaction, with conflict resolution serving as a potential mediator. Furthermore, the nature of the family system, either joint or nuclear, is hypothesised to moderate these relationships.

This study bridges the gap between theoretical underpinnings and empirical evidence, aiming to contribute richly to academic discussions on marital relationships and offering actionable insights for therapeutic interventions focused on enhancing marital satisfaction.

Keywords: Marital Satisfaction, Forgiveness, Conflict Resolution, Joint Family, Nuclear Family

FRIENDSHIPS AND MENTAL HEALTH DURING YOUNG ADULTHOOD

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ABSTRACT

Friendships are usually mutually beneficial relationships that individuals voluntarily engage in (Bukowski, 1996s). Friends can share similar interests, and friendships are often uniquely intimate bonds in an adolescent's life. Friendships contribute greatly to broader resiliency and emotional support. Emotional support includes providing love, empathy, and nurturance to another person. Close friendships portend higher levels of self-esteem, psychosocial adjustment, and interpersonal sensitivity (Bagwell et al., 2005). Individuals who identify lifetime friendships have been found to be better adjusted than their friendless peers (Gupta & Korte, 1994). Adults who describe their friendships as more positive and satisfying also report lesser feelings of anxiety and hostility (Bagwell et al., 2005). Young adults who described a close friendship in preadolescence have been found to show greater enjoyment, assistance, intimacy, emotional support, sensitivity, loyalty, mutual affection, and overall higher quality of life than those who did not (Bagwell, Newcomb, & Bukowski, 1998).

Close friendships often serve positive, protective, and healthy functions, relationships high in antagonism, conflict, and inequality can just as predictably trigger internalized or externalized symptoms of psychological distress (Bagwell et al., 2005). In this regard, destabilized "friendships" appear to be detrimental to mental health. Friendships appear to have an even more direct impact on self-esteem. Friendships can have a major impact on your health and well-being. Friends also play a significant role in promoting your overall health. In fact, studies have found that older adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections. Therefore, research was conducted to explore the quality and status of friendship and its impact on the mental health status of young adults.

Keywords: Young Adults, Friends, Friendship, Emotional Support, Self-Esteem, Inequality, Depression

**EXAMINING THE INTERPLAY OF INFERTILITY- RELATED STRESS AND
RESILIENCE IN CHILDLESS COUPLES: A CROSS- SECTIONAL STUDY USING
THE ACTOR – PARTNER INDEPENDENCE MODEL**

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ABSTRACT

The diagnosis and treatment of infertility impose significant psychological and physical burdens on the majority of patients. However, not all couples facing infertility experience extreme emotional distress. Various coping mechanisms, such as resilience, play a crucial role in helping couples navigate this crisis without enduring lasting harm. Since infertility is a challenge that affects both partners within a couple, it is essential to examine the impact of each partner's stress on other in this context. This cross-sectional study was conducted between June to September 2023, involving a sample of 144 participants, constituting 72 couples. The self-reported questionnaires of The Fertility Problem Inventory (FPI-46) and Conner Davidson Resilience scale (CD-RISC10) were used to assess Infertility-related stress and Resilience. The study hypothesized that an individual's infertility-related stress would have an influence on their own resilience as well as on their partner's resilience. The data collected from these couples will be dyadically analysed using the Actor-Partner Independence Model (APIM) approach. The study's findings are expected to underscore the importance of fertility counselling tailored to couples and provide valuable insights for mental health professionals in developing or modifying existing interventions aimed at addressing psychological distress associated with infertility.

Keywords: Infertility, Infertility-related stress, Resilience, Actor-Partner Independence Model, Dyadic Analysis

UNDEREMPLOYMENT - A CHRONIC THREAT TO HUMAN GROWTH & NATIONAL DEVELOPMENT

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ABSTRACT

India is the leading nation with youngest population in the world, the country tops the list with 356 million young people as the country of world's largest youth population. Besides this the Indian Human Resource is not just high in number but known for their superior output and workmanship across the globe. Yet making the best use of this Human Capital is always a challenge for the country. The country and its men so far focussed on addressing the unemployment, ignoring the fact of existing Underemployment among major section of its population. Underemployment emerges when people are placed in jobs or roles which are substandard relative to their Knowledge, Skills and Academic levels. This is common and increased problem in the industrialized and highly industrialized regions as well as rural India.

Though the ultimate aim of any system or society is supposed to be to make the best utilization of its resources, investments in various forms viz. mentors, material and financial resources, the system withdraws its rigour by just placing the highly potential workforce in some or the other job roles. The crucial part of capturing the optimum returns from this nurtured, trained and developed Human capital is ignored. The article throws light on differentiating unemployment and underemployment, causes for underemployment, how it yields benefit to the nations if addressed i.e. utilising the human capital in a systematic and rational manner. The Descriptive research design is adopted for the study while the Research methodology is Mixed approach. The secondary data considered for the study are the significant works by prominent government and corporate bodies of India. Structured interview schedule is administered for collection of primary data.

Keywords: Underemployment, Mental Health, Human capital, Economy, Pay & Benefits

AGGRESSION AND WELL-BEING AMONG POLICE PERSONNEL

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ABSTRACT

Policing is a profession characterized by frequent exposure to potentially aggressive situations, which can have significant implications for the well-being of Police personnel. There is absence of specialized preventive mental health services for police personnel in India. Previous studies have suggested that aggression drains one 's adaptive coping and thus, debilitates one 's subjective and psychological well-being. The study was undertaken with the following objectives: 1) To see the level of aggression among different grades of police personnel. 2) To see the level of well-being among different grades of police personnel. 3) To see the relationship between aggression and well-being among police personnel.

The following hypotheses were formulated in the study: The level of aggression and well-being would be different across different grades of police personnel. Aggression and well-being of police personnel would be inversely related to each other.

The study was conducted on 120 police personnel at a police station located in Lucknow. The participants were taken randomly from six different police stations using draw by lot method. Two different tools were administered to the participants for the measurement, the index of psychological well-being at work developed by Dagenais-Desmarais and Savoie (2011) was used to measure well-being, while for aggression IIP aggression scale developed by Dr.K.K Srivastava scale was used. Obtained data were analyzed grade-wise separately for each of the two variables. Results showed that significant grade differences are found in the level of aggression and well-being. However, aggression and well-being were found negatively related to each other.

Keywords: aggression, wellbeing, police personnel

THE ROLE OF SACKS SENTENCE COMPLETION TEST WITH CASE STUDY OF MALE BORDERLINE PERSONALITY DISORDER

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ABSTRACT

Background: This research aims to show that personality psychopathology, it can be well reflected using Sacks sentence completion test.

Methodology: A Male Case study with borderline personality disorder. International personality disorder examination (IPDE). DSM IV, diagnostic interview schedule and Sacks sentence completion test has been administered. The case study clinical report was qualitatively interpreted using content analysis and phenomenological approach.

Results indicated that borderline personality disorder leads to dysfunctional adult relationships.

Conclusion: Lack of secure base from parental figures in childhood is reflected in terms connecting with the partner.

Keywords: Case study, Personality Disorder, Borderline Personality disorder, Men, Sacks sentence completion test, Personality Assessment

VIRTUAL REALITY BASED INTERVENTIONS TO SUPPORT MENTAL HEALTH OF GEOGRAPHICALLY DISPERSED EMPLOYEES: BRIDGING GAPS IN REMOTE WORK SUPPORT

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ABSTRACT

In today's era due to the increase of remote work and geographically dispersed workforces, the demand for innovative approaches to address the unique needs and challenges of such employees has intensified. Virtual reality is a unique technology which offers variety of interventions to support the mental health of employees. It is an immersive and interactive technology which provides convenient means to facilitate relaxation through visualization, engagement, and immersion within captivating virtual environments. There is a growing body of evidence supporting the efficacy of Virtual Reality (VR) treatments for stress and anxiety, however no reviews of VR to date have looked specifically into the use of VR to support Mental Health of Geographically Dispersed Employees and thus a notable gap exists in the literature. This review paper delves into the realm of "Virtual Reality-Based Interventions for Geographically Dispersed Employees". A systematic review entails an extensive examination through peer reviewed articles on google scholar, PubMed on terms focussed on Virtual reality, mental health interventions, remote work support. We reviewed articles with a particular focus on participant numbers, study populations, research objectives, levels of evidence, and the categorization of articles based on the utilization of VR technology and the target study population. This paper presents work-in-progress aiming to uncover the current state of research on VR-based interventions tailored to support the mental health of geographically dispersed employees. It anticipates uncovering the current state of research on VR-based interventions tailored to support the mental health of geographically dispersed employees. The findings are poised to illuminate the potential of VR technology in mitigating stress, promoting relaxation, and enriching the overall well-being of remote workers. Ultimately, this review aims to contribute to a comprehensive understanding of VR's pivotal role in supporting the mental health of a diverse and geographically scattered workforce, thus advancing the efficacy of remote work support systems.

Keywords: Virtual Reality, Mental Health, Remote workers, Geographically diversified employees, VR interventions.

IMPULSIVE BUYING AND COMPULSIVE BUYING: IS THERE A DIFFERENTIAL CONTRIBUTION OF SOCIAL MEDIA OVERUSE AND FEAR OF MISSING OUT?

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ABSTRACT

Spending too much time on social media has become an epidemic in today's digital era and has been linked to various negative consequences. On the other hand, FOMO is social media-related anxiety characterized by fear of missing out on exciting or interesting events, often driven by constant updates, notifications, and posts on social media, often linked to overuse. The research explores whether social media overuse and fear of missing out develop compulsive buying behavior or impulsive buying behavior. Online survey data from 249 Indian young adults who actively use social media were collected using Social networking addiction scale, fear of missing out scale, compulsive buying scale, and impulsive buying scale. Mean, standard deviation, frequency, and percentage were used as measures of descriptive statistics. Results from multiple regression analysis revealed that increased social media use of individuals fearing missing out predicted heightened impulsive buying tendencies and compulsive buying behavior. Additionally, mediation analysis suggests that impulsive buying behavior acts as a mediator, where excessive social media usage induces impulsive buying tendencies that can drive compulsive buying behavior to mitigate anxiety and avoid the fear of missing out. This research can advance social change by guiding policy and instruction on digital media literacy, regulation on social media use, therapeutic interventions provided by educational institutions, and psychological services provided by other organizations, all of which can enhance young adults' mental health and well-being.

Keywords: Social-media overuse, Fear of missing out, Impulsive buying behavior, Compulsive buying behavior, Young adults

CYBER FORENSICS: A CRITICAL ANALYSIS WITH THE SPECIAL REFERENCE TO THE RECOVERY OF DIGITAL EVIDENCES

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ABSTRACT

The paper will describe Criminal Investigation Process in Cyber Space and how it can be more sound for the interest of Justice. The use of science to investigate the facts and issues in court of law are known as Forensic, Forensic science is a comparatively new field, and the Cyber Forensics is even newer. In the present time, almost crime is investigated with the help of Forensic Science and this science is used as evidence to prove the guilt or defend the accused. The Forensic Evidence includes Physical evidence like Blood, Semen etc. and the Cyber Forensics includes the Acquisition, Examination and Reporting of information which is found in computers along with networks that pertain to an investigation. The Cyber Forensics can also be define as “The Autopsy of a Computer” due to the specialized Tools and Techniques. Nevertheless, significance of Cyber Forensics cannot be undermined especially in contemporary times of Space Laws and Internet of Things. The entire case against a Cyber Criminal is jeopardized the moment a Faulty Police Investigation is started. It is evident from the previous experiences that the fair Investigation plays a major role on entire Criminal Justice System. Despite many Laws for regulating and supervising the various areas on Criminal Investigation process regarding recovery of Electronic evidences, loss of electronic evidences and lack of recovery of the same are stemming and posing a threat to the entire Criminal Justice System. Therefore, something more is required to be done.

Keywords: Criminal, Computer, Cyber Forensic, Investigation, Justice

BURNOUT AND EMOTIONAL LABOUR: INNOVATIVE STRATEGIES AND REFINEMENTS

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ABSTRACT

Burnout and emotional labour have become pervasive issues across various professions, impacting individuals' well-being, job satisfaction, and organizational performance. This research provides a concise overview of advancements and innovative strategies aimed at mitigating the detrimental effects of burnout and emotional labour in Mental Health Professionals. Drawing upon recent studies and practical interventions, it highlights key findings and novel approaches in addressing these challenges. The study delves into the evolving understanding of burnout and emotional labour, emphasizing the nuanced interplay between personal and organizational factors. It explores how individual resilience and coping mechanisms interact with workplace conditions, including high-demand environments, long working hours, lack of training and supervision and emotionally taxing roles in mental health professionals. The research points towards cutting-edge research findings on the physiological and psychological consequences of burnout, emphasizing the importance of early detection and prevention. Advances in the measurement and assessment of burnout are presented. Innovative strategies to combat burnout and emotional labour are also addressed, with a focus on organizational interventions. These include the implementation of flexible work arrangements, mindfulness-based stress reduction programs, and enhanced employee support systems. Additionally, the role of training and supervision in creating a healthy workplace culture that promotes emotional well-being in mental health professionals is explored. The research underscores the importance of interdisciplinary collaboration between psychologists, healthcare professionals, psychiatrists, Clinical psychologists, and other mental health professionals in developing holistic solutions to these challenges. It highlights the potential for future research to further advance our understanding of burnout and emotional labour, ultimately leading to more effective strategies for prevention and intervention.

Keywords: burnout, emotional labour, mental health professionals, innovative strategies, workplace.

EFFECT OF MEDICAL ADHERENCE, PATIENT ATTITUDE AND PATIENT MOTIVATION ON HEALTH-RELATED QUALITY OF LIFE OF PATIENTS

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ABSTRACT

Chronic diseases have become the main cause of death and disability in the world. Health-related quality of life (HRQOL) has been identified as a goal for all people across all life stages by leading health organizations. HRQOL, that is, quality of life relative to one's health or disease status, is a concern of policymakers, researchers, and health care practitioners. HRQOL represents a valid means by which to assess the patient's own subjective yet vital perspective on the adverse impact of his or her pain and its treatment. Improvement in health and health related quality of life depends on medical adherence, patient attitude and patient motivation. Medication nonadherence is associated with poorer health outcomes. If patients do not gain the expected health benefits from their medication because of nonadherence, the burden of health care costs increases for both patients and society in general. Patient attitude towards treatment may play an important role in predicting patient-related outcomes including survival. Patient attitude in terms of general dissatisfaction with care and experiencing stress may affect health related quality of life of patients. Patients' motivation in terms of lack of confidence and feelings of failure regarding the treatment also may affect the health-related quality of life. The present study aims at understanding whether medical adherence, patient attitude and patient motivation can be the strong predictors of health-related quality of life of patients. The study recruited a sample of 100 patients of both gender suffering with various illnesses and are under the medical regimen. Simple random sampling is used in the selection of the sample. Standardised tools were used to assess medical adherence, patient attitude, motivation and HRQOL. Regression analysis revealed medical adherence, patient attitude and motivation strongly predicts HRQOL.

Keywords: Medical adherence, Patient attitude, Patient motivation, Health-related quality of life

**ARE MEANS OF COMMUNICATION EMPATHETIC ANYMORE? A THOUGHTFUL
REVIEW ON THE USE OF MEDIA**

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ABSTRACT

The prevailing ways of communicating information through media has taken an integral and massive role in the lives of laypersons. Presently, when the rising number of reported mental health issues is alarming, the media serves a major role in affecting the emotional state of its target audience. The current article aims to create an understanding of mental health, mental health disorder, media, and its role in the sensitivity of shared information. Further, the emphasis is on discussing the possible impact of media on the vulnerable population and a few ways to reduce the negative effects of disturbing content. The attempt is to help people learn to empathize not only about how to broadcast the content with sensitivity but also be compassionate while collecting such information for media and be considerate towards the mental health of vulnerable populations or people going through mental disorders.

Keywords: Mental health, media, empathy

BIPOLAR AFFECTIVE DISORDER: CASE REVIEW AND MANAGEMENT PLAN

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ABSTRACT

This case report describes the diagnosis of Bipolar Affective Disorder with current episode manic with psychotic symptoms in a 26-year-old pregnant female who experienced symptoms such as big talks about self, hearing and seeing things which others around her do not, decreased sleep aggressive behavior, irritability and increased psychomotor activity. The predisposing factor was presence of a psychiatric illness in family, precipitating factor was loss in business, perpetuating factor was less medication provided due to pregnancy and protective factor as family support. The patient has a psychiatric treatment history. The patient was admitted to a psychiatric center for the symptoms she experienced but was kept on less medication due to pregnancy for which in few days she was discharged as well. To support the diagnosis, the patient was assessed with The Rorschach Inkblot Test, Young Mania Rating Scale, Brief psychiatric Rating Scale, Sacks Sentence Completion Test and Millon's Clinical Multiaxial Inventory III. The conceptualization of the case and management goals has been discussed.

Keywords: BPAD, psychotic symptoms, case report, aggressive behaviour, irritability and increased psychomotor activity.

ACHIEVEMENT MOTIVATION OF YOUNG ADULTS PURSUING HIGHER LEVEL EDUCATION IN HUMANITIES DOMAIN IN INDIA

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ABSTRACT

Background: Achievement motivation is concerned with the interaction of personality and the immediate environment as a current determinant of aspiration, efforts, and persistence when a person expects that performance will be evaluated as success or failure in relation to some standard of excellence.

Aim: This paper aims to investigate the Achievement motivation of young adults pursuing higher level education in humanities domain in India.

Method: Purposive sampling was used in this study to select the sample of 142 undergraduates who are pursuing humanities degrees. The Deo Mohan Achievement Motivation (n-Ach) scale, which was developed by Prathiba Deo (Pune) and Asha Mohan (Chandigarh), was used to gather the data. It is geared for boys and girls between the ages of 13 and 20.

Result: After applying the Achievement Motivation scale(n-Ach) to measure the students' achievement motivation it was discovered that 37.32% of students lies in the category of Average Motivation, 21.83% in the category of Above average motivation, 21.83% in the category of Below average motivation, 7.75% in the category of Lowest Motivated, 4.93% in the category of High Motivation, 4.23% in the category of Low Motivation and 2.11% in the category of Highly Motivated. Overall, the results suggests that most of the students falls in the category of Average and Above average motivation level. This indicates that however the students were intrinsically motivated and had desires and hopes to succeed, yet there are extrinsic factors(social factors; curriculum; university environment; academic pressure, etc.) that is working as hinderance in their achievement motivation.

Keywords: Achievement Motivation, Humanities Domain, Higher Education, Undergraduate students, Intrinsic Motivation

PARANOID SCHIZOPHRENIA: A CASE STUDY

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ABSTRACT

Introduction: Patients with paranoid schizophrenia may exhibit dysfunctional behaviours that may arise due to impulsive aggression, which further can be caused by a variety of factors, including displeasure with the surroundings. Poor insight, thinking abnormalities, and poor impulse control are all characteristics of these people.

Aim and Objective: This case study is about a 27-year-old female with major concerns including increased hyperactive behaviour, irritability, aggressive behaviour, irrelevant and continuous self-talk, muttering, and suspiciousness towards others since past 3 years.

Method: To support the diagnosis, the patient was assessed with Rorschach Inkblot Test, Brief Psychiatric Rating Scale and Positive and Negative Symptoms Scale.

Results & Conclusion: The results suggested of presence of moderate psychotic symptoms and persistence of severe positive symptoms. The overall findings were indicative of a provisional diagnosis of F20.0 Paranoid Schizophrenia. The present study further proposed a case conceptualisation and a brief management plan as per this case.

Keywords: Paranoid Schizophrenia, Case Study, Aggressive behaviour

A COMPARATIVE STUDY ON THE LEVEL OF PSYCHOLOGICAL WELL-BEING OF YOUNG ADULTS BEFORE AND AFTER THE COVID-19 LOCKDOWN

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ABSTRACT

This study examined the impact of the COVID-19 Lockdown on the Psychological Well-being of young adults in Ahmedabad, India. This study was made on a group of 60 young adults, who were randomly selected from the age group of 20-30 years for this before-after research design. The sample was further subdivided into 30 males and 30 females. A 50-items Psychological Well-Being Scale (PWBS), constructed by Dr. Devendra Singh Sisodia and Ms. Pooja Chaudhary was utilized as a tool in this study. The scale had five areas, which were Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relationship. So, the objective of the present study was to assess the Psychological Well-being of young adults in a one-year long Longitudinal study (February 2020-February 2021). The study found no statistically significant difference in the mean scores of psychological well-being before and after the lockdown. This suggests that the psychological resilience, healthy coping and the social support of individuals may have played a role in maintaining their well-being and the absence of daily demands mitigated the lockdown crises.

Keywords: COVID-19, Psychological Well-Being, Lockdown, Satisfaction, Efficiency, Sociability, Mental Health, Resilience.

MENTAL RETARDATION AND ITS DIAGNOSTIC AND THERAPEUTIC ASPECTS: A CASE STUDY

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ABSTRACT

Introduction: Mental retardation is defined as significantly sub-average general intellectual functioning, associated with significant deficit or impairment in adaptive functioning, which manifests during the developmental period. In India 10-15 out of 1000 children are mentally retarded. The causes of Mental retardation are many and include genetic and environmental factors. The diagnosis is dependent on a thorough physical and developmental assessment of the child. This case study describes the detailed history, developmental evaluation and management plan for the child with Mental retardation.

Aim and Objective: To propose a management plan by demonstrating clinical picture of Mental retardation.

Method: Tools used for assessment were Vineland Social Maturity Scale, Developmental Screening Test and Attention Deficit Hyperactivity Disorder Symptom checklist 4.

Results & Conclusion: The case presents difficulties in speech and language, comprehension, command following, fine motor skills, dependence in activities of daily living and inattention and high activity level. The overall findings were indicative of the diagnosis of F71.1, Moderate Mental Retardation with significant impairment of behaviour requiring treatment according to International Classification of Diseases 10th Revision. The present study further proposed a brief management plan for preschool age children, that includes immediate goals, short term goals and long-term goals as per this case.

Keywords: Mental Retardation, Assessments, Management

Effectiveness of Dialectical Behaviour Therapy on Premenstrual Syndrome among Young Women: A Pilot Study

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Dialectical behavior therapy (DBT) is an evidence-based psychotherapy which is modified type of cognitive behavioral therapy (CBT). The main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. Clinical experience regarding the utility of dialectical behavior therapy for the reduction of issues in young adults associated to anger issues, crying spells has been observed. Therefore, the present study aims to explore DBT, for the benefit of young girls suffering from Premenstrual syndrome PMS.

Aim: To find the effectiveness of Dialectical behavior therapy on premenstrual syndrome among young girls.

Method: A pre-test-post-test quasi-experimental design without a control group was used in the study. The Brief Psychiatric Rating Scale (BPRS) was used for screening and 8 young girls were selected. General health questionnaire (GHQ) and premenstrual syndrome scale (PMSS) was used for pre and post assessment.

Results: On the basis of pre and post score on GHQ and PMSS there is a reduction in symptoms of premenstrual symptoms of young girls who have received dialectical behaviour therapy.

Key Words: Premenstrual syndrome, dialectical behaviour therapy, young girls, anger outburst.

CALLING TO ROOTS

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ABSTRACT

India has been home to many invasions thus it only adds to its present variety. Today, India stands as a powerful and multi-cultured society as it has absorbed many cultures. The culture in India is everything from people's living, rituals, values, beliefs, habits, care, knowledge, etc.

It is passed from generations to generation. For instance cow are considered sacred in our country, every Indian knows that but what if we ask them the reason. Why is it so? Shockingly the reason is yet to be discovered by people. We know it, we believe it but do we really know the roots of our belief? Well it's not just a belief cows implies as the economical centre due to its multiple purposes. The term 'gurukul' and 'gotra' are even derived from cows which represents its not only religious but also social and economical importance as people in ancient times were considered rich with more cows.

A recently emerged wellness trend in Europe known as the 'cow cuddling' or 'Gau Sparsh Chikitsa' in India which has been a part of the daily life since time immemorial, is a self-care practice which promises practitioners serenity, and perhaps a smile or two by hugging the cow for an hour or two taking in its warm body temperature.

It has been found that cow-cuddling brings positivity and boosts secretion of oxytocin. Psychologists have confirmed the numerous benefits of touching and interacting with pets. A 2007 study in the journal Applied Animal Behaviour Science states that cows show cues of deep relaxation, stretching out and allowing their ears to fall back when massaged in particular areas of their neck and upper back making it fruitful for practitioner and cow both.

Similar is the case for Tulsi. Also considered sacred in Indian mythology due its multiple uses in the field of medicine. As cliché as it's sounds but it is true our culture has so much more than we give it credits for. Returning to our roots while working towards development would lead our country and people to wonders.

EXPLORING THE ROLE OF COGNITIVE BEHAVIOURAL THEORY IN UNDERSTANDING INTERNET ADDICTION AMONG ADOLESCENTS

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ABSTRACT

Internet addiction has become a social and public health problem, especially among adolescents. The internet's pervasive influence on contemporary adolescent behaviour has raised concerns about the emergence of internet addiction and its potential harmful effects. This paper aims to understand adolescent Internet addiction through the lens of cognitive behavioural theory (CBT). The prevalence of excessive Internet use and its impact on psychological well-being among adolescents requires further investigation into the cognitive and behavioural processes that influence addictive behaviour. Drawing upon the principles of CBT, this paper delves into the cognitive distortions and maladaptive thought patterns that drive compulsive internet usage among adolescents. By examining the interplay between cognitive processes, emotional responses, and internet-related behaviours, this study seeks to elucidate the intricate mechanisms that sustain and reinforce internet addiction. Furthermore, this paper investigates the efficacy of CBT-based intervention strategies in addressing and mitigating internet addiction tendencies in adolescents. This study emphasizes the value of focused, evidence-based interventions in promoting healthy internet usage and fostering the wellbeing of this vulnerable population. By exploring the application of Cognitive Behavioural Theory, the research advances our understanding of the complex psychological dynamics underlying adolescent internet addiction.

Keywords: Cognitive Behavioural Theory, Internet Addiction, Adolescents, Cognitive Distortions, Intervention Strategies.

OBSESSIVE COMPULSIVE THOUGHTS AND EMOTIONAL REGULATION AMONG DAYS SCHOLARS AND HOSTELLERS

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ABSTRACT

Obsessive-compulsive thoughts are recurring thoughts that can cause someone to engage in repetitive behaviors. These are unwanted ideas, visions, cravings, concerns, or doubts that can frequently cross a person's mind. Emotional regulation is the capacity to detect, control, and successfully react to one's emotions, and is crucial for maintaining both physical and mental health. Both day scholars and hostellers may occasionally experience obsessive thoughts, although there are some differences in the causes of these thoughts. In comparison to day scholars, hostellers frequently experience higher levels of stress, anxiety, and depression (Preet Kamal, 2023). Day scholars frequently have a supportive network of family and friends, maintain a sense of familiarity and strength, and have greater freedom to manage their time and activities, all of which can aid in regulating, balancing, and contributing to their emotional regulation, while Hostellers frequently must rely on themselves for emotional support and regulation as they are apart from their family and familiar surroundings (Gupta, 2020). Due to the difficulties they encounter in managing their emotions on their own, hostellers may be more emotionally mature than day scholar (Sowmyashree & Sreenivas, 2019). The emotional intelligence of hostellers may be higher than that of day scholars (Sunny et al. 2018). There are no much studies done on obsessive compulsive thoughts of this population. The present study aimed to investigate, and compare the obsessive-compulsive thoughts and emotional regulation of day scholars and hostellers. The researcher used ex post facto research design. Using convenient sampling technique, 350 participants were selected. Obsessive Compulsive Inventory-Revised (Foa et al. in 2002) and Emotion Regulation Questionnaire (Gross & John, 2003) were used to collect the data. The data was analyzed using the Karl Pearson's product moment correlation and Independent sample t-test. The research is brought to light by the findings.

Keywords: Obsessive Compulsive Thoughts, Day Scholars, and Hostellers

FACTORS AFFECTING JOB SATISFACTION OF SECONDARY SCHOOL TEACHERS

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ABSTRACT

Job satisfaction refers to an individual's overall contentment and positive emotional response to their job or work. It reflects how people feel about various aspects of their work, their workplace, and their role within an organization. High job satisfaction typically means that employees are happy, content, and fulfilled in their jobs, while low job satisfaction may indicate dissatisfaction, frustration, and unhappiness. The job satisfaction of secondary school teachers is a critical factor in the quality of education provided to students. This research article explores the various factors affecting job satisfaction among secondary school teachers and the challenges they face in their profession. In the Indian context, secondary school education comprises two levels: higher secondary and senior secondary. This paper summarises the various factors affecting the job satisfaction of secondary school teachers. These factors are wages, salaries, promotion, working environment, appreciation, age, initiation, leadership, safety and security, challenges, and compensation. Teachers have to face various issues and challenges at the workplace. Students' behaviour and discipline, lack of resources, work-life balance, professional development, parents and community relations etc.

Keywords: Job Satisfaction, Secondary School, Teachers, Working Environment, Student Behaviour.

**ROLE OF WORKPLACE BULLYING, WORK ALIENATION AND
ORGANIZATIONAL CYNICISM IN JOB PERFORMANCE AMONG CORPORATE
EMPLOYEES: A MEDIATION STUDY**

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ABSTRACT

Workplace bullying is a pervasive issue in corporate settings, and its impact on employee job performance has garnered substantial attention in recent years. This research explores the complex interplay between workplace bullying, work alienation, organizational cynicism, and job performance among corporate employees. The study aims to investigate whether work alienation mediates the relationship between workplace bullying, organizational cynicism and job performance, reflecting light on the underlying processes that may affect workers' capacity to perform their jobs in the best possible way. To achieve these objectives, a comprehensive structured survey was administered to a diverse sample of corporate employees across various industries. The survey included measures to assess workplace bullying, work alienation, organizational cynicism, and job performance. The results of the study revealed significant links between workplace bullying, work alienation, organizational cynicism, and job performance. Furthermore, the study confirmed work alienation mediates the relationship between organizational cynicism, workplace bullying and job performance. The findings underscore the importance of addressing workplace bullying as a critical organizational concern. Employers and managers should not only focus on preventing and addressing bullying incidents but also recognize the indirect consequences on job performance through the mediating roles of work alienation and organizational cynicism. In conclusion, this research contributes to our understanding of the intricate relationships between workplace bullying, work alienation, organizational cynicism, and job performance in corporate settings.

Keywords: workplace bullying, organizational cynicism, work alienation, job performance, industries, employees

SIGNIFICAUSE OF DEFENSE MECHANISMS IN ACHIEVING MENTAL HEALTH OF STUDENTS

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ABSTRACT

In the recent years, incidents of mental ill health have increased among the students. Students are suffering from too many mental illness like anxiety, conflicts, depression and frustration etc. Incidence of mental illness poses a serious problem before the educationists and nation. For any type of education sound and mental health is first condition and requirement. If students are not in sound mental health, they cannot concentrate in learning and retain the knowledge received in classroom. Mental health is as essential to the learning process as intelligence. Mental health is inseparable part of education. There are some common ways, students use to maintain the mental health and defense from conflicts, depression, anxiety and frustration, which are known as defense mechanisms and adjustment mechanisms. They have protective orientation. They increase the satisfaction and help in process of adjustment, if used within limit. Some common defense mechanisms are identification, Sublimation, Supersession, regression and rationalization etc. That's way academian choose this topic for paper presentation.

Keywords: Mental health, defense mechanisms mental disorders, and adjustment.

ACTION OF PUNICA GRANATUM AGAINST CARBON TETRACHLORIDE (CCl₄) INDUCED HEPATIC DAMAGE IN CHANNA PUNCTATUS

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ABSTRACT

Channa punctatus is commonly present in fresh water. It is widely used for food consumptions. They are highly vulnerable to environmental changes compared to other freshwater aquatic animals. Carbon tetrachloride (CCl₄) is a colorless, volatile, non-inflammable liquid that is produced by the mixture of chlorine with chloroform in the presence of light. CCl₄ is more toxic chemical, when fish are exposed to carbon tetrachloride, either from ingesting it or through water contamination, it can have negative effect on them. CCl₄-induced hepatotoxicity in common carp was evaluated using adult carp. Pomegranate is used in the traditional medicine of different Asian cultures as medication wide range of illnesses. The fish samples were divided into three group and five fishes in each group; control group, CCl₄ treatment group and pomegranate + CCl₄ treatment group. In the treatment group of CCl₄ determined that alkaline phosphatase, total bilirubin, SGOT and SGPT enhanced. RBCs shape, liver and kidney became damaged after treatment of CCl₄. Pomegranate juice has preventive effect against liver and kidney damages induced by CCl₄, and its mechanism might be associated with their antioxidant activity.

Keywords: Punica granatum (pomegranate), CCl₄ (Carbon tetrachloride), Channa punctatus, liver, kidney.

BURNOUT AMONG FEMALE TEACHERS OF UTTAR PRADESH AND HARYANA

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ABSTRACT

Burnout, as defined and measured by Maslach and Jackson (1981), is a “*syndrome of emotional exhaustion and cynicism*” that involves three defining features. The first is emotional exhaustion which means depletion of emotional resources. Second is depersonalization, which refers to negative, cynical attitudes and feelings about one’s clients. The third feature is as decreased sense of personal accomplishment, or a tendency to evaluate oneself and one’s work negatively. This research was conducted to compare the prevalence of dimensions of burnout (emotional exhaustion, depersonalisation and reduced personal accomplishment) among different schools and college teachers of Uttar Pradesh and Haryana. Forty four school and college teachers (22 from each state) were selected through convenient sampling. Maslach Burnout Inventory was used to collect the data through the Google form. The results indicate that though the mean scores of burnout of Uttar Pradesh teachers is higher than the mean scores of teachers belonging to Haryana but there is no significant difference between them. The mean scores of emotional exhaustion of Uttar Pradesh are higher than Haryana but there is no significant difference between the two. There is no significant difference between the mean scores of depersonalisation of Uttar Pradesh and Haryana. There is no significant difference between the mean scores of decreased personal achievement of Uttar Pradesh and Haryana.

Keywords: Burnout, Emotional Exhaustion, Depersonalisation, Personal Accomplishment, Maslach Burnout Inventory, Female Teachers, Uttar Pradesh, Haryana

**CO-RELATIONAL ANALYSIS BETWEEN STRESS AND AGGRESSION AND THE
ROLE OF BURN-OUT AMONGST WORKING AND NON-WORKING STUDENTS: A
STUDY OF LAW DEPARTMENT IN BRAINWARE UNIVERSITY, WEST BENGAL**

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ABSTRACT

This study aims to examine the possible influence of Burn-out for causing Aggression and Perceived stress. Here, burn-out is used as possible predictors to a modified range of aggressive behaviors amongst two different types of Student group, at Brainware University, Department of Law. The primary goal of this study was to examine the differences between student burn-out in various contexts, work- and academic-related burn-out, while also focusing on the predictive role of burn-out in academic maladjustment and taking into account test anxiety as a mediator and occupational status as a moderator.-The results showed burn-out was not found to be a statistically significant predictor of aggression. In addition, a statistically significant relationship was found between burn-out and stress as an outcome of the findings. It seems essential for students studying professional courses to remain mentally and physically sound, balanced and productive. While the course curriculum of ever dynamic Legal subjects is found to be governed by regulating bodies like Bar Council of India (BCI), University Grants Commission (UGC), Faculties, Management and Administration of Legal and other institutions needs to be provided students with specialized therapeutic support and regular counseling assistance. This is to diminish the potential high Burn-outs, Fatigue and Exhaustions amongst the students. They are advised to devise out methods to alleviate high stress levels in a way, to overcome aggression and other similar co-morbid Dysfunctional Organizational symptoms for e.g., Depression, Violence, ADHD, Anxiety, Phobia etc. The author finally points out such potential causes and possible remedies in the nature of Critical Advocacy and Participatory conclusion and discussion.

Keywords: Burn-out, Aggression, Perceived Stress, Working/Non-Working Students, Correlation Analysis.

IMPACT OF CRIME/VIOLENT SERIES ON AGGRESSION IN YOUTH

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ABSTRACT

These days, you are likely to see a torrent of violent scenes and images whenever you turn on the TV, including aggressive behavior, explosions, war victims, and suicide bombers. It has been a matter of concern that several crimes took place recently where the accused got encouraged for crimes after watching the web series.

It is commonly noted that the youth, especially children and teenagers, are prone to learning lines and melodies from movies or TV shows, and this has a long-lasting influence on their minds, both knowingly and unconsciously. As a result, it plays an important part in shaping the demeanor and character. Research on teen aggression and television violence has been done by many social psychologists. The typical daily television viewing time for Indian teenagers are between four and five hours. Teenagers and television violence have evolved into violent serials and shows, as stated in the conclusions. There is a saying, “What a man sees, he thinks. What he thinks, he talks. What he talks, he does, and what he does, he becomes.” Television violence has become a pressing matter owing to an increasing number of reports about the illness effects of such visual exposure. Does consuming violent programs have a detrimental effect on feelings and response behavior?

The aim of the research is to find out the effect of binge watching violent or crime series on aggression of youth. The research sample consist of 60 youngsters. (30 girls and 30 boys). Purposive sampling was used in the selection of data. Aggression questionnaire developed by Dr. Buss Perry was used to collect the necessary data. The study was cross sectional with psychosocial designed and was carried out in an urban area of Nagpur.

The results of this research indicated that teenagers who watch violent shows are more aggressive than those who watch non-violent shows.

Keywords- Aggression, crime series, violence, youth,behaviour

A COMPARATIVE STUDY ON FAMILY ENVIRONMENT, ATTACHMENT STYLE AND RESILIENCE AMONG YOUNG ADULTS BETWEEN JOINT AND CONJUGAL FAMILY

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ABSTRACT

This research paper investigates the relationship between family environment, attachment style, and resilience among young adults in joint and conjugal families. The study collected data from 268 participants, 134 from joint families and 134 from conjugal families, aged between 19 and 25 years. The research employed a quantitative approach. From the data received, it was found that there were no significant differences in family environment, attachment style, and resilience between joint and conjugal families. The mean differences in resilience, attachment style, and family environment were not statistically significant, indicating that family structure did not significantly impact these variables. The results suggest that other factors, such as individual experiences and personal characteristics, may significantly shape attachment style and resilience among young adults. The research highlights the importance of considering cultural differences.

Keywords: Family Environment, Attachment Style, Resilience, Parenting Style and Family Type

EMOTIONALLY UNSTABLE PERSONALITY TRAITS (EUPD) IN TATTOOED AND NON-TATTOOED INDIVIDUALS: AN EXPLORATORY RESEARCH

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ABSTRACT

The aim of the present exploratory research was to study the prominence of Emotionally Unstable Personality Disorder (EUPD) like traits in individuals with multiple tattoos on different parts of their body and no tattoos at all. The research question was – can multiple tattoos, in different parts of the body, be an indicator of emotionally unstable personality traits in individuals, because getting tattoos imprinted on the body is a painful procedure. The enquiry being why people willingly inflict pain on their body? Studies (Raspa et.al., 1990; Pirrone et al. 2020; Ceylan et.al., 2019) have revealed that individuals who get their body tattooed have symptoms of emotional instability, confused self-image, and self-esteem issues. Maximum researches have been conducted from fashion, cultural, and mental illness perspective but there is a paucity of researches done by Indians on Indian population. International Personality Disorder Examination questionnaire (IPDE) (10th revision based on ICD 10 & DSM IV), 2007) was used to collect data from a sample population of 100 individuals (50 tattooed and 50 non-tattooed individuals) between the age range of 19 and 39 years. Significant difference was found between tattooed and non-tattooed individuals on Borderline Personality traits as well as Impulsivity with t value at 0.05 and 0.01 levels.

Keywords: EUPD, impulsivity, personality traits, tattooed individuals, individuals with no tattoos

STATUS OF MUSLIM WOMEN IN HIGHER EDUCATION IN UTTAR PRADESH

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ABSTRACT

The aim of paper is to analyses the present literacy and educational status of situation of and women Muslim girls in Uttar Pradesh. Muslim women are the most backward in our modern society.

Education is the true way for helping the Muslim women out of their economic misery Educational development of Muslim would remain incomplete without looking at the status of literacy. The paper has attempted to build an extensive data and informational base on education of Muslim women and girls to facilitate the work of policy makers, planners and researchers and for generating better understanding of their present situation and specific needs for higher education. The special scheme for boosting girl's education at elementary education stage like Kasturba Gandhi Balika Vidyalayas (KGBV) and Mahila Smakhya have not much benefited the Muslim girls. However enrollment ratio has been increased but not satisfactory as compared to other community. This paper highlights the progress of education of Muslim women in India since independence along with the possible solution to empower them through education.

Keywords: Women, Status, Education, literacy, Enrollment.

THE INFLUENCE OF BRAND IMAGE ON CONSUMER BUYING BEHAVIOUR THROUGH BRAND TRUST: A CASE STUDY OF HARYANA

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ABSTRACT

Purpose: This paper presents the empirical study on brand image, brand trust and consumer buying behaviour.

Design/Methodology: This study is descriptive in nature. Data collection method was primary. The data has been collected with the help of a well-structured questionnaire. The questionnaire will be drafted by keeping the objective in mind. Questionnaire was filled from different states of Haryana. Total sample size of respondent is 300 considered for the study.

Findings: The various factors which influence the consumer buying behaviour, but most influence factors are brand image, price and quality and less influence factors are fashion, free trials and discount etc. The trust influencing the consumer buying behaviour in between 40% - 70%. Mostly the respondents buy branded products sometimes. The brand quality is most influencing factor that make trust on the brand of the respondent. The demographic factors like age, area, level of education, occupation and marital status does not influence the trust of the respondent on the brand.

Keywords: Brand, Brand image, Trust, Consumer buying behaviour, branding

EFFECTIVENESS OF ACCEPTANCE AND COMMITMENT THERAPY ON GENERAL HEALTH OF YOUNG ADULTS: A PILOT STUDY

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ABSTRACT

Background: Acceptance and Commitment therapy is a type of behavioural therapy that focuses on changing the response of people towards performance and also their relationship to events. ACT aims to develop and expand psychological flexibility. Psychological flexibility encompasses emotional openness to adapt thoughts and behaviours to better align with individual values and goals.

Aim: To find the impact of acceptance and commitment therapy on the general health of young adults.

Method: A pre-test-post-test quasi-experimental design without a control group was used in the study. The Brief Psychiatric Rating Scale (BPRS) was used for screening, and 6 young adults were selected. The Goldberg's General Health Questionnaire was used to assess the general health of young adults.

Results: On the basis of scores, Acceptance and Commitment Therapy have a significant impact on the general health and well-being of young adults.

Keywords: Acceptance and Commitment Therapy, Young adults, General Health, Well-being

IMPACT OF PARENTING STYLE ON IDENTITY FORMATION AMONG EMERGING ADULTHOOD

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ABSTRACT

Emerging adulthood is a stage of brain development during which people learn about intimacy and mutual trust, deepen existing friendships, engage in family-focused socialization, and develop the social skills that are fundamental to human existence. Parenting style and identity formation are considered to be crucial factors at this stage. This study was conducted to explore the impact of parenting style on identity formation among emerging adulthood. Three hundred and nine college students from different colleges in Tiruvannamalai city were selected through stratified random sampling and the data was administered by using Parental Authority Questionnaire by Buri, 1991, and Aspects of Identity Questionnaire by Briggs and Cheek, 2013. Results revealed that the authoritative parenting style dimension of parenting style was positively associated with dimensions of identity formation such as personal identity, relational identity, social identity and collective identity. Furthermore, emerging adults significantly differed in their demographic categories such as gender and area of living.

Keywords: Parenting Style, Identity Formation, Emerging Adulthood

IMPROVING THE HEALTH QUALITY OF LIFE OF PEOPLE WITH DISABILITIES: NEED FOR SOCIAL WORK INTERVENTION

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ABSTRACT

QoL is a measurement of well-being, encompassing happiness and satisfaction with life, according to the CDC (2000). WHO defines QoL as an individual's perception of their life's position relative to their goals, expectations, standards, and concerns (WHOQOL Group, 1995). HRQoL, subjective and multidimensional, is widely recognized and linked to physical parameters (Wallander & Koot, 2016). e.g., emotions, self-esteem, stress and so

cial e.g., satisfaction with social support and family/peer relations (Gaspar et al., 2009; Harding, 2001; Soares et al.) The WHO recognizes health as physical, psychological, and social well-being, beyond just the absence of disease (WHO, 1948, 1958). Quality of life encompasses physical, psychological, social, and environmental aspects. However, individuals with disabilities face health disparities and unmet needs. They need accommodations for healthcare access and support to improve their health. Promote CBR for better access to services. Identify groups in need of tailored services or care coordination to improve healthcare access. Establish healthcare standards and frameworks for disabled individuals with enforcement measures. Involve disabled individuals in audits, policy development, and implementation. Offer preventive care for mothers and infants through nutrition and immunization. Early detection of disabilities can bring positive transformations to the lives of disabled individuals, their families, and communities. To improve the lives of people with physical disabilities, social work interventions can enhance physical and psychological health, social relationships, and the environment. It's important to respect their physical and emotional capacities. Disability programs and research improve social work understanding and enable workers to address gaps in healthcare, social issues, and rehabilitation. Through camps and seminars, awareness is spread to professionals, policymakers, and the community, shedding light on the discrimination and isolation of disabled people.

Keywords: Quality of life, disabled, health, Social Work Intervention

LONELINESS AND SCHOOL-GOING ADOLESCENTS OF SIKKIM: A QUALITATIVE STUDY

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ABSTRACT

Objective: To study loneliness among school-going adolescents and how it is affecting them.

Introduction: Adolescent age group is a transition period and loneliness often accompanies many of them with negative effects which they find difficult to reflect into. The deficiency in the network of family and social relationships acts as an enhancer influencing the adolescents to embrace loneliness. The adolescents' faces problems and distressing over it causes rift in the decision-making capabilities and affecting the coping mechanisms which eventually suffix to taking a road which seems easier and short.

Methodology: The sample was collected among school-going adolescents of Government Schools of Sikkim and those who have scored high in loneliness after administration of loneliness scale has been selected for the study. 30 school-going adolescents were interviewed further for the same.

Results: It was found out that many school-going adolescents scored high in loneliness and girls were found to be facing more loneliness than boys. The lacks of guidance, motivation, cooperation from siblings, family members, family and peers and sometimes from the society were described by the school-going adolescents. The compulsive behavior to stay away from troubles meaning avoiding competition in looking good all the time, trying to be best, falling for bad companies and intimidated by reality makes a school-going adolescents to take a detour. The Loneliness is an undeniable truth with rapid modernization, increasing competitions and school-going adolescents trying to keep the pace with it.

Keywords: Loneliness, School-going, adolescents, compulsive, behavior

SMOKELESS TOBACCO USE: A SIGNIFICANT RISK FACTOR FOR TYPE 2 DIABETES

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ABSTRACT

Type 2 diabetes mellitus (T2DM) is a chronic metabolic disorder that disrupts the body's ability to process glucose, or sugar, for energy. It is characterized by a relative shortage of insulin and insulin resistance, where the body's cells don't respond effectively to insulin. This leads to elevated blood sugar levels and various health complications. While genetics can play a role, lifestyle choices like obesity, physical inactivity, and poor diet are often associated with the development of T2DM. Management typically involves medication, lifestyle changes, and, in some cases, insulin therapy. Maintaining blood sugar control is essential to prevent long-term complications such as kidney disease, nerve damage, and heart problems.

This review explores the connection between smokeless tobacco use and the risk of developing T2DM. Extensive research on a large population sample indicates a significant link between using smokeless tobacco and an increased risk of developing T2DM. The primary mechanisms behind this connection involve the impact of tobacco components on inflammation, insulin resistance, and glucose metabolism. Public health campaigns and initiatives should emphasize the importance of quitting smokeless tobacco to reduce the risk of T2DM and its associated complications.

In summary, this review provides an overview of Diabetes Mellitus, covering risk factors, causes, etiology, pathogenesis, treatment options, and precautions for managing this chronic metabolic disorder.

Keywords: Type 2 diabetes mellitus, Smokeless tobacco, Insulin resistance, Blood sugar, Glucose metabolism.

PRISON STATUS AND ITS ROLE IN RECIDIVISM AMONG CRIMINALS

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Imprisonment shows society's abhorrence for certain antisocial behaviours and incarceration removes individuals from the community for a period of time. Most offenders however, are eventually released from prison. Thus, another goal of incarceration is that imprisonment will serve to deter offenders from engaging in further criminal behavior. The aim of this study is to explore the prison status and its role in recidivism in reducing criminal behavior than increasing the punishment for criminal acts. Review of the published literature indicated that inmates released from lesser security prisons might have better opportunities than inmates released from higher security prisons. As reported in the literature, rate of recidivism for a new offense or incarceration has no appreciable impact on non-incarcerative sanctions as compared to prison. Time spent in prison may provide a context in which proactive criminal thinking encourages antisocial behavior in prison, which then puts the individual at risk for future offending. Recidivism rates are also influenced by broader societal factors such as poverty, discrimination, and the availability of legal employment. Former inmates who face limited opportunities for legal employment and societal stigmatization may be more likely to turn to criminal activities to meet their basic needs. Evidence from other sources suggests more effective alternatives to reducing recidivism than imprisonment. Analysis of the reviewed literature offender treatment programs have been more effective in reducing criminal behaviour than increasing the punishment for criminal acts. Longer sentences reduce recidivism and meet the goal of deterrence.

Keywords: Incarceration, Recidivism, Proactive Criminal Thinking, Societal Stigmatization, Punishment.

"Dietary AGEs and Diabetes: Unraveling the Link to Secondary Complications"

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Abstract

Dietary advanced glycation end products (AGEs) have gained increasing attention in recent years due to their potential role in exacerbating secondary diabetic complications. AGEs are a diverse group of compounds that form when sugars react with proteins, lipids, or nucleic acids. While endogenous AGE formation is a normal metabolic process, exogenous or dietary AGEs are introduced into the body through the consumption of foods that are processed, grilled, fried, or cooked at high temperatures. These dietary AGEs are absorbed in the gastrointestinal tract and can contribute to increased systemic AGE levels. The consumption of a diet high in AGEs has been associated with a range of detrimental effects in individuals with diabetes. Research suggests that elevated dietary AGE intake can lead to increased oxidative stress, inflammation, and endothelial dysfunction. These factors are known to play a crucial role in the development and progression of secondary diabetic complications, such as diabetic retinopathy, neuropathy, and nephropathy. Moreover, dietary AGEs may contribute to insulin resistance, further complicating glycemic control in diabetes. Understanding the impact of dietary AGEs on secondary diabetic complications is vital for individuals with diabetes, as it underscores the importance of dietary choices in diabetes management. Strategies to reduce dietary AGE intake, such as adopting a diet rich in fresh fruits and vegetables and employing cooking methods that minimize AGE formation, may offer a promising approach to mitigate the risk of these complications. This abstract emphasizes the need for further research and dietary interventions aimed at reducing the burden of secondary diabetic complications associated with dietary AGEs.

Keywords: Dietary AGEs, Secondary Diabetic Complications, Oxidative Stress, Inflammation, and Insulin Resistance.

“C-phycoyanin based Nanoparticles: Pioneering Innovations in Combatting Cardiovascular Diseases”

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Abstract

C-phycoyanin nanoparticles have emerged as a promising frontier in the pursuit of effective therapies for cardiovascular diseases (CVDs). Cardiovascular diseases remain a leading cause of global morbidity and mortality. Innovative therapeutic approaches are imperative to address the complex pathophysiology of CVDs. C-phycoyanin, a natural pigment derived from blue-green algae, has garnered attention for its potent antioxidant and anti-inflammatory properties. These attributes render it an attractive candidate for mitigating key risk factors associated with CVDs, including oxidative stress and inflammation. Nanoparticles, particularly those loaded with therapeutic compounds, offer a powerful platform for drug delivery. C-phycoyanin, when encapsulated within nanoparticles, gains enhanced stability, solubility, and targeted delivery capabilities. This ensures optimal bioavailability and efficacy, allowing for precise targeting of affected cardiovascular tissues. C-phycoyanin nanoparticles hold multifaceted potential in CVD therapy. They exhibit the capacity to attenuate inflammation, reduce oxidative stress, and improve endothelial function, all critical aspects in ameliorating CVD progression. Additionally, their targeted delivery minimizes off-target effects and enhances therapeutic impact. This abstract highlights the promise of C-phycoyanin nanoparticles as a novel therapeutic modality for CVDs. Their unique combination of natural bioactivity and nanotechnology-driven delivery opens new avenues for tailored and effective cardiovascular interventions. Further research and clinical studies are warranted to fully exploit the potential of C-phycoyanin nanoparticles in revolutionizing CVD therapy.

Keywords: C-phycoyanin Nanoparticles, Cardiovascular Diseases (CVDs), Innovative Therapeutic Approaches, Oxidative Stress and Inflammation.

AI-Driven Transformations in Post-Harvest Engineering and Technology: Enhancing Food Security and Sustainability

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Abstract:

Artificial Intelligence (AI) is catalyzing a significant paradigm shift in the field of Post-Harvest Engineering and Technology, with a profound impact on food security, sustainability, and the reduction of post-harvest losses. AI applications in post-harvest engineering are being harnessed to optimize storage conditions, predict shelf life, and monitor the quality of harvested produce. AI-driven sensors, data analytics, and machine learning models enable real-time assessment of environmental factors, leading to precise control over storage parameters, thus extending the freshness and nutritional value of agricultural products. Post-harvest losses, often attributed to improper handling and storage, can be significantly mitigated through AI-driven decision support systems. These systems help farmers and stakeholders make informed decisions about when to harvest, how to package, and when and where to distribute, reducing spoilage and waste. Supply chain logistics in post-harvest management are benefiting from AI's ability to predict demand, optimize routes, and minimize transport-related losses. By ensuring efficient distribution, AI not only reduces food waste but also contributes to food security by enabling the timely delivery of produce to consumers. AI technologies are also being employed for quality grading and sorting of agricultural products. Computer vision and machine learning algorithms can accurately assess the quality of fruits, vegetables, and grains, leading to enhanced market value and reduced food loss. Moreover, AI-assisted data analytics and traceability systems are improving food safety by identifying potential contaminants, tracking product origins, and facilitating prompt recalls in the event of safety issues. However, the successful integration of AI in post-harvest engineering also presents challenges, including the need for infrastructure and training in resource-constrained regions, as well as addressing ethical and privacy concerns related to data collection and usage. In conclusion, the integration of AI in Post-Harvest Engineering and Technology marks a significant step towards improving food security and sustainability. From reducing post-harvest losses to enhancing food safety, AI holds the potential to transform the agricultural supply chain, making it more efficient, sustainable, and capable of meeting the growing global demand for safe and nutritious food. This abstract highlights the pivotal role of AI in revolutionizing post-harvest processes.

Keywords: Artificial Intelligence (AI), Post-Harvest Engineering, Food Security, Sustainability and Food Preservation.

Navigating Indian Education System Towards 21st Century Skills

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Abstract

Being able to use smart gadgets is not enough to succeed in the digital world, rather to adapt to emerging virtual tools. It necessitates the use of critical thinking, creativity, innovation, digital citizenship, and other crucial 21st century skills. Although the majority of students can use smart gadgets, they do not naturally possess the requisite skills. In order to successfully navigate the opportunities and difficulties of the 21st century, one must be a flexible and creative thinker who can keep up with the rapid rate of change. Such intellectuals are not being produced by India's educational system. The issue is not much with what is being taught to kids as it is with how it is being taught. Students must be instructed in the same way that we expect them to exhibit—creativity, collaboration, constant iteration, output-driven structure, and logic. The learning skills of today's students must be far more synchronized with modern technology. In addition to the usual classes, homework, debates, schools today also have the duty of educating pupils for the outside world and future careers. In general, the focus is on preparing pupils for potential changes in the coming years as well as on assisting them in overcoming problems and navigating social settings. Students who get guidance in 21st century skills can acquire both fundamental and higher-order skills. Additionally, it's important to provide knowledge to them that will enable them to understand many of the new challenges. Early education in 21st century skills could be a very successful strategy to try to close the gaps in India's education system's inability to teach both fundamental and higher-order skills. Even while other strategies are also recommended for filling these gaps, but 21st century skill education is especially crucial in Indian context. The nature, benefits, applications of 21st century skills are discussed in the current study. The idea is aligned with P21's (Partnership for 21st Century Skills) six strands: critical thinking and problem solving, decision making, research and information fluency, creativity and innovation, communication and cooperation, technological operations and digital citizenship.

Keywords - 21st Century Skills, Critical Thinking, Higher-order Skill, Problem-Solving, Creativity



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