



4th
International Conference
on

Developing New India

Through Science, Social Science, Humanities & Research

29-30 October, 2022

BOOK OF ABSTRACTS

EDITORS:
SYED SAJID HUSAIN KAZMI
GARIMA SINGH
KASHIF HASAN



PROGRESSIVE
PUBLICATIONS



4th

INTERNATIONAL CONFERENCE



on

**DEVELOPING NEW INDIA
THROUGH SCIENCE, SOCIAL SCIENCE,
HUMANITIES AND RESEARCH**

Organized by

**INDIAN MENTAL HEALTH AND RESEARCH CENTRE
LUCKNOW**

in collaboration with

SHIA P. G. COLLEGE LUCKNOW

on

29-30 October, 2022

ABOUT THE CONFERENCE

The multidisciplinary Conference focuses on India @75 and brings together eminent dignitaries, delegates, academic institutions & research organizations to deliberate on various perspectives of New India and actionable solutions in transforming the country into an equitable and vibrant knowledge society.

CONFERENCE SUB-THEMES

- Healthcare
- Medical Science & Life Science
- Mental Healthcare
- Behavioural Health & Psychology
- Disability & Rehabilitation Science,
- Technology Engineering & Mathematics Education
- Journalism & Mass Communication
- Business Management
- Economics & Finance
- Humanities & Social Sciences
- Human Rights
- Civil Rights,
- Public Policy & Law

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Head, Dept. of Biochemistry, Controller of Examination,
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Advancement in Medical Science: Emergence of India
as Global Leader in Healthcare

Prof. Dr. Abbas Ali Mahdi
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Lecture Topic: Advancements in Medical Science: Emergence of India as Global
Leader in Healthcare

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Prof S Z H Zaidi

Lecture Topic: Disability Beyond Stigma: An Inclusive Approach for Modern India

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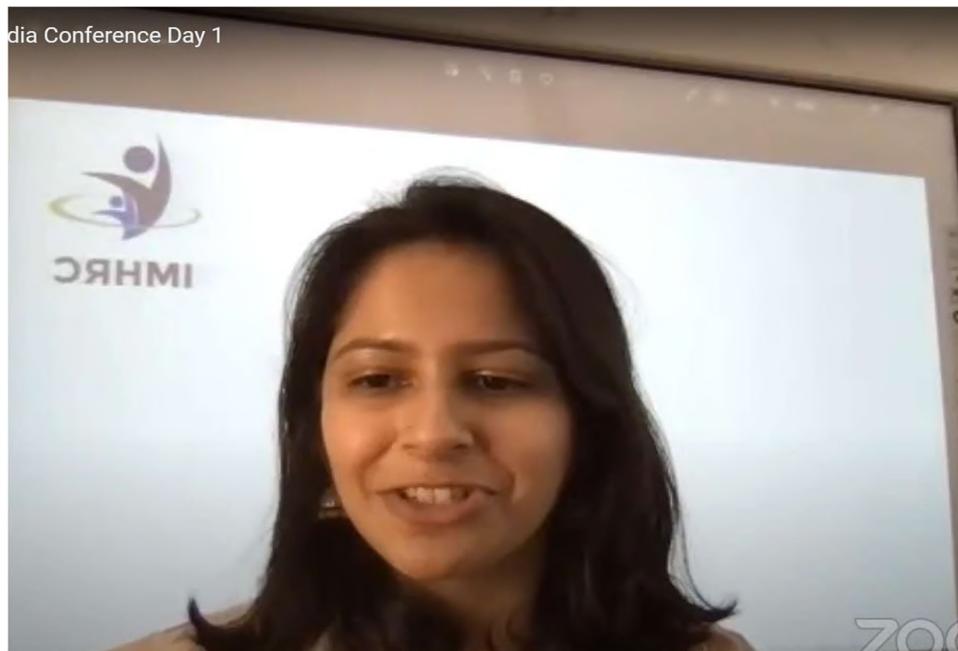
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Clinical Psychologist, Dept. of Psychiatry, Balrampur Hospital Lucknow



Anoushka Mishra

M.Phil. Clinical Psychology trainee, Dept. of Cli. Psy., Amity University Lucknow Campus



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EVENT GALLERY

PRE-CONFERENCE WORKSHOP

1. Music for Self-Emotional Regulation

Resource Person:

Dr. Durgesh

Kumar Upadhyay

Department of
Psychology, Mahatma
Gandhi Kashi
Vidyapith, Varanasi

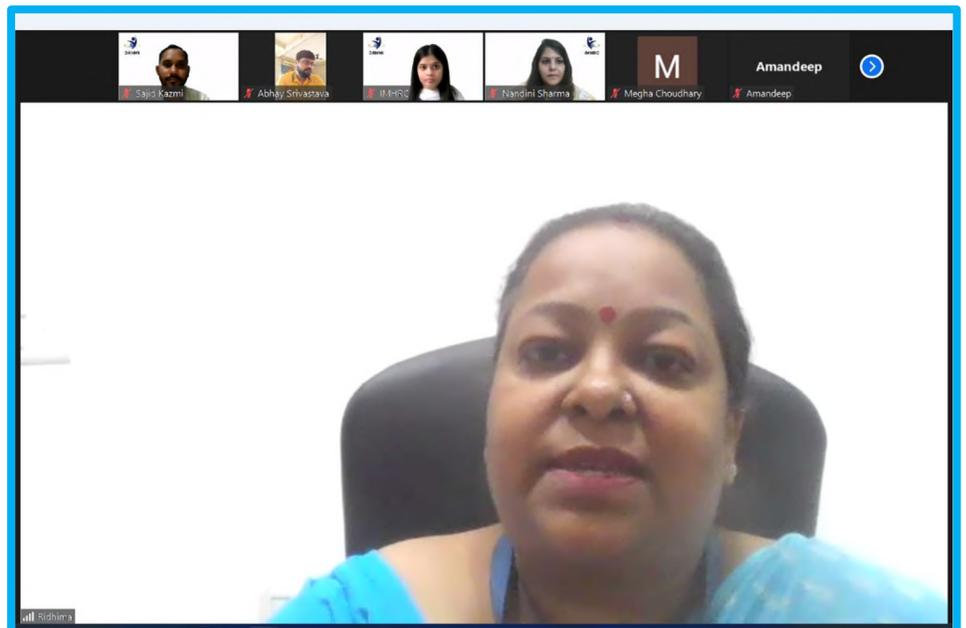


2. Handling SPSS: A Beginner's Guide

Resource Person:

Dr. Ridhima Shukla

Department of
Psychology, CHRIST
(Deemed to be University)



PLENARY SESSIONS

Dr. Daud Faroqui

Executive Director Oxford Evidence and Interventions (OXEVIN)



Lecture Topic: Evidence based Policy: A Futuristic Approach for Developed India

Dr. Wan Puspa Melati

Head, School of Liberal Arts & Social, Sciences, Taylor's University, Malaysia



Lecture Topic: Community Mediators for a Developed Society

Prof. Raza A. Mir
William Paterson University, USA



Lecture Topic: Management Mantra: India as a Global Leader in 21st Century

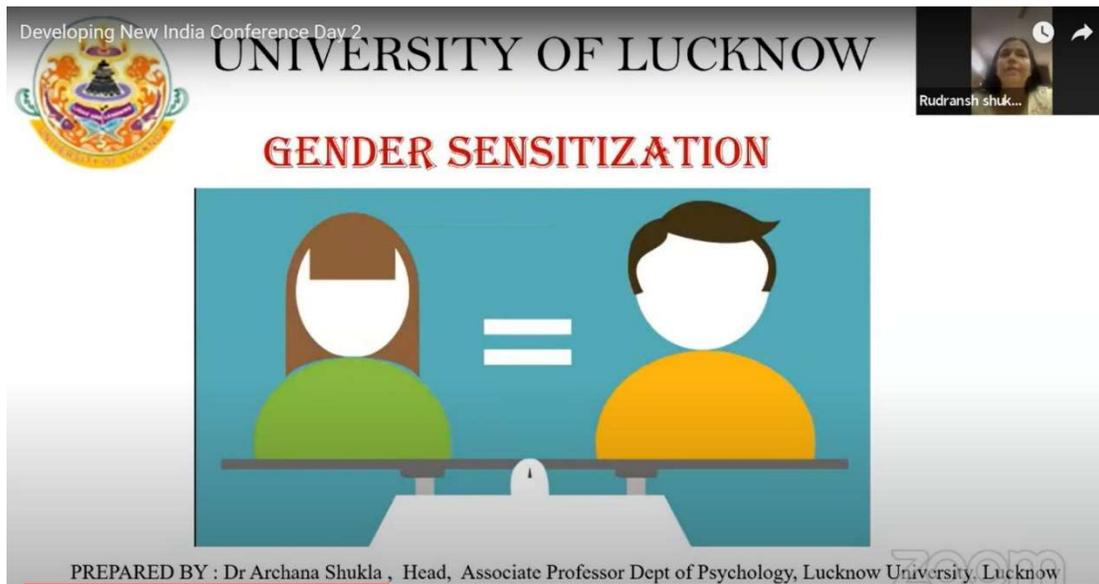
Prof. Nasrin
Aligarh Muslim University

A screenshot of a presentation slide titled "Teacher Education in the light of NEP; implication for 21st century" by Prof. Nasrin, Department of Education, Aligarh Muslim University, Aligarh, Uttar Pradesh. The slide is displayed in a video call window with a small inset of Prof. Nasrin and a molecular model in the background.

Lecture Topic: Restructuring Teacher Education in the Light of National Education Policy 2020

Dr. Archana Shukla

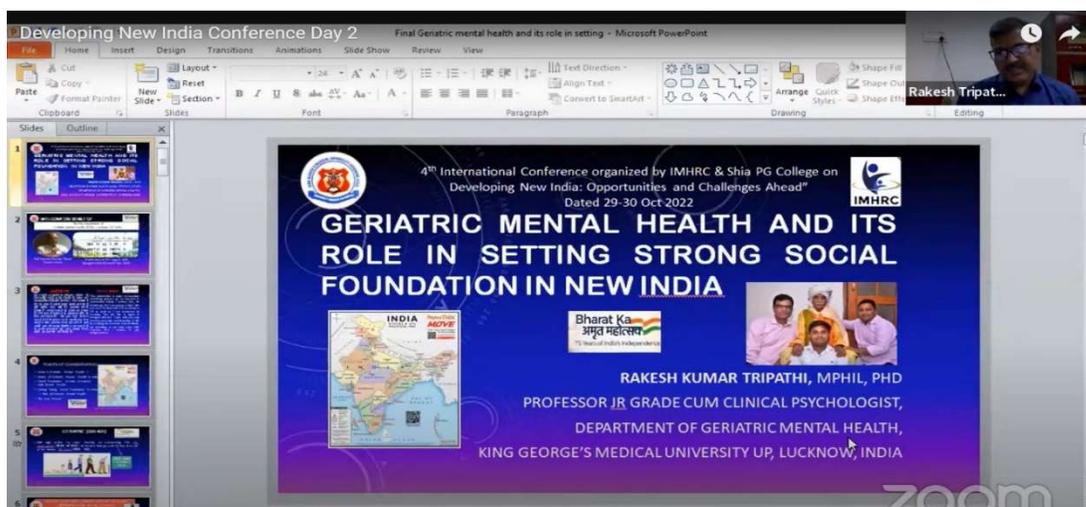
Head, Department of Psychology, University of Lucknow



Lecture Topic: Gender Sensitivity: Understanding the Socio-cultural Constructs of Gender for a Developed India

Prof. (Dr.) Rakesh Tripathi

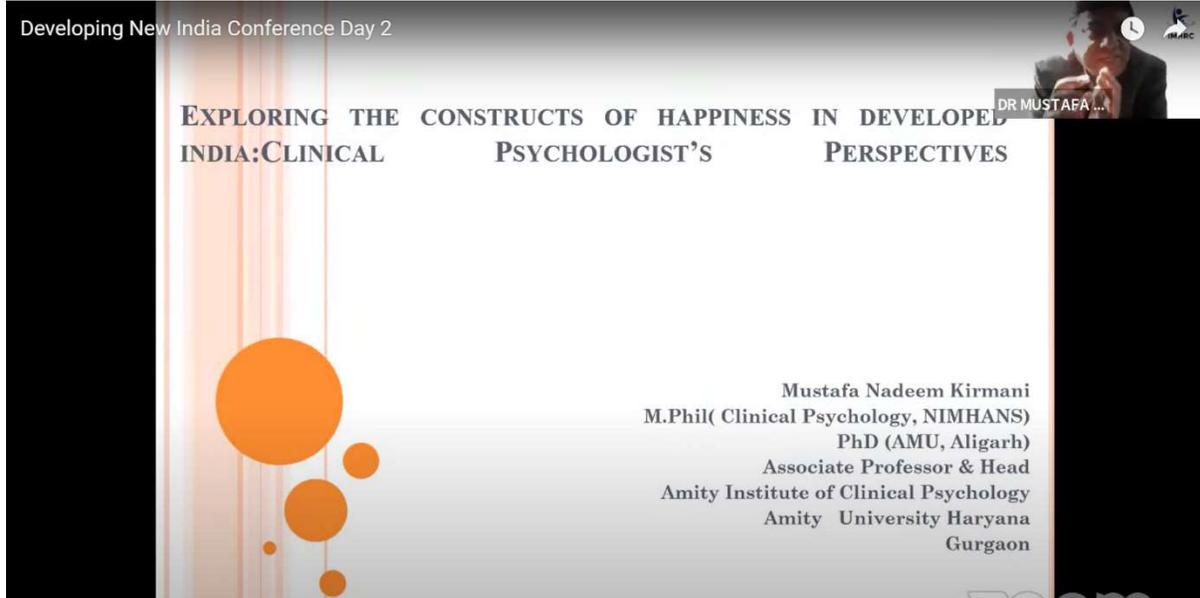
Professor (Jr. Grade) and Clinical Psychologist, Dept. of Geriatric Mental Health, King George's Medical University Lucknow



Lecture Topic: Geriatric Mental Health and its role in Setting Strong Social Foundation of New India

Dr. Mustafa N. Kirmani

Amity Institute of Clinical Psychology (AICP), Amity University Haryana



Lecture Topic: Exploring the Constructs of Happiness for a Developed India

Dr. Ateka A. Contractor

Department of Psychology, University of North Texas



Lecture Topic: Positive Memories and Post-Trauma Well-being

AWARD LIST

S.No.	Scientific Session	Awardee(s)	Title	Award
1	Scientific Session 1 Session Chairs: Prof. S. Z. H. Zaidi, Ms. Soni Jaiswal	Ms. Nobby Varghese Christ (Deemed to be University), Bangalore	Sensitisation: Initiating the Paradigm Shift of Disability from Medical Model to Social Model	Best Presentation Award
2	Scientific Session 2 Session Chairs: Dr. Anu Dandona, Dr. Shivali Sharma	Ms. Prachi Pandey & Dr. Meera Padhy Center for Health Psychology, School of Medical Sciences, University of Hyderabad	Relationship Between Social Support and Wellbeing: Mediating Role of Mindfulness	Best Presentation Award
3	Scientific Session 3 Session Chairs: Dr. Kiran Lata Dangwal, Ms. Asha Ahdikari	Ms. Manisha Singh BBAU LUCKNOW	Towards Developing New India by Redefining Science Education: Through Steam	Best Presentation Award
4	Scientific Session 4 Session Chairs: Dr. Durgesh Upadhyay, Dr. Sneha Saha	Ms. Trisha Walia, Dr. Sheema Aleem, Ms. Nabia Mujeeb Jamia Millia Islamia	Beyond The Physical Symptoms of The Virus - A Phenomenological Analysis of Vicarious Discrimination Faced by North-Easterns During Covid-19 Outbreak	Best Presentation Award
5	Scientific Session 5 Session Chairs: Prof. Anand Prakash, Dr. Geeta Singh	Ms. Krishna Priya B, Dr. M Bhuvaneswari Vellore Institute of Technology, Vellore	Expressed Emotion in Families of Adolescents with Neurodevelopmental Disorders.	Best Presentation Award
6	Scientific Session 6 Session Chairs: Dr. Ridhima Shukla, Dr. Kritika Rastogi	Ms. Laksheeta Choudhary, Dr. Rufus D Rashtriya Raksha University	Cyber Sexual Victimization of Female College Students and its Impacts: A Study in Rajasthan	Best Presentation Award

7	Scientific Session 7 Session Chairs: Dr. Yogeshwer Shukla, Prof. T S Naqvi	Ms. Aneri Shah, Dr. Ritu Sharma, Dr. Dushyant Mandlik & Dr. Kaustubh Patel Pandit Deendayal Energy University	Follow-Up Study on Quality of Life of Indian Males with Head and Neck Cancer	Best Presentation Award
8	Scientific Session 8 Session Chairs: Prof. Asad Malik, Dr. Mohd. Faisal	Ms. Gajalakshmi G, Dr. S. Meenakshi VIT UNIVERSITY	A New Breed of Crisis: War and Warmth Collide in Afghanistan	Best Presentation Award
9	Scientific Session 9 Session Chairs: Prof. Krishna Dutt, Dr. Neha Sayeed	Mr. Srajan Srivastava Department of Clinical Psychology (AIBAS), Amity University Lucknow Campus	Removing Problematic Sexual Behaviour in A Child with Autism Through Behaviour Modification Technique: A Case Study	Best Presentation Award
10	Scientific Session 10 Session Chairs: Dr. Rajeev Dogra, Dr. Shalini Mittal	Mr. Jojo Chacko Eapen, Dr. Jeyavel Sundaramoorthy Central University of Karnataka	Does Having a Positive Mindset Towards Stress Reduce Parental Burnout?	Best Presentation Award
11	Scientific Session 11 Session Chairs: Dr. Krishan Kumar, Dr. Soni Kewalramani	Ms. Pulama Mitra Christ (Deemed to be) University	Understanding Negative Schooling Patterns and Their Psychological Implications on Students: A Thematic Analysis	Best Presentation Award
12	Scientific Session 12 Session Chairs: Dr. Pragyan Dangwal, Ms. Anamika Srivastava	Prof. P. Swathi, Suniya, A. Qureshi Osmania University	Self-efficacy & Perfectionism as correlates of Self-handicapping behaviors in University Students	Best Presentation Award

CASH PRIZES

1) *Dr. A. P. J. Abdul Kalam Award for Excellence in Research: Rs 2500 Cash Prize*

Awardee: Jani Krishna, Patel Alkesh, Dr. Hemantkumar S Patadia, Department of Paramedical and Health Sciences, Faculty of Medicine, Parul University

Title: The Mechanisms of Evading Immune Surveillance and Tumor Progression in Colorectal Cancer

2) *Dr. Kalbe Sadiq Award for Outstanding Research: Rs 2100 Cash Prize*

Awardee: Mrs. Laksheeta Choudhary, Dr. Rufus D, Rashtriya Raksha University

Title: Cyber Sexual Victimization of Female College Students And Its Impacts: A Study In Rajasthan

3) *Prof. Mahdi Hasan Memorial Award for Best Research Presentation: Rs 1500 Cash Prize*

Awardee: Ms. Prachi Pandey, Dr. Meera Padhy, Center for Health Psychology, School of Medical Sciences, University of Hyderabad

Title: Relationship Between Social Support and Wellbeing: Mediating Role of Mindfulness

4) *Dr. Agha Hadi Masih Award for Best Research Presentation: Rs 1500 Cash Prize*

Awardee: Dr. P. Swathi, Suniya, A. Qureshi, Osmania University

Title: Self-efficacy and Perfectionism as correlates of Self-handicapping behaviors in University Students

5) *Nadeem Azam Memorial Award for Emerging Researcher: Rs 1500 Cash Prize*

Awardee: Ms. Tanzila Siddiqui, Prof. Anoop Kumar Bhartiya, University of Lucknow

Title: A Study on the Experience of Motherhood exploring the concept of Primary Maternal Preoccupation

TABLE OF CONTENT

S.No.	Scientific Session	Page Number
1	Scientific Session 1 Session Chairs: Prof. S. Z. H. Zaidi, Ms. Soni Jaiswal	1 - 24
2	Scientific Session 2 Session Chairs: Dr. Anu Dandona, Dr. Shivali Sharma	25 - 43
3	Scientific Session 3 Session Chairs: Dr. Kiran Lata Dangwal, Ms. Asha Ahdikari	44 - 64
4	Scientific Session 4 Session Chairs: Dr. Durgesh Upadhyay, Dr. Sneha Saha	65 - 83
5	Scientific Session 5 Session Chairs: Prof. Anand Prakash, Dr. Geeta Singh	84 – 106
6	Scientific Session 6 Session Chairs: Dr. Ridhima Shukla, Dr. Kritika Rastogi	107 - 132
7	Scientific Session 7 Session Chairs: Dr. Yogeshwer Shukla, Prof. T S Naqvi	133 - 148

8	Scientific Session 8 Session Chairs: Prof. Asad Malik, Dr. Mohd. Faisal	149 - 168
9	Scientific Session 9 Session Chairs: Prof. Krishna Dutt, Dr. Neha Sayeed	169 - 188
10	Scientific Session 10 Session Chairs: Dr. Rajeev Dogra, Dr. Shalini Mittal	189 - 208
11	Scientific Session 11 Session Chairs: Dr. Krishan Kumar, Dr. Soni Kewalramani	209 - 228
12	Scientific Session 12 Session Chairs: Dr. Pragyan Dangwal, Ms. Anamika Srivastava	229 - 248

Reducing Inequality for Persons with Disabilities: Demystifying the ‘and’ Between Disability and Development

Vineet Gairola

Doctoral Candidate of Psychology, Department of Liberal Arts, Indian Institute of Technology,
Hyderabad

ABSTRACT

Aim: The aim of this paper lies in demystifying, historicizing, and de-alienating the relationship between disability and development. Both disability and development inform each other and are informed by each other in various ways which are on one hand similar and on the other hand unique. Disability is heterogeneous in nature. Disability and development are about power, access, solidarity, advocacy, inequality, rights, voice, and support. It is about accessing accessibility. It is important to understand the politics of language—how we conceptualize persons with disabilities.

Objectives: The paper theorizes the ‘and’ between disability and development. What is that bridging telling us? There is already an invisible ‘and’ which joins disability and development even before this visible ‘and’ was placed in between them. It is to understand how disability is related to gender, caste, class, and poverty. The paper also looks at the government policies and adds suggestions as to what can be done practically to reduce inequality for persons with disabilities for developing a new India. **Methods:** this research used primary sources like books, articles, government programmes, and policies to make sense of how disability is understood and experienced in India.

Results: It shows how disability and development inform each other and are informed by each other. The paper shows how each person has disabling parts and “normal” parts. Representation helps one to know the multifarious dimensions of what is awful, reprehensive, acceptable, possible, desirable, etc. Representation structures reality. Hence, they are a critical component of bringing about rights.

Conclusion: It is crucial to look at the needs and challenges at the ground level contextually. It is important to understand why survival is considered sufficient and not full participation. Policies need to resonate culturally as otherwise, they tend to be confined to particular lases and groups in societies with access to technology, information, and the English language. What matters is the visibility of disability.

Keywords: Disability, Representation, Policy, Sustainable Development, Rights

Sensitisation: Initiating the paradigm shift of disability from medical model to social model

Nobby Varghese

PhD Scholar, Department of Psychology, Christ (Deemed to be University), Bangalore, Karnataka

ABSTRACT

The United Nations Convention on the Rights of Persons with Disabilities (CRPD) (Convention on the Rights of Persons with Disabilities and Optional Protocol UNITED NATIONS, n.d.) explains Awareness-raising under article 8 as “to raise awareness throughout society, including at the family level, regarding persons with disabilities, their capabilities and contributions to society, and to foster respect for their rights and dignity”. Currently, in India, disability is understood as a medical model of 21 disability categories enumerated in the Rights of Persons with Disabilities Act (RPwD), 2016. Understanding disability as a social construct where Persons with Disability (PwD) are considered for their strengths and capabilities along with support from the environment, thus reducing the effect of disability in the interactions of the person, may lead to a paradigm shift. Deconstruction of stereotypes by changing the psychological perception of disability can be the key to inclusion of PwD in India. Related literature on disability inclusion (Suresh & Dyaram, 2020) reveals that despite 4-5 % of Indians being disabled, the research on disability inclusion is significantly less and calls for serious action in scholarly research in India. The research aims to enumerate the experiences of PwD on the importance of sensitising the society using case study analysis thus understanding disability as a social construct.

Keywords: Persons with disability (PwD), disability inclusion, awareness, sensitising, Rights of Persons with Disabilities (RPwD), social model.

Mental Health Insurance in India- A Pilot Study to understand the cost estimation of mental disorders

Madhurima Ghosh

PhD Scholar, Gokhale Institute of Politics & Economics, Pune

ABSTRACT

Background: Mental issues in Indian society have been brushed under the carpet for ages. Stigma, lack of awareness and proper psychiatric care set up has compounded the problem. The World Health organization (WHO) has campaigned a lot in the recent past about the seriousness of the issue and common people are actively coming forward and seeking solutions to their problems. According to a Government survey, India has over 150 million mental health patients. However, less than 1% of the Union Government's health budget is spent on mental health. In a developing country like India private out of pocket expenditure rules the cost of financing of health care.

Aim: In 2017, India introduced the National Mental Health Act which clearly mentions provision of health insurance for the mentally ill in section 21(4). Since personal expenditure for mental illness treatment is substantial and chronic, a successful insurance policy needs to cover the sustainable commitment towards long term healthcare plans. The study aims to find out the cost of treatment and feasibility of paying a premium.

Methods: The author conducted a pilot study to estimate the cost of treatment of 4 mental disorders- Depression, Anxiety, Schizophrenia and Bipolar Disorder for outpatient services in private clinics of Kolkata, India. Taking help from Internet and personal network psychiatrists were identified, contacted and given survey questionnaires to gauge the necessity, duration and cost of treatment for above-mentioned illnesses.

Results: Adding the cost of commute and hospitalization, the out-of-pocket expenditure of the mental illnesses is huge, causing untimely cessation of treatment and spiraling into relapse. Most of the psychiatrists agreed stigma and chronicity of the illnesses keeps the cost of treatment at a regular, long-standing and steady level which may impair the private insurer to think twice before paying insurance in lump sum. Further research needs to be done to figure out a premium payment model to help the patients.

Keywords: Mental healthcare act 2017, Mental health insurance, mental disorders, out of pocket expenditure, cost estimation

How do we speak? Usage and implications of augmentative and alternative communication (AAC) in young adults with autism spectrum disorder (ASD)

Jeevan David Maxim

Christ (Deemed to be University), Bangalore

Nobby Varghese

Christ (Deemed to be University), Bangalore

ABSTRACT

BACKGROUND: As per the definition of autism by the American Psychological Association (APA Dictionary of Psychology, n.d.), autism is typified by challenges in social skills and communication. In this context, awareness of AAC and its usage becomes important for adults with autism for getting employed and sustaining in their jobs.

OBJECTIVE: A phenomenological study of how persons with autism communicate and a cross-sectional analysis of usage of AAC in adults with autism in the age group of 18-25 and its implications through qualitative analysis are proposed.

METHODS: The data collection will be by in-depth interviews with the parents of the selected subjects in the ASD spectrum with speech impairments or complex speech patterns. The interview questions will be formulated based on factors obtained from the related literature and interviews will be carried out in a semi-structured manner. The thematic analysis of the data will be conducted.

RESULTS: The results will show the current methods of communication in the selected group and their awareness and usage details of AAC.

CONCLUSIONS: The findings of this study will be useful in creating interventions for effective usage of AAC and will help researchers in the development of efficient AAC.

Effect of Social Support on Anxiety among Women with PCOS

Saman Saad

BA (Hons) Psychology, IGNOU

ABSTRACT

Obstacles related to gynaecologic difficulties have been experienced by women of all ages. One of the major difficulties is an outcome of Polycystic Ovarian Syndrome (PCOD). It is classified as an endocrine disorder characterized by persistent stimulation of the ovary by pituitary luteinizing hormone, which primarily results in anovulation and polycystic ovaries. It brings not only internal changes but also the physical appearing of an individual as gaining weight, developing acne and facial hair growth. Psychological challenges are also faced as getting anxiety because of the lack of social support from their family, friends and significant other. A sample of 30 women who were getting treatment for PCOS and aged between 20-35 years were taken for the study. Standardized tests were used to measure social support and anxiety. Results indicated that there is a negative correlation between social support and anxiety among women with PCOD which means variables are inversely proportional to each other. In order to reduce the severity of the anxiety symptoms, appropriate care must be provided in the form of social support, particularly from family, friends, and a significant other. Gynaecologist should also seek the assistance of psychologists if a PCOS patient exhibits any signs or symptoms of a psychological disorder that need to be addressed. Women need to be made aware of how to get assistance if they experience any psychological discomfort.

Keywords: Social Support, Anxiety, PCOS, Women, Psychological

Psychological Experiences and Perceived Social Support: A Study of Indian Mothers of Children with Type 1 Diabetes

Smruti Pusalkar

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Ilika Guha Majumdar

Assistant Professor, Department of Psychology, CHRIST (Deemed to be University), Delhi NCR

ABSTRACT

Background: Type 1 Diabetes Mellitus (T1DM) is a commonly found autoimmune condition in which the body destroys its own insulin-producing cells which results in the lack of insulin supply to the body. According to the 2019 report of the International Diabetes Federation, India has the second-highest population of T1DM cases in the world amongst children with 95.6 thousand cases and close to 16 thousand new cases every year. Mothers, who are the primary caregivers for most children with T1DM, have to take up the majority of the responsibility for diabetes management during the childhood and early adolescent years. The responsibility of healthcare only shifts to the patients at later stages when they grow older. Thus, the current study aims to understand the lived experience of the mothers and further understand the role of social support in diabetes management of their children.

Objectives: To understand the psychological experiences and perceived social support in mothers of children with Type 1 Diabetes Mellitus.

Method: This was a qualitative research that was done on mothers of children with T1DM between the ages of 25-45 years (n=13). Semi structured interviews were conducted to understand their perceived social support and psychological experiences. The data was collected through offline mode and analyzed using thematic analysis.

Results: Thematic Analysis revealed 7 main themes of Psychological Distress, Multifold strain, Lack of Awareness and Stigma, Need for Social and Familial Support, Caregiver Burden and Coping.

Conclusion: The current study draws attention to the need for family interventions of children diagnosed with Type 1 diabetes, especially mothers in India, who are commonly the primary caregivers. The findings from this research also suggest a strong need for screening of mothers for anxiety symptoms with frequent and intense feelings of worry, concern and rumination. In order to enhance the quality of life of the mothers, social support needs to be provided and culturally appropriate interventions need to be devised to help them manage the initial distress of their child's diagnosis. Furthermore, considering the growing rate of T1DM, the general population also needs to be educated about the nature of the illness and its burden.

Keywords: Mothers of children with Type 1 Diabetes, Perceived social support, psychological experiences, quality of life, thematic analysis

Assessing Neurocognitive functioning in Parkinson's Disease: Geriatric Neuropsychology in Action

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ABSTRACT

The purpose of this study was to investigate neurocognitive functioning of elderly and aged people with prevalence of Parkinson's disease. I examined a total of 49 subjects from which 26 were previously diagnosed with Parkinson's disease and the rest of the 23 subjects used as control groups, the age range went between 55- 68 years. In this study, i conducted 3 psychological assessments with prevalence of Parkinson's disease in subjects, Neurobehavioral Rating Scale (NRS), Parkinson's Disease-Cognitive Functional Rating Scale (PD-CFRS) and Clock Drawing Test (CDT). As of result, the experimental group was found to have a moderate decline in cognitive functioning and neuropsychological impairment was also comorbid. During the period, a clinical observation and set of exercises were also conducted to examine the subjects' motor movements, in which some subjects were found to be sensitive and had motor apraxia or ideomotor apraxia. I came to the conclusion that elderly people with Parkinson's disease can result in cognitive deficits and performing neuropsychological tasks and, if it gets prolonged it can cause severe neuropsychological impairments and can lead to neurocognitive dysfunctionality.

Keywords: Neurocognitive Functioning, Psychological assessments, Parkinson's disease, Neuropsychological impairment, motor apraxia

Impact of Endometriosis on Women's Mental Health

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ABSTRACT

Endometriosis is defined as a condition in which a formation of abnormal endometrial tissue outside the uterus takes place. Irrespective of any ethnic and socioeconomic class, the prevalence of the diseases has been seen among women of reproductive age. The actual cause of the diseases has not been confirmed yet. However, the most promising causes of endometriosis include abnormality in immune functioning, atypical endometriotic growth, genetics, epigenetic, embryogenetic theory, and endocrine disruptors. Anxiety, stress, dyspareunia, pelvic pain, anxiety, and dysmenorrhea were seen associated with endometriosis. Women diagnosed with endometriosis reported the following symptoms such as anxiety, stress, Chronic Pelvic Pain (CPP), anxiety, dyspareunia, and dysmenorrhea. However, depression appears prominent among women diagnosed with endometriosis. Endometriosis has been seen adversely affect the physical, psychological, social, and career of women. To manage the symptoms of endometriosis strategies such as modification in lifestyles, better education for all healthcare personnel, school-based teaching, support groups, and post-diagnosis healthcare should be offered.

Keywords: Endometriosis, anxiety, pelvic pain, depression

Problematic Internet use and Associated Behaviour Risks in Adolescence

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ABSTRACT

The number of internet users in India has increased exponentially. In the country as a whole, there will be 900 million internet users by 2023, according to Cisco's annual report. According to the UN (World Population Prospects 2019), India has the largest adolescent population in the world which are also the group that uses the internet the most. Since adolescents have much amount of time at their disposal, it is likely that normal internet users to become problematic internet use (PIU). The PIU has been linked to a variety of social and psychological issues, including poor academic performance, low self-esteem, psychological well-being, lack of sleep, social detachment, poor diet, and cardiac concerns. Besides, there are internet-based behaviours that have emerged as problematic along with other moderating variables, as well. Against this platform, this study examines the moderating role of family communication in the relationship between cyberloafing, phubbing, and problematic internet use. Adolescents were surveyed using a cross-sectional survey and self-report questionnaires. Respondents from senior high and higher secondary schools submitted a total of 400 responses. The assumed moderating effect will be tested by Structural equation modelling.

Keywords: problematic internet use, cyberloafing, phubbing, family communication, adolescence

Understanding the Interpersonal Reactivity of the Caregivers of the Terminally Ill

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ABSTRACT

Caregiving has been defined as the ability or the profession of taking care of children, the elderly, or the disabled. With increasing life expectancy and decreasing mortality rate, the caregiving industry has turned into a major revenue-generating profession. With the need for caregivers gaining momentum, this study aims to understand the empathy mechanisms that are used by caregivers on an everyday basis. The interpersonal reactivity index by Davis (1995) is a dispositional measure of understanding empathy that consists of perspective taking, fantasy, emotional distress, and empathetic concern for the caregivers of the terminally ill. The rationale behind the study was to understand the various empathy mechanisms that caregivers indulge in to perform their job effectively, through the above-mentioned theoretical framework. This qualitative research was conducted on twelve individuals working as home caregivers in different parts of Bengaluru. The demographic age ranges from 20-27 years, forming a young adult sample representing the larger population of caregivers. Snowball sampling was used to garner participants for the semi-structured interviews. Based on Braun and Clarke's model of thematic analysis, the data also revealed the following global themes: Facilitators of caregiving, Personality characteristics of recipients, Caregiving outcomes, Strategies, and allied factors, and Situational/extraneous factors. The themes that emerged were seen as being congruent with the theoretical framework chosen as a lens to look at the aspect of Interpersonal reactivity or the empathy required by caregivers. The narratives of the participants also bring to light various other emotional mechanisms used, such as sympathy mechanisms, gratefulness, and mindfulness techniques for increasing the efficiency of caregiving. The paper further discusses the importance of psychological training in facilitating better caregiving and also in safeguarding the mental health of all the beneficiaries and stakeholders involved.

Keywords: Interpersonal reactivity, Empathy, Caregivers, Terminally Ill

Role of Parenting in Behavioural Functioning of Children with Learning Disabilities: A Review

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ABSTRACT

Present article focuses on the role of parenting in shaping the behaviours of children with learning disabilities. The condition of learning disability is widely recognised as a problem that leads to serious difficulties in school learning. Children with learning disabilities encounter unexpected difficulties in certain types of learning viz. learning to talk, listen, read, write, spell, reason, recall, organize information or achieve in mathematics. In some cases, learning disabilities encompasses more than academic difficulties such as social, emotional, and behavioural difficulties. These children are less accurate in using good strategies for conflict resolutions and problem solving and display a higher level of behavioural problems viz. acting out, avoidance and emotional outbursts etc. Such problems may increase with the growing age, and it may exert harmful impact on overall development of children, if they are not diagnosed timely. These difficulties can trigger considerable distress in parents which can in turn lead to more behavioural problems in learning disabled children. In every family the behaviour of a child is directly influenced by parenting style and strategies because parents play a vital role in modeling and shaping the behaviour of a child however, any ignorance on the part of the parents may lead to unwanted damaging effects on children's growth and which can create several behavioural problems in children especially in children with learning disabilities. Parenting a child with learning disability (LD) is different from parenting a child without LD because of the ambiguous feelings and negative emotions like sadness and frustration felt by parents. Therefore, the purpose of the present review paper is to analyze the role of parenting in shaping behavioural functioning of children with learning disabilities. Despite this, present review would be helpful to aware parents about the damaging impact of negative parenting on children's behaviour and it also recommends the significance of positive parenting to address behavioural problems of learning disabled children. Thus, this review will provide its theoretical and practical significance.

Keywords: Learning Disabilities, Parenting Style, Behavioural Problems

Emotional Inhibition and Personality as Predictors of Anxiety and Depression in Young Adults

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ABSTRACT

The purpose of the current research was to understand the role of emotional inhibition and personality factors (dimension of introversion-extraversion) as predictors of both anxiety and depression in a sample of 153 Indian women in the age range of 18-25 years. The data was collected using three scales: the Anxiety and Depression subscales of DASS (Lovibond & Lovibond,1995), the Emotional Expressivity Scale (Kring et al.,1994) and the Introversion scale (Mc Croskey,1997) which were administered via google forms to the purposive sample.

Findings depicted a significant negative correlation between emotional inhibition and anxiety, $r(153) = 0.500, p < 0.01$. There was also a significant negative correlation between emotional inhibition and depression, $r(153) = 0.471, p < 0.01$. Further, a significant positive correlation was found between personality and anxiety, $r(153) = 0.288, p < 0.01$. A significant positive correlation was also found between personality and depression, $r(153) = 0.288, p < 0.01$. Additionally, emotional inhibition emerged as a significant negative predictor of anxiety, ($R^2 = 0.250, F = 50.02, p < 0.05$). Emotional inhibition also emerged as a significant negative predictor of depression, ($R^2 = 0.222, F = 42.83, p < 0.05$). Personality emerged a significant predictor of depression, ($R^2 = 0.243, F = 23.86, p < 0.05$). This research provides a base for further investigation into the role of expression and inhibition of emotions in the Indian population which may be utilised in the development of interventions catered around regulation of emotions, also keeping in mind personality factors to arrive at an appropriate model for the management of anxiety and depression in young adults.

Keywords: Emotional Inhibition, Personality, Anxiety, Depression, Introversion-extroversion, Indian women.

“A Less of a Woman”: PCOS Women’s Experience of Femininity and Sexuality

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ABSTRACT

Background: Polycystic Ovary Syndrome is a hormonal disorder experienced among women during their reproductive age. Women with PCOS experience increased male hormone generation in the body. There is an increase in androgen level which disrupts the reproductive hormones of women. This research will be studying the two major variables in relation to polycystic ovary syndrome. These are femininity and sexuality. The symptoms of PCOS cause distress due to failure to fit in the societal norms of feminine in appearance and behavior. The feminine traits further influence women’s perspective on their sexuality and how comfortable they feel in expressing themselves sexually.

Objective: Firstly, the objective of this study is to understand the women with PCOS experience in context of their sexuality and femininity. Secondly, the study will explore the coping strategies of these women and understand the reasons behind using these techniques. How are these strategies useful and what is the goal behind using them

Method: This is a qualitative study. It has included semi-structured in-depth interviews of the women with PCOS. The data is collected on 8 women. It reached data saturation. The study included women with PCOS showing severe symptoms of PCOS with increased levels of androgens. Women who have been diagnosed with PCOS and fit in the criteria of the syndrome given by Rotterdam and are showing the symptoms over five years or more and are above 20 years are chosen for the study.

Results: The major themes formed are turning into boy, feeling less feminine or not enough sexually. Women feel being less feminine due to the symptoms of PCOS and how it impacts their body. They also perceive themselves to be less sexually attractive and experiences hesitance. The study also found women accepting their condition as a major coping mechanism.

Keywords: PCOS, Femininity, Sexuality, Androgen, Hirsutism

Development of Web- Based Application on Suicide Prevention Confirming to the Clinical Guidelines

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ABSTRACT

Introduction: Suicide rates have continued to rise in the recent times and a surge has been observed during the COVID pandemic. In India, a 67.7% rise in suicide rates were observed in 2020, forming a fourth leading cause of death in 15-19 year olds. With increasing usage and advancements in technology, mHealth has gained attention and been found effective, acting as a secondary aid to address mental health concerns. An assessment of clinical guidelines suggested by Martinengo and colleagues (2019) based on UK, US and WHO for suicide prevention were reviewed in applications available freely in the market. A conceptual model was thereby developed to make a suicide prevention application which addresses all the gaps found in the review.

Methods: A review of literature search was performed on google scholar, pubmed and, app store using terms ‘suicide prevention’, ‘mobile applications’, ‘eHealth’, ‘mHealth’, ‘suicide ideation’, ‘suicide’ to identify applications freely available to for suicide prevention. Two kinds of applications were reviewed, those with scientific backing and those available on app store with no scientific report. Based on the gaps identified in the review of apps and their adherence to the clinical guidelines, a conceptual model was developed. The future goals follow an expert validation of the conceptual model and content analysis.

Results: The suicide prevention applications were included based on the inclusion and exclusion criteria. It was found that not all included applications adhered to all the six evidence-based strategies that are suggested as clinical guidelines for suicide prevention applications. Out of the included applications, none of them included all six strategies. 40% of applications were found to include 4 strategies. Additionally, there is only one application which includes artificial intelligence and chatbots as part of user interaction.

Conclusion: It has been found that suicide prevention applications have been found to be effective in taking away the urge in the moment. However, most applications have been found to be an informative approach which lacks chatbots or artificial intelligence. The present study will therefore include all the six strategies as recommended by clinical guidelines.

Keywords: Suicide prevention, mHealth, mental health, suicide ideation, mobile applications

Fear of Missing Out, Depression, Anxiety and Stress as Predictors of Instagram Addiction among College Students.

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ABSTRACT

Recent Research suggests that Instagram is the most popular social media platform which is frequently used by adolescents and young adults. Spending too much time on Instagram can lead to its addiction. Documented evidence suggests a linkage of Social media addiction with Fear of Missing Out (FoMO) and mental health. However, Instagram Addiction categorically has not been studied extensively in terms of its predictors and gender differences. The aim of the research was to find out whether there are gender differences in Instagram addiction and its predictors among male and female college students. The study also aimed at examining the relationship of Instagram Addiction with its correlates of Fear of Missing Out, Depression, Anxiety and Stress. A sample consisting of 130 college students (18-24 years of age) completed the questionnaires of The Test for Instagram Addiction (TIA), The Fear of Missing Out Scale and Depression, Anxiety and Stress Scale-21 (DASS-21). Findings suggest that there are no significant gender differences in Instagram addiction and its predictors. Positive correlations of Instagram addiction with Fear of missing out, Depression, Anxiety and Stress were found.

However, only Fear of Missing Out emerged as the positive significant predictor of Instagram Addiction (32.9%). Depression and Stress emerged as positive but insignificant predictors whereas Anxiety emerged as a negative insignificant predictor of Instagram Addiction through Regression analysis.

Keywords: Instagram Addiction, Fear of missing out (FoMO), Depression, Anxiety, Stress, Gender differences.

Technology Addiction and Development of a Psychological Model - An Exploratory Approach among Young Adults

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ABSTRACT

Technological addiction is a new zone of abnormal functioning; Studies correlating technological addiction and behavior pathway are relatively a new field of research in psychology, there is a very little or no absolute literature available on psychological model of addiction formation for reviewing. With this regard the current study is said to be pioneering research. Technological addiction is a human machine interaction (active/passive) containing an inducing and reinforcing features contributing to the promotion of addictive tendencies.

Technological addictions are considered new world disorders there is no specific diagnostic criteria given by DSM or ICD except for internet addiction but is considered pathological depending on the level of malfunction one experience and the current treatment that's been suggested and given is CBT and Medication for psychosomatic symptoms.

The present study was an attempt to understand the prevalence, cause-effect dynamics and behavior manifestations exhibited due to use and overuse of technology and technological gadgets and subsequently develop a psychological model. The study objectives will help to identify the prevalence of technological addiction among young adult, the causes leading to the overuse of technology and technological gadgets, its relationship with the addictive behavior and individual functioning and to develop a psychological model. The current study adopted a mixed methodology. The qualitative method is used to identify the broader cause- effect domains and disturbed behaviors and quantitative method to identify the prevalence of technological addiction among young adults and formulate the psychological model. Using Purposive sampling method, a total of 407 sample data were collected of which 341 samples belong to the age range of 18-25 years, 64 stalk holders between the age of 16-17years and 26-59 years. The need for the model arises to identify the point of behavior deviance which can later help professionals diagnose the potentials and serve as a helpline to solve the negative effects of overuse of technology and technological gadgets on overall individual functioning.

Keywords: technological addiction, psychological model, human machine interaction, young adults

Rehabilitation Professionals' Perspectives on Rehab Services for Children with Neurodevelopmental Disorders in The Context Of COVID-19: A Qualitative Study

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ABSTRACT

The COVID-19 pandemic being in a new situation caused tremendous physical and mental stress for everyone, especially the child population. Children with Neuro-Developmental Disorders (NDD) may be particularly vulnerable to stress due to significant changes in daily routines and rehab service access. Clinical face-to-face treatment was incompatible with preventive measures during the COVID-19 pandemic and was hazardous to children's health. This study aimed to explore multidisciplinary rehabilitation professionals' views on rehabilitation services for children with neurodevelopmental disorders in the context of the COVID-19 pandemic. The qualitative research design was used to gain a thorough understanding of the research problem. A convenience sample of 16 multidisciplinary rehabilitation professionals was used, which included medical doctors, clinical psychologists, rehabilitation psychologists, physiotherapists, occupational therapists, and speech and language therapists. Samples were drawn from the public and private sectors. Data was collected using semi-structured interviews, which were then analysed using thematic content analysis. The findings of this study showed that COVID-19 negatively impacted the professionals' work structure, job satisfaction, and work-life balance. The therapeutic alliance between the professional and the child has changed as a result of COVID-19. The most effective strategies used during the pandemic period were telerehabilitation, home-based interventions, and virtual parent support groups, but challenges were also present regarding the practicability of these strategies. Information from this study can be used to advocate for policies that support children with NDD and their families and help rehabilitation professionals to plan for appropriate intervention strategies.

Keywords: Rehabilitation Professionals, Rehab Services, Children with NDD, COVID-19, Qualitative Study

**Relationship between Internet Addiction and Self-Esteem on Youth Development:
Implication of Social Work Practice**

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ABSTRACT

One among the most popular crucial technologies in our everyday lives is internet. After the outbreak of the COVID-19 pandemic, the situation has changed. There has been an upsurge in the internet users worldwide, with youth being the most affected. Because of this, researchers undertook research to better understand the impact of self-esteem and Internet addiction on youth development. This is a quantitative study that involved 240 students in Degree standard. The data was collected using a mailed questionnaire that included demographic information, a standardized test called the Internet Addiction Test (IAT), and a standardized scale called the Rosenberg self-esteem measure. SPSS was used to examine the data collected. According to the results of this survey, 111 (46.25 percent) people are normal users, 89 (37.1 percent) have mild internet addiction, 39 (16.25 percent) have moderate internet addiction, and one (0.4 percent) has severe internet addiction. According to the self-esteem scoring, 19 people (7.92%) have low self-esteem, 172 people (71.66%) have moderate self-esteem, and 49 people (20.42%) have high self-esteem. The internet has both good and bad effects on the development of youth self-esteem and suggestions given based on the social work practice and education to improve their self esteem.

Keywords: Internet addiction, self-esteem, youth development, Social work, Intervention

Teacher's Metacognition: Application in Dealing with Specific Learning Disability

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ABSTRACT

Metacognition is a regulatory system that helps an individual to understand and regulate his or her own cognitive performance. It allows people to be intentional and to take charge of their cognitive processes. The two distinct but interrelated areas of metacognition are meta cognitive knowledge and meta cognitive regulation. By considering the learning context, meta cognitive strategies are very effective for promote higher order thinking which ultimately leads to better learning among students- especially children with special needs. Only if the teachers are aware about the meta cognitive process, they will understand the cognitive processing in SLD children, which is pivotal in helping them. The present paper is an conceptual paper which aims at exploring teacher's awareness on the metacognitive strategies to train children with SLD for better learning. Moreover, there are various research indicating that when SLD children incorporate metacognitive strategies to learn something, this ultimately enhance their academic self-efficacy and self-concept. In India, as per the statistics teachers lack proper knowledge and awareness of SLD condition, and how to train those children. It is the high time to check their awareness on instructional strategies based in Metacognition. Because with the implementation of metacognitive strategies in teaching and learning process, students both normal and SLD can more focus the process of learning with greater commitment, help them with reflection through which they can recognize the positives and flipsides of their strategies and thinking process they use for learn.

Keywords: Meta-cognition, Teachers, Specific Learning Disability

Exploring The E-Community's Perceptions and Attitudes towards Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) using Twitter

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ABSTRACT

Background: With over 4.14 billion active users on social media, the world of computer mediated communication (CMC) has enormous power and influence over global perception, including information about autism and attention deficit hyperactivity disorder (ADHD). Indicating its implications in creating a liberating environment for socially excluded populations to have a platform to verbalize their presence, CMC also brings the risk of individuals engaging in disinhibition through stigma, and stereotyping. The aim of the current study is to explore perceptions and attitudes towards Autism and ADHD using a social networking website, Twitter, and understanding how CMC platforms function as a space for stating opinions about clinical conditions such as autism and ADHD.

Method: More than 7,000 tweets with the words “autism” and “ADHD” posted on Twitter during a 7-day period were collected from www.twitter.com using Ncapture (NCapture for Chrome, QSR International Victoria, Australia). A total of 1000 tweets were categorised based on their tweet demographics, content, and attitude towards ADHD and autism. The tweets have been categorized using an inductive coding strategy by Reavley and Pilkington (2014) into stigmatising, personal experience of stigma, supportive, neutral, or anti-stigma. Further, tweets have been subjected to content analysis on the basis of a deductive coding strategy.

Results: The discourse indicates towards themes of anti-stigma, trivializing of illness, adverse experiences of illness, and misconceptions regarding the illness. Additionally, there is a trend towards challenging the diagnostic system of ADHD and autism, bringing to light an unfavorable public opinion on the infrastructural deformities created by the medical services and health administration. The study has also brought to light a positive trend of social support, empathy and collective experiences of belongingness. These findings bring to focus important factors that direct future awareness programs, as well as a need for restructuring in the delivery of healthcare and diagnostic services.

Keywords: autism, ADHD, attitudes, stigma, perceptions, twitter

Primary Caregiver Challenges and Experiences of Dealing with Terminally Ill Family Members

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ABSTRACT

Background: The role of a caregiver can be challenging and it might impact their physical and psychological well-being. There can be a variety of emotional experiences that primary caregivers might go through, along with a plethora of challenges, ranging from physical (such as burnout or exhaustion), emotional (comprising of hopelessness or despair), mental (like apprehension), financial issues, etc. The main intention of the research is to throw more light on the ‘caregiving’ perspective of looking after a terminally ill patient. Most of the existing work is done in the field of psycho oncology and talks extensively about cancer patients and their caregivers. Contrarily, the present study is among patients suffering across a range of ailments, and hence aims to be inclusive and varied in that aspect. Another unique factor is its novelty in Indian context. Most of the work done previously talks about Asian cultures, but not particularly about the Indian population. (Kim et al., 2019)

Objective: The objective of the current research is to explore the challenges and experiences dealt by the primary caregiver of a terminally ill family member. This work will further facilitate researchers’ insight into caregiver’s perspective while caring for their loved one.

Method: An unstructured qualitative interview is conducted among primary caregivers whose family members are suffering from terminal illness. Further, thematic analysis is done to arrive at respective themes of the subsequent research findings. Sample is chosen on the basis of purposive and snowball sampling.

Results: The data analysis is still under process, but on the basis of coding done until now, the tentative themes that are most likely to be generated from the research are changes in current life situations, compromised self-care, caregiver duties or roles, previous experiences in similar situation, caregiver burnout, resilience despite discomfort, coping strategies, interpersonal bond affecting caregiving.

Keywords: primary caregiver, emotional experiences, physical, emotional and mental challenges

Neuro-Socio Cognitive Profile of Patients with Bipolar Disorder: Across Time Points in Phases of Illness

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ABSTRACT

Introduction: Bipolar disorder (BD) in its characterization is primarily a mood related disorder. However, research in last decade is identifying changes in functioning similar to those patients with schizophrenia. Neurocognitive and social cognition deficits have been identified in many studies of bipolar disorder. The long-term findings are non-conclusive and limited. Studies have shown significant deficits in executive functions, emotion recognition and theory of mind abilities in patients with BD, both in acute and remission phases. Studies also point towards decline in community functioning being related to poor social and cognitive functioning. However, there is a need to assess these measures longitudinally and with better assessment batteries.

Methods: This study aims to assess neuro-social profile of 20 bipolar patients at 3 phase points of illness- 2 weeks after admission, 6 weeks post, and at 1 month follow up. We also check if there is any correlation between social cognition and clinical parameters at all 3 stages. The present study uses SOCRATIS battery, to assess theory of mind, faux pas, attributional bias and social perception, along with Mandal's emotion recognition tool to get a comprehensive social cognition profile. For neurocognition: attention, working memory, verbal learning and memory, visual learning and memory, and response inhibition, are assessed. Socio-occupational functioning is also measured. Clinical parameters of depression, mania and global functioning is assessed at all 3 phases.

Results: Results indicate no significant changes at various points of assessment, in emotion recognition, first order and second order theory of mind, faux pas, attributional bias, overall social cognition functioning, attention, verbal and visual learning and memory, response inhibition. Socio-occupational functioning and working memory improves from first assessment measure to post, but no difference is noted in post and follow up measures.

Conclusion: Results indicate that despite remission and reduction in symptom severity, the cognitive profiles of these patients are still deficient with continuous course of medication. The findings can implicate possible reduction in community functioning, poorer interpersonal functioning, and chances of a recurring episode. There is a need for addressing remedial measures to improve these cognitive functions along with managing mood symptoms, to ensure healthier rehabilitation process of patients suffering from bipolar disorder.

Keywords: Social Cognition, Neuro Cognition, Socio-occupational functioning, Bipolar Disorder, Across illness time period

Psychophysical Health Status of Indian Street Children's

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ABSTRACT

Health is an essential aspect of every living being, including children. At present, children all around the world are facing a large number of health-related problems. Children's physical, psychological, and social needs must be satisfied for them to grow and develop appropriately. Failure to address these fundamental requirements by parents, families, communities, and cultures has long-term detrimental effects on children's development. This paper aims to review the studies related to the psychological and physical health status of Indian street children and highlight the related factors related to the psychophysical health of Indian street children. Street children are one of the strata who live in vulnerable conditions in India; 18 million street children live on the streets. They live, eat, Play, and sleep on the streets. This living stay affects their health status. The lives of street children are fraught with issues, many of which are connected to drug misuse, violence, criminality, family upheaval, abandonment, sickness, prostitution, and so on. Most health problems are associated with lifestyle.

Keywords: Psychophysical Health, Indian Street Children, Status

The Effect of Metacognition on Anxiety and Quality of Life among Young Adults

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ABSTRACT

Metacognition is a type of higher order thinking skill which means becoming "aware of one's awareness". Anxiety is the reaction to stressful, dangerous, or unfamiliar situations given by our mind as well as body. Quality of life is an enveloping term for the quality of the various spheres in human life. This study aimed to understand the effect of metacognition on anxiety and quality of life among young adults. To establish this relation Metacognition Awareness Inventory, the Beck Anxiety Inventory (BAI) and the World Health Organization Quality of life (BREF) Scale was used. The questionnaires were given to a total of 113(73 females and 40 males) individuals (N=113). To establish this relationship the tool of Pearson's Product- moment correlation was used. The results indicated a weak negative correlation between metacognition and anxiety and a weak positive correlation between metacognition and quality of life. If the level of metacognition in an individual increases their level of anxiety will tend to decrease, and if there level of metacognition increases so will there quality of life and vice versa.

Keywords: Metacognition, Anxiety, Quality of life, Young Adults, Correlation

ANAPANA MEDITATION FOR ADOLESCENT EMOTIONAL WELLBEING: A REVIEW

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ABSTRACT

For years, yoga and mindfulness-based therapies have been utilised to treat mental health issues. Anapana is the first step in the practice of Vipassana Meditation. Anapana means observation of natural, normal respiration, as it comes in and as it goes out. It is an easy to learn technique. There are various mentions of its benefits in Buddhist Suttas, especially anapanasati sutta. With increasing acceptance and use of various programs designed based on principles of mindfulness and mindful breathing, to help all age groups with mental health concerns, the authors thought it would be useful to review the benefits of the ancient Buddhist technique of Anapana Meditation in adolescent emotional wellbeing, as evidenced in scientific studies and controlled trials. The review revealed multiple benefits of this practice, like reduction in stress, better concentration, reduction in anxiety, improved self-regulation, improved emotional processing, reduced verbal aggression, better emotional quotient, and many more. The interventions lasted between 6 sessions to 6 months of daily practice. It was also found that there is less published work in this area, although there has been an increase in interest in this practice and its use as a therapeutic tool, in the past decade. More randomised controlled trials are needed to study the technique and mediating variables better. Another unexplored area of research is comparison of such traditional techniques with other relatively modern and western models of therapy based on similar principles of mindfulness.

Keywords: adolescents; adolescent mental health; anapana; anapanasati; mindfulness.

**The Impact of Body Image on Self Esteem: A Comparative Study Among Young Adults
Who are Either Involved in Romantic Relationships or Are Single**

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ABSTRACT

For the last several years, study on body image and self-esteem has been a growing field. The primary goal of this study was to determine the impact of body image on self-esteem among young adults of 18 to 24 years. The research objectives for the study were: to analyze the significant relationship between body image and the level of self-esteem among young adults of 18 to 24 years; to find out whether one's involvement in romantic relationship and being single has any impact on one's body image and self-esteem, and to establish the differences in relationship status of young adults on body image and the level of self-esteem. Purposive sampling technique was used in the study to select a sample size. The target population for the study was young adults, ranged from 18-24 years. The sample size consists of 100 participants. Both male and female participants were included. Rosenberg self-esteem and Body Image scales/tests were used for collecting data in this study. The data after collection was processed and analyzed in accordance with the purpose and objectives of this study. Data was entered into access database before being exported to Statistical Package for Social Science (SPSS) version 24 for analyses for quantitative data by using Pearson Correlation, Regression Analysis and t test. Results found that there is a significant correlation between body image and self- esteem. Through Regression Analysis, it was established that there is a significant impact of body image on self-esteem of those who are involved in romantic relationship and single. And lastly, to test the hypothesis, t test was used. Findings stated that there is no significant difference on the body image and self-esteem of those who are involved in romantic relationship and single. Therefore, the null hypothesis has been accepted for this study.

Keywords- Body Image, Self-esteem, Relationship status, Romantic Relationship, Single.

Personality and Psychological Well-Being Among Young Adults

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ABSTRACT

The effect of personality of young adults on their psychological wellbeing has been seen in the present research. By young adults here it refers to all those women and men who come between the age of 19 to 40 years. Hypothesis stated that, people with neuroticism will have poor psychological wellbeing. Correlational design was used to conduct the research. data was collected from 50 male and 50 female students. Random sampling was used in this research. data was collected and analysed using SPSS version 20. Result showed that individuals who scored high on the dimensions of openness to experience and extraversion also scored high on various dimensions of psychological wellbeing and those who scored high on neuroticism scored low on all dimensions of psychological wellbeing.

Hence, based on the current study. It has been interpreted that people with neuroticism tend to have poor psychological wellbeing.

Keywords: psychological well-being, personality, young adults, Neuroticism, extraversion and openness to experience.

Impact of Demographic Factors on Psychosocial Competence of Orphan Children

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ABSTRACT

Psychosocial competence is essential for the potential development of every child. Research reveals that demographic factors do have differential impact on various psychological aspects but studies focusing on psychosocial competence of orphan children are nil almost. Hence, the present study focuses on investigating the significant impact of demographic factors on psychosocial competence of orphan children. To achieve this objective, Psychosocial Competence Scale (Ajitha. D and Vijayalaxmi A Aminabhavi, 2007) was administered on 150 orphan children aged 10-15 years residing in orphanages. Stepwise multiple regression analysis revealed that the demographic factors such as orphan status, access to media, physical health status, participation in extra-curricular activities, gender, domicile, stay duration in orphanage, academic performance, age and languages known have differential impact on various life skills and overall psychosocial competence of orphan children. The results imply the necessity of life skills intervention to orphan children to enhance their psychosocial competence in the background of demographic factors.

Keywords: Life Skills, Psychosocial Competence, Orphan Children, Demographic Factors.

A Study of Emotional Maturity and Adjustment of B.Ed. College Students

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ABSTRACT

The study aimed to find out the relationship between Emotional Maturity and Adjustment of B.Ed. students of private college of Haldwani city district Nainital. The study was conducted on 100 B.Ed. students of age group 21-30, where 68 female and 32 male B.Ed. students from the general population of Haldwani (Uttarakhand). The tools used for the study were the Emotional maturity scale by Singh and Bhargava and Adjustment Inventory for College Students by A.K.P. Singh and R.P. Sinha. The data were analyzed using descriptive and inferential statistics. The findings of the study revealed that there is a significant difference between Emotional Maturity and Adjustment of B.Ed. students. The Emotional Maturity of boy students is better than the girl students and the overall Adjustment of girl students is better than the boy students. Correlation analysis shows a strong positive correlation between Emotional Maturity and Adjustment. The findings of this study can be used for proper emotional development of the person, better adjustment, and good personality development of college students.

Keywords: Emotional Maturity, Adjustment, Gender, B.Ed Students, Development.

A Study on Impact of Parent-Child Relationship on Adjustment Among Senior Secondary Adolescent Students

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ABSTRACT

This study was conducted to examine the Impact of Parent-child relationship on Adjustment on the senior secondary school students of Nainital district. The sample of 100 students of class Xth, XIth, XIIth was selected from private 10+2 schools located in rural areas of district. The tools used for the study were the Parent-child relationship scale (PCRS) constructed by Nalini Rao (2011) and Adjustment inventory of school students constructed and standardized by A.K.P. Sinha and R.P.Singh (1971). The data were analyzed using descriptive and inferential statistics. The findings of the study showed that the Parent-child relationship has directly influenced the adjustment of adolescent students. The study also revealed that there is significant difference in Parent-child relationship and Adjustment of senior secondary school students among Gender (Male and Female) and there is a weak positive correlation between Parent-child relationship and Adjustment. The findings of the study showed that Parents need recognize the continued importance of their relationship with their adolescents and the adjustment of adolescents depends in good measure on the equality of their relationship with their Parents.

Keywords- Parent-child relationship, Adjustment, Gender, Adolescent, Secondary School.

Nomophobia, Action Orientation, Boredom and Loneliness Among Youth

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ABSTRACT

These days, smartphones have taken a significant place in our techno culture, especially among the younger generation. This useful tool, which keeps the entire world at our fingertips, has had a hugely profound and inevitable impact on how we live today. It is startling to learn that the average individual checks their phone 110 times per day—oftentimes without even realizing it. It is seen as more than just a device; rather, it serves as the digital umbilical cord that connects us to a happy life. While smartphones leave their mark, their absence also has a measurable effect. The current study set out to look at the relationships between action orientation, boredom, loneliness, and nomophobia. The study followed a cross-sectional study design using a purposive sampling method. A total of 80 individuals aged between 18-24 years, having minimum educational qualification to read and write Bengali and English, having proper access to an email account, and smartphone, and not having any known chronic psychological disorder, were selected from West Bengal (India). Correlational analysis of the data indicated that action orientation has a negative correlation with Nomophobia. Results also reported a significant positive correlation between nomophobia and boredom.

Keywords- Nomophobia, Loneliness, Action-orientation, Boredom

Effect of Jacobson's Progressive Muscle Relaxation on General Health, Psychological Well-Being and Sexual Functioning Among Women During Menopause

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ABSTRACT

Background: Menopause represents a very significant stage in a woman's life especially, during the 4th decade of their lives. It is not only a physiological changes but also marked by dramatic emotional and sexual changes that can influence behavior and their quality of life.

Objectives: The purpose of the study was to analyse the effect of Jacobson's Progressive Muscle Relaxation on General Health, Psychological Well-Being and Sexual Functioning Among Women During Menopause.

Methods: The study was based on experimental design. The data was collected from two different groups of women. General Health Questionnaire (GHQ) was used to evaluate the general health, Ryff's Psychological well-being for psychological well-being and Female Sexual Functioning Index was used for evaluating the sexual functioning of women during menopause. Jacobson's Progressive Muscle Relaxation was given as an intervention.

Results: The study shows that the Jacobson's Progressive Muscle Relaxation was found to improve their general health, psychological well-being and sexual functioning.

Conclusion: Focusing on their mental health during the premenopausal will help them to be mentally healthy during the phase of menopause.

Keywords: Menopause, General Health, Sexual Functioning, Psychological Well-being and Jacobson's Progressive Muscle Relaxation.

Work Life Balance, Resilience and Burnout Among Nurses

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ABSTRACT

In the recent context of pandemic, there is a tremendous pressure on the health care system. The subsequent increase in workload of the nurses make them vulnerable to the experience of burnout. The present study explored the relationship between work life balance, resilience and burnout among nurses using correlational research design. A purposive sample of 81 nurses from various hospitals across India participated in the study. Work life balance, resilience and burnout were assessed using Connor-Davidson Resilience Scale (CD-RISC), The Maslach Burnout Inventory and Work life balance inventory respectively. The analysis revealed a significant positive correlation between work life balance and resilience and an inverse correlation between resilience and burnout. Among the dimensions of burnout, work life balance was inversely related to emotional exhaustion and depersonalization whereas it was positively related to personal accomplishment. Similarly, resilience was inversely related to emotional exhaustion and depersonalization, whereas resilience was not related to personal accomplishment. The findings have specific applications in designing interventions to prevent burnout among nurses. However, the study is of cross-sectional in nature with a small sample. Further investigations using a larger sample and longitudinal design will bring out the nature of the relationships over a period of time.

Key words: Work life balance, Resilience, Burnout, Nurses.

Gender Discrimination and Wellbeing of Employees in Information Technology (IT) Sector

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ABSTRACT

Gender is more than an individual's identity; it is a process that structures social interactions and social behaviors in an organized form. Discrimination based on gender or sex is the most damaging to any institution since it has long-term consequences for the entire society, as well as the organization in which these issues occur. Furthermore, psychological wellbeing of the employees may be compromised by discrimination and lack of psychological empowerment. The present study aimed to investigate the association of gender discrimination with job satisfaction, psychological well-being and psychological empowerment of employees working in the Information Technology (IT) sector.

Analyses were done on a sample of 65 IT analysts. Correlational analysis of the data indicated that Job satisfaction was positively correlated with psychological empowerment and psychological wellbeing of employees. It was observed that there was a positive correlation between psychological empowerment and psychological wellbeing. The independent sample t-test also showed that there was a significant difference in the psychological empowerment of male and female employees participated in the present sample, where psychological empowerment is higher in males than in females.

Keywords: Discrimination, gender, IT employees, job satisfaction, psychological empowerment.

Cyberbullying Through Smart Phones and Other Electronic Devices – A Theoretical Perspective

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ABSTRACT

Smart phone usage has become very common among adolescents. The usage of Smart phone along with lot of benefits including exposure to the worldwide knowledge, connectivity, safety, virtual classrooms, there comes cyberbullying which is a major concern in the life's of adolescents. Cyberbullying includes bullying by use of technology such as email, Instagram messages, text messages and social media messages. Adolescents who is either a bully or a victim is experiencing some internalising and externalising problems affecting their mental health. A systematic review of literature is done to explore the effects of cyberbullying on adolescent population. Effects of cyberbullying and further direction of research has been discussed in the paper.

Keywords: Smart Phone, Cyberbullying, Bullying, Internalising & Externalising problems

Grit and Metacognition of Individuals in Relation to Their Personality Traits

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ABSTRACT

Grit has been proposed as a powerful concept associated with academic achievement and success. The concept of big five personality is the ideas and behaviour of individuals characterized by their personality. The definition of metacognition is 'thinking about thinking'. As grit is a predictor of academic success and career success, there is a need to investigate the correlation of grit and personality. A sample of 173 emerging adults were chosen from various colleges in Kerala state using the convenience sampling technique. Data was analysed based on the formulated objective and hypothesis. It was found that there is a positive and significant correlation between metacognition and big five personality traits. Grit is one of the non- intellectual elements. Metacognitive knowledge was found to have a positive correlation with extraversion. Conscientiousness denotes the application of techniques and goal - directed behaviour

Keywords: Grit, self-domain, other-domain, mastery, big five personality

A Study on Emotional Intelligence and Test Anxiety Among College Students

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ABSTRACT

The main objective of this study is to determine the significance of the relationship between Emotional Intelligence and Test Anxiety among college students and to investigate significant gender differences if any. A random sample of 214 students (99 male and 115 female) in the age range of 18 to 23 were drawn from Thirthahali, Shimoga District, Karnataka State. The emotional Intelligence Scale developed by Schutte et al (1998) and Test Anxiety Scale by Senthil and Kadhivaran (2017) were administered to the participants. Pearson's Correlation Coefficient was used to find the relationship between two variables and the t-test was employed to find the significant difference between male and female sample. The finding of the study revealed that The Emotional Intelligence and Test Anxiety were significantly and inversely related. Further, the results revealed that the male and female students differed significantly in Emotional Intelligence and Test Anxiety.

Keywords: Emotional Intelligence, Test Anxiety, College Students

Nomophobia, Perceived Parenting Style and Psychological Distress Among Students

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ABSTRACT

Mobile Phone plays a vital role in the era of tremendous technological evolution. It isn't easy to imagine an individual life without a smartphone. Despite its advantages, there are several psychological, behavioral, and physiological problems. The phenomena of feeling anxious, agitated, and nervous when the mobile phone is not accessible are termed NOMOPHOBIA. Different parenting styles affect nomophobia levels irrespective of gender, education, and income. An attempt was made to examine the relationship between Nomophobia, perceived parenting styles, and psychological distress among college students. A sample of 305 students, comprising 108 males and 195 females between the ages of 17-28, was taken for the study. Correlation research design and between-group research designs were used. The results indicated that Nomophobia significantly correlated with permissive and authoritarian parenting styles.

In contrast, it is not related to authoritative parenting styles. Nomophobia was also significantly associated with psychological distress. There were no significant age differences in Nomophobia across genders, education levels & education streams. A highly significant positive relationship between Nomophobia and authoritarian parenting styles is seen among females. However, there was no relationship between Nomophobia and permissive and authoritative parenting styles.

Regarding the male gender, a highly significant positive correlation was evident between Nomophobia and permissive and authoritarian parenting styles. There was no relationship between Nomophobia and authoritative parenting styles in males. Nomophobia had a highly significant positive correlation with anxiety and depression, loss of dysfunction, and psychological distress.

Nomophobia, Action Orientation, Boredom, and Loneliness Among Youth

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ABSTRACT

These days, smartphones have taken a significant place in our techno culture, especially among the younger generation. This useful tool, which keeps the entire world at our fingertips, has had a hugely profound and inevitable impact on how we live today. It is startling to learn that the average individual checks their phone 110 times per day—oftentimes without even realizing it. It is seen as more than just a device; rather, it serves as the digital umbilical cord that connects us to a happy life. While smartphones leave their mark, their absence also has a measurable effect. The current study set out to look at the relationships between action orientation, boredom, loneliness, and nomophobia. The study followed a cross-sectional study design using a purposive sampling method. A total of 80 individuals aged between 18-24 years, having minimum educational qualification to read and write Bengali and English, having proper access to an email account, and smartphone, and not having any known chronic psychological disorder, were selected from West Bengal (India). Correlational analysis of the data indicated that action orientation has a negative correlation with Nomophobia. Results also reported a significant positive correlation between nomophobia and boredom.

Keywords- Nomophobia, Loneliness, Action-orientation, Boredom

Relationship Between Interpersonal Emotion Regulation Strategies and Psychological Well-Being Among College Students

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ABSTRACT

Objective: Humans are social beings who experience emotions with and through other people. It is more efficient and natural for people to control their emotions with support and encouragement from their social environment. One's ability to manage emotions is often influenced by the approval and judgement made by one's social context. The role of cognitive emotion regulation strategies in processing difficult emotions and its impact on psychological well-being has well been explored. However, the role of interpersonal emotion regulation strategies and its impact on psychological well-being especially in the non- clinical population is uncharted.

Method: The sample consisted of 939 undergraduate college students (407 boys and 532 girls) in the age range of 18-21yrs, studying in private colleges in Bangalore city, India. The Interpersonal emotion regulation questionnaire by Hofmann et al. and Ryff's Psychological well-being scale were administered. Pearson's correlation coefficient was used to analyze the data.

Results: There was a significant positive relationship between the strategies enhancing positive affect (p-value 0.000) and soothing (p-value 0.039) with students' psychological well-being.

Conclusion: Receiving sympathetic support from one's interpersonal connections appears to play a beneficial function in increasing one's wellbeing within the Indian diaspora.

Keywords: interpersonal emotion regulation; psychological well-being; emotion regulation; college students; emotions

Relationship Between Social Support and Wellbeing: Mediating Role of Mindfulness

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ABSTRACT

Wellbeing is a desired and optimal state of functioning of individuals, which may be modified through various psychological factors. Researchers have empirically linked mindfulness to improved psychological wellbeing. Hence, it is imperative to study the basis of mindfulness and the path through which wellbeing is impacted. Hence, the study investigated the relationship between social support and wellbeing; mediating role of mindfulness. Through purposive sampling, 375 participants were recruited into the study and were administered the cognitive and affective mindfulness scale-revised, interpersonal support evaluation list, and the brief inventory of thriving. The obtained quantitative data were analysed using descriptive statistics, Pearson's product-moment correlation coefficient, the confirmatory factor analysis was done to check the validity of three scales and mediation analysis was done using Structural equation modelling (SEM) through AMOS software. The findings provide evidence that mindfulness plays a positive mediating role between social support and wellbeing by enhancing wellbeing. The results showed that the direct effect, indirect effect, and total effect were significant and there was partial mediation of mindfulness between social support and wellbeing. This study highlights how mindfulness accounted for association between social support and wellbeing, suggesting the pathway through which social support may affect wellbeing.

Keywords: social support, mindfulness, wellbeing, confirmatory factor analysis, mediation analysis

Partial Correlation Analysis of Test Anxiety, Affect and Psychological Wellbeing Among Undergraduate Students During Online Examination

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ABSTRACT

Background: Test anxiety creates different emotions or affect among students. It has cascading effect on the psychological wellbeing. This study investigated the link between test anxiety and psychological wellbeing partialling out the influence of positive and negative affect prior to major online examination.

Methods: Data were obtained using self –report questionnaire designed in Google form, which assessed the level of test anxiety, positive and negative affect and psychological wellbeing. A sample of 115 were randomly selected from undergraduate programme and were presented with ‘informed consent’ form and took part in the study.

Results: Percentage analysis showed that 13.9% of students had extremely high test anxiety. Pearson correlation analysis showed that text anxiety was negatively related with psychological wellbeing ($r=-0.258$, $p<0.01$) and positive affect was positively related with psychological wellbeing ($r=0.339$, $p<0.01$). Partial correlation revealed a significant increase in the influence of positive affect on the psychological wellbeing after controlling for test anxiety and negative affect. Similarly, negative influence of test anxiety was stronger on psychological wellbeing after controlling the effect of positive affect. Students differed significantly in test anxiety based on gender ($t=2.47$, $p<.01$).

Conclusion: The findings of this study revealed that test anxiety and positive affect had significant reciprocal influence on the psychological wellbeing of students. Female students require special attention in managing text anxiety and enhance their psychological wellbeing.

Keywords: Partial correlation, test anxiety, PWB, PANA, positive affect

To Study the Level of Emotional Burnout and Coping Strategies Among Counsellors in Goa

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ABSTRACT

The present research was conducted “to study the level of emotional burnout and coping strategies among counsellors in Goa”. 30 counselors were interviewed and it was found that majority of the counselors have experienced high level of emotional exhaustion. It has been also found that in most of the schools/colleges there is only one counselor appointed to handle the issues faced by the students. A couple of counselors also complained about dealing with multiple trauma cases.

There is an unseen belief about counselors wherein they are expected to work like robots i.e strip off of their emotions and feelings. In the era of globalization there has been increase in the demand for counselors. The increasing mental health issues and the lack of availability of counselors in school and Colleges has put a pressure on the existing counselors. Counselors are forced to handle a huge number of clients in a day. Studies have also shown that working with number of trauma-related clients has caused the counselors emotional exhaustion.

Keywords: - Counselor, Burnout, Emotional Exhaustion, Coping Strategies, Work Pressure.

The New Wave of Indian English Science Fiction: A Posthuman Reading of K.B Divya's Machinehood

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ABSTRACT

This paper focuses on the idea that Indian English Science Fiction has entered a new realm with a posthuman touch blending the concept of critical posthumanism and Indian philosophy. Indian science fiction is a genre that is considered the marginalized Other, and Western society still understands India as an exotic and mythological land. The present study focuses on the understudied connection between posthumanism and Indian English science fiction. Western science fiction often speaks about the technological singularity and the dominance of machines over humans, while Indian science fiction authors put forth an optimistic world where humans, machines, nature and all living and non-living things live in a symbiotic relationship with equal importance. This acceptance of cohabitants and the rhizomatic nature can be traced even in Indian Philosophies like Upanishads, where the whole cosmos is addressed as the manifestations of the same energy in infinite form.

This paper tries to analyze the novel *Machinehood* in regard to the posthuman discourse, focusing on the concept of “critical posthumanism” by Rosi Braidotti and the idea of “Aham Brahmasmi” in Upanishads. The study is primarily based on textual analysis that emphasizes the Indian perspective on posthumanism and will include close reading and interpretations to show S.B Divya successfully engages with the idea of “post”. The purpose of the paper is to bring to the scholarly world the importance of Indian science fiction and the need to uplift it from the marginalized category. Although Upanishads have spoken about the realms of mind thousands of years before Sigmund Freud, the world has noticed and is still discussing the latter's ideas. The same ignorance should not happen to the Indian science fiction genre, which has started to draw beautiful pictures of a futuristic society. The arguments mentioned above are confined to Indian English science fiction, and therefore, future researchers have the scope to dig into the vernacular Indian science fiction.

Keywords: Indian English science fiction, posthumanism, critical posthumanism, Upanishads, marginalization.

An Empirical Analysis of Green Economy of India

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ABSTRACT

The transition to a green economy is a long-debated notion at the national and international levels. The green economic model is an alternative development based on sustainable development and Ecological economics. Green economy strategies mainly promote sustainable growth and reduce environmental degradation and natural resource depletion. This paper tries to explore the various determinants that affect green economics. The study uses secondary data to examine India's green economy's nature and extent. During this period, the environment had an opportunity to rest & recoup, mitigating the environmental hazards and slowing the progression of climate change impacts. These concepts are fundamental to the survival of the total ecosystem.

Keywords: Green Economy, Green Growth, Resource depletion

Teaching and Learning with Technology: Influence of ICT Integration in Schools

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ABSTRACT

In this age of globalization, ICT has become a necessity for educational Institutions to survive and compete with rest of the world. Integration of Information, Communication, and Technology (ICT) will assist teachers to the global requirement to replace traditional teaching methods with technology-based teaching and learning tools and facilities. ICT is considered as one of the main elements in transforming the country to the future development. This study aims to analyse teachers' perceptions on effectiveness of ICT integration to support teaching and learning process in classroom.

Today, a person's success can be assessed by how well they can communicate. Information and communication technology (ICT) is the use of electronic devices to receive, store, manipulate, retrieve, and transmit information. Examples for these electronic devices include computers, LCD projectors, smart boards, printers, and mobile phones. Computers are widely used in various educational institutions for the aforementioned reason.

The role of technology in the field of education is four-fold: it is included as a part of the curriculum, as an instructional delivery system, as a means of aiding instructions and also as a tool to enhance the entire learning process. Education has gone from passive to interactive and interesting.

In the light of the Covid-19 pandemic , use of technology in education has changed significantly ,technology aids as a medium of delivering instructions and concepts in a more perceptive and engaging manner , leading to enhancing the learning experience , students can access study materials from any geographical location which proved to be a boon in remote pandemic stricken areas ,use of visually appealing videos , interactive whiteboards, curated quizzes , online classes , social networking, podcasting, class blogs and wikis and mobile devices. makes it easier for students to grasp subjects from the comfort of their homes which wouldn't be possible without technology. Countries should integrate technology into their existing curriculums rather than using it as a crisis-management tool.

Keywords: ICT, ICT tools, interactive whiteboards, curated quizzes, online classes, social networking, podcasting, class blogs, wikis and mobile devices.

Reviewing the Trajectory of Wisdom with Age

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ABSTRACT

The paper emphasizes on the virtue of wisdom and its relation to the age of an individual. Wisdom has been foreseen as something which increases with age and this trajectory has always been a misconception by human beings. Most people seem to respect wisdom highly, yet it's possible that everyone has a different definition of what wisdom is. Many of the first investigations in the field of modern empirical wisdom involved efforts to integrate and summarize inherent notions of wisdom held by common people. In reality, philosophers have been attempting to describe this enigmatic term since prehistory.

Thus, in this review paper, the researchers wish to analyze studies which are associated with wisdom and its relation to age. The critical examination of how wise individuals develop and what other underlying variables contribute to wisdom in a person when age is merely a myth is discussed in the paper. Older people are often perceived as a source of wisdom in society, but it was implicated in most studies that age was not a trajectory for virtue wisdom, as it is believed to be. There are various other contributing factors like personality characteristics, and openness to experience that actually points to a person getting older with wisdom. So, in the studies that were reviewed, it was found that most of them do not agree with the myth of age being correlated with that of attaining wisdom. A wise person can be from any age and it increases per se but not with age as a factor but with an individual's experiences and persistent thirst for knowledge.

Keywords: Wisdom, Virtue, Chronological age, Positive Psychology

Rise of China: Challenges for India's National Security

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ABSTRACT

India is a rising power, but its transformation is occurring in the shadow of China's even more impressive ascent. China's spectacular economic growth gives it great wealth as well as the power and influence that come with such prosperity. China's rise would be a challenge for India because it opens the possibility of China dominating its neighbors including India. In this context, this paper aims to explore and analyze the major challenges to India's national security emanating from rise of China as a great power. It focuses mainly on the impacts of China-Pakistan axis, China's growing influence in the Indian Ocean, rapid modernization of China's military, and the reluctance of China to allow the emergence of India as a great power on India's national security. This study is based on the historical research method. The primary data includes both government and non-government research reports, and newspaper reports, and the secondary data used in this study is taken primarily from books and journal articles. The study has four major findings. First, contrary to India's advocacy for a 'multipolar Asia', a unipolar Asia led by China seems to be the Chinese leadership's overarching ambition. Second, the long-standing strategic relationship between China and Pakistan poses serious challenges to India's national security. Third, China's power in international institutions ranging from the United Nations Security Council to Nuclear Suppliers Group has proved to be an obstacle to Indian foreign policy ambitions. Fourth, China detests the notion of the Indian Ocean being seen as India's backyard.

Keywords: Rise of China, China Pakistan Strategic Partnership, Balance of Power in Asia, Indian National Security Challenges, Indian Ocean Security.

The Development of Ayurveda: From Ancient Practice to Modern Fad

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ABSTRACT

Aim: The goal of this study was to find out more about Ayurveda and how it has influenced drug discovery strategies.

Materials and methods: We've read every published study on Ayurveda's extensive history and wide-ranging usage today. Ayurvedic pharmaceutical quality evaluation includes quality control, standardisation, chemo-profiling, and metabolite fingerprinting. Developing safe, effective, high-quality Ayurvedic medications for human health is gaining pace. Scientific documentation, process validation, and other variables ensure the quality, safety, and effectiveness of Ayurvedic drugs.

Results: This study focuses on Ayurveda's main goal and role in healthcare. Ayurveda discusses Arka, Asavas, Aristas, Churna, Taila, Vati, Gutika, Bhasma, etc. Ayurvedic herbs yielded many interesting therapeutic ingredients. Chemo-profiling is required to assess Ayurvedic medication effectiveness. Standardization, stability, and quality consistency of Ayurvedic items are talked about, as well as measuring bioactive chemicals, identifying fake and similar drugs, and chromatographic fingerprinting.

Conclusion: Scientific validation and documentation are essential for Ayurvedic treatment to be acknowledged globally. Ayurvedic herbs' identification, purity, safety, drug content, and physical and biological qualities may all contribute to their medicinal efficacy. Ayurvedic medicine must be studied using cutting-edge science to be acknowledged. This study tries to help by pointing out important things to think about as Ayurvedic medicine spreads.

Keywords: Ayurveda, Current era, Standardization, Stability, Drug content

The Developmental Facets of Religious Harmony in India

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ABSTRACT

India is a cradle of world religions. It is a multi-religious society and observes the patrimony of religious harmony. India upholds values of secularism as the basic feature of its Constitution. The Indian Constitution guarantees its citizens the right to practice beliefs and teachings of the religion they follow. The Indian concept of religious tolerance is appreciated widely. India stands as the model for the world to value the principle of unity in diversity. India has produced number of religious leaders who embraced their life and teachings in compliance with the secular nature of the Nation. There exist strive for religious harmony in all spheres of the society. Respect towards the other religion and their beliefs is the core of religious harmony in Indian Society. Living alongside people with different religions can be a wonderful experience, but it can also have its challenges. The life of each and every Indian citizen is very much rooted to their religious beliefs and practices. People live peacefully and religiously with mutual understanding. The recent development of religious fanaticism or radicalism shakes the secularistic pillar of the Nation and is a threat to the religious harmony. Narrow minded attitude towards other religion creates a feel of insecurity and fear of survival among the people. Legislations related to religion can be seen as a small challenge in the developmental process of religious harmony. Judiciary holds an important place in securing and promoting this harmony. The modern trends like irreligion and integration of religion and politics can be regarded as the main threat to religious harmony. The interreligious dialogue is a channel to ensure the harmony in the pluralistic society. This paper will analyze the emergence of religious concord and its applicability to the current Indian scenario.

Keywords: Religious Harmony, Secularism, Irreligion, Religious Tolerance, Religious Fanatism, Judiciary, Interreligious Dialogue

Anti-conversion Laws: A Threat or Support for Religious Freedom

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ABSTRACT

Throughout all eras of India's transition to democracy, religion served as the cornerstone of society and all of its institutions. Due to the fact that India not only served as the birthplace of many religions but also as a haven for several other religions that originated in other areas of the world, the freedom of religion is guaranteed as a fundamental right by the Indian Constitution. Ten out of twenty-eight states in India have enacted anti-conversion laws to regulate religious conversions by use of force, allurement, inducement, or fraudulent means. It is argued that the vagueness of the definitions of the terms used in these laws makes them inconsistent with the provisions of the right to freedom of religion and the right to equality guaranteed by the Constitution. Since these words are amenable to multiple interpretations, it leaves the Courts with arbitrary and unguided powers to interpret them in whichever manner they want. It is a critical question whether these laws protect the religious freedom of groups that are “vulnerable” to missionary inducements, or are they restricting the freedom of citizens to propagate their religion to others or change their religious identity? This article looks into the scope and meaning of the terms - use of force, allurement, inducement, or fraudulent means, used in the enactment. It critically analyses the judicial decisions interpreting the terms, traces the historical evolution of the anti-conversion laws passed in the Indian States, and argues that these laws limit the freedom of religion guaranteed under Article 25 of the Constitution of India. It brings out the ambiguity in the anti-conversion laws passed in various states of India and makes an attempt to draw the limits and define the scope of the freedom of religion with respect to conversions.

Keywords: Freedom of Religion, Anti-conversion Laws, allurement, inducement, and fraudulent means.

Culture and Behaviour

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ABSTRACT

Cultural differences in human behavior have been widely documented and interpreted by various psychological theories. That emphasize cognitive or affective mechanisms. However, it remains a challenge to provide a coherent understanding of culturally discrepant behaviors. Cultural research has shown increasing evidence for culturally specific patterns of behaviour. People are often surprised by witnessing how others behave unexpectedly when traveling across cultures. Psychologists have developed various theoretical accounts of cultural differences in human behavior that emphasize cognitive or affective processes. Whenever we visit a foreign country, we find a number of differences between the lives and lifestyles of the people of that country and that of our own. The people of that country speak language that is different from ours. They eat foods that we generally do not eat. They express happiness and grief in ways that are not similar to ours. The type and nature of bonds and relationships they form in their societies and families are also unique to them. We often attribute such differences in the societies to the differences in their cultures. By this research, we will come to know about the concept of culture, process of enculturation and acculturation as well as individualistic and collectivistic societies. By this research, we will also come to know about the cultural influences on Individuals' perception and actions of behaviour.

Keywords: Culture, Behaviour, Psychological, Enculturation, Perception.

Empowering Women to Overcome Challenges: Need of an Hour

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ABSTRACT

“Women square measure capable of doing everything, however, it’s simply that men worry losing their superiority.” This article aims to investigate challenges sweet-faced by ladies in India and the status of women empowerment. Further the article elaborates the rights provided to them to get pleasure from equality and freedom within the country. Nowadays women empowerment is among the foremost highlighted concern of country. This is often because it has been detected that females somehow get pleasure from lower level of facilities than that of men. Even after being the major concern, women become exploited by varied social evils widespread in the society. Women empowerment is an instrument to bring an amendment within the social status of girls so that they can make their own choices in different aspect and sustain a flavorful life. Women empowerment is a process of raising status of women through awareness, education, employment, literacy, training, etc. Asian country is currently on the stage of understanding the requirement of women empowerment however mere understanding its need isn’t enough. Actions are essentially to be taken to confirm this. The study wind up by the observation of laws and rules set by the government so as to empower girls and to modify them to require their own choices.

Keywords: Women Empowerment, Social Evils, Equality, Freedom, Social Status

Emerging trends in the acceptance of social media by scheduled tribes of Himachal Pradesh

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ABSTRACT

Social media has become an indispensable part of our daily lives. The COVID-19 pandemic, in particular, pushed social media to become increasingly tribal. Social media has now been around for over two decades and has passed through several societal thresholds in terms of authenticity versus acceptance. While social media can intensify our conflicting needs, it can also provide a solution. In this digital era, more than ever, it's easier to reach the people who like you for being you. Without it having to strike a popular chord, it's possible to be accepted for authenticity. But it requires patience. Marshall McLuhan's Law of Media states that all media aim to extend the body, and after reaching a certain extension, some become obsolete, some become revived, and when a new medium is pushed to its extreme limits, it reverts to its early version. The Kinnauras, Gujjars, Gaddis, Kinnauras, and Pangwal are the state's major tribes. These tribes have successfully balanced their ancient indigenous culture with modernization. They have begun to be quite progressive in order to accept society's unavoidable change. The purpose of this paper is to identify the factors that contribute to the tribal community of Himachal Pradesh's acceptance of social media. Furthermore, it would be a genuine effort to co-relate the theory of media law in the lives of tribal people who lead difficult lives rather than mainstream people who have access to every evolved technique.

Keywords: Tribal Community, Law of Media, Media Literacy, Identity crisis etc.

Towards Developing New India by Redefining Science Education: Through STEAM

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ABSTRACT

Science and Arts are friends or foe? It has been one of the all-time debates in the world of academics that could not reach one conclusion. Still, looking at today's scenario, we as educators wanted our students to grow up as multifaceted individuals. For example, suppose mathematics and science can theorize and measure concepts; in that case, art is needed to express them, appreciate them and encourage the use of technology and engineering. Therefore, it is crucial to construct a concept that brings all these major disciplines together and that is how STEAM as a concept works. In this paper, the concept of STEAM is presented in a very simplified way. Along with the concept, this paper also presents four main pillars of STEAM, and how and which elements of each discipline contribute in developing the concept of STEAM. The conclusion and discussion of this paper also highlight some pedagogies to execute the principles of STEAM in classroom teaching.

Keywords: STEAM, Pillars of STEAM, Main Elements, Pedagogy, Critical thinking

In India, Investigative Journalism is not a Cup of Tea for Women?

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ABSTRACT

Journalism is a risky and fascinating career, but it is not for the faint of heart. Having to face the entire and influential public life and numerous obstacles inside their organizations makes journalism a more challenging career for women than it is for males. Working conditions for women journalists in India's media are often complex, including a lack of control over their schedules, insufficient protection from workplace hazards, few opportunities to report from the field, and a wage gap. Women are making waves in today's journalistic industry, shaping how stories are covered and presented to a niche audience. In recent years, there has been a surge in the number of women who want to pursue careers in journalism. Despite the growing popularity of journalism as a career option, female journalists continue to make more minor contributions than their male counterparts. It is also worth noting that, despite the widespread availability of information in the modern day, very few female journalists work in investigative capacities. This study aims to investigate the role of investigative journalism in contemporary society, as well as the dangers that female journalists confront. Ultimately, this study will reveal how investigative journalism in India has affected women.

Keywords: Indian investigative journalism, Indian news media, Professional problem, Women journalists.

Effectiveness of Blended Method of Teaching and Learning Communicative Skills at Undergraduate Level in MIT ADT University Pune

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ABSTRACT:

The main purposes of this research paper are, a. To develop Blended method of teaching and learning English language, communicative skills among the students at Undergraduate Level in MIT ADT University Pune, b. To investigate the effect of Blended method of teaching and learning English language on undergraduate students in India, c. To study the changes in English language learning of Undergraduate students. With the emergence of easily available and fast communication channel due to the technological advancement, use of various platforms and different applications has simplified the teaching and learning English language. Blended method of learning describe as hybrid or mixed-mode learning, e-learning or online learning is being combined with traditional classroom methods and independent study to create a new, hybrid teaching methodology. In the era of globalization, digitalization has fetched easy and quick access of internet to every nook and corner of the world. This paper mainly focusses on the various tools and applications used in the blended method of English Language teaching and learning in India.

Blended method of Teaching and Learning is an educational program (formal or non-formal) that combines online digital media with traditional classroom methods. Online educational methodology, and flipped- classrooms with associated pedagogy of active learning, has quickly emerged as the mainstay of effective education in this 21st century.

A blended learning approach ensures that the learner is engaged and driving their individual learning experience. In addition, since different students have unique learning styles, a blended approach is more likely to cater to those needs.

Blended learning also known as hybrid or mixed-mode learning and where in classes a portion of the traditional face-to-face instruction given through web-based online learning. Blended learning is a term increasingly used to describe e-learning or online learning is being combined with traditional classroom methods and independent study to create a new, hybrid teaching methodology. In English language learning is slightly different than other learning it needs lot of practice to improve the different skills of communication. This research paper mainly highlights the effectiveness of blended method of teaching and learning communicative skills among the students at undergraduate level in MIT ADT University Pune and it will also focuses how Information communication technologies (ICTs) will support India @75 developing India and how ICT are essential to reducing unemployment, improving access to ICT enabled education services and creating new sources of income and employment for the graduating students and how it.

Gender Differences in Religiosity: A Review

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ABSTRACT

Religion is a social custom that is based on a set of moral principles, laws, and rituals. It has a significant impact on how an individual's personality and perspective evolve. It is generally recognized that religiosity differs between genders. Studies from the past frequently reveal that women are more likely than men to practice any religion. In this paper, empirical studies on how gender affects religious affiliation are presented, evaluated and discussed. Significant racial and gender inequalities were found in the review, and these differences persisted even when sociodemographic factors such as education, age, marital status, family income, area, urbanity, and subjective health were taken into account. These researches bring more attention to some of the ways that gender influences religious significance and activity, as well as the strong and frequently fundamental relationships that exist between religion and gender.

Keywords: Religiosity, Gender, Gender differences

A Study on the Experience of Motherhood exploring the concept of Primary Maternal Preoccupation

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ABSTRACT

The study examined the effects childbirth has on a mother's life as well as how a child's disability affects how she perceives parenting. Primary Maternal Preoccupation (PMP) is the concept originated by the British psychiatrist Donald Winnicott. It is critical to comprehend the mother's viewpoint on how having a child with a disability has affected their lives. because women go through physical changes in addition to other changes in their life. Given that children go through physical, mental, and emotional changes as well as changes that may occur in many other areas of their life, the mother point of view is essential to comprehending the notion of PMP. The study focused on the PMP concept and attempts to highlight the differences in the PMP score obtained by mothers when asked about to report their experience while bearing children with disability and without respectively. The study uses the main information gathered from the mothers and is a descriptive comparative study. Through the experience of PMP, it is hoped to compare the variations in mother-child relationships. Based on the mothers' experiences and responses to the study's tool, the study relies on self-reported PMP. The tool used to collect data also includes some part of YIPTA-R scale and the hypothesis is tested using the Mann-Whitney U test. The study is concluded with the view that the PMP experience of the mother while rearing the child having disability is more intense. The study uses the main information gathered from the mothers and is a descriptive comparative study. The study suggests change in the approach of motherhood and viewing things with different aspect which will eventually help in the turning the experience of motherhood in to a positive one.

Keywords: Primary Maternal Preoccupation, Disability, Motherhood, Children with Disability, Experience

New Emerging Knowledge for a New United India

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ABSTRACT

When we think of knowledge, we think of education. Education is not the amount of information that you put in your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. In spite of our advancement in science and technology, widespread secular education, we still find a vacuum, something more important, an essential attribute is lacking in the life of individuals. Now new knowledge is required for the ability to deal constructively with reality, ability to adapt to change, ability to have relative freedom from symptoms that are produced by tensions and anxieties, ability to have the capacity to find more satisfaction in giving than receiving, the capacity to relate to other people in a consistent manner with mutual satisfaction and helpfulness and the capacity to sublimate to direct one's hostile energy into creative and constructive outlets. Spirituality is nostalgia for some, for some it is blind faith, for some it is renunciation and retiring to secluded spots not to be associated with the affairs of the day to day activities of the world. Spirituality is universal. Spirituality goes beyond the boundary of religious practices and embraces the entire human kind. A spiritual person is one who is in the awareness of his inner mine of qualities and powers and make use of those treasures in problem solving, dealing with difficult situations and people, handling conflict resolutions, fostering better inter human relationship. Consciousness plays an important role in shaping our life. Body consciousness is the root cause of all arrogance, ego, fear, hatred, rough and tough behaviour gives rise to & and mine, mine and your's; consciousness. It drives people to a point of eccentricity, abnormality, derangement, and instability. It is our experience that the CONTEMPLATION THERAPY in this context, is found to be an effective tool to instil enthusiasm, confidence and enterprise in an individual. This will, in course of time equip one with the power to endure, accommodate, discriminate, judge and face men, matters and circumstances. If our country has to restore our glorious past of heavenly fame this consciousness shift programme has to be made a mass movement.

Keywords: new knowledge, Consciousness, spirituality,

Study on Remote Working and Work Life Balance among Employees in IT sectors

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ABSTRACT

Remote work is also known as work from home or telecommuting. It is a type of work schedule in which an employee works from a location other than the offices. The concept of remote work gained popularity during the COVID 19 pandemic, when the majority of the world's population was forced to stay at home and complete their work without travelling to their offices. The employers are getting benefitted in completing the tasks by working from home, on the other side the employees are facing difficulties in balancing their profession as well as personal lives. Achieving a healthy work life balance entails meeting work deadlines also spending time with friends, engrossed in hobbies, sleeping and eating and least bothered about work when at home. Due to the remote working, the employee's home has become a priority on completing their job through online mode where it leads to the imbalance of spending time with the family. Therefore, this study aims to understand the relationship between remote working and work life balance among employees. The sample size will be 50 participants who are between the ages of 29 to 50 in IT sectors. The findings of the study will be helpful to understand the job satisfaction of the employees on the basis of remote working and also enable to develop policies on improving the work life balance on remote working.

Keywords: Remote working, telecommunicating, Covid-19, Employees

Proximate composition analysis in small indigenous fish *Puntius conchoni* collected from local water bodies of Jammu, J&K (UT)

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ABSTRACT

Small indigenous fishes are those small freshwater fishes that attain a maximum size of 25 cm or 9.8 inches in the adult stage of their lifecycles. In the present study, proximate composition i.e protein, lipid, ash, moisture, carbohydrates, and gross energy value in small indigenous fish *Puntius conchoni* was evaluated using the standard protocols. The fish specimen were collected from the Chakrali stream of the Jammu region. For the present study, a total of 50 specimens with an average length of 7.01 ± 0.04 cm and an average weight of 10.22 ± 0.11 g were taken. The crude protein and crude lipid content were found to be 15.92 ± 0.02 and 2.01 ± 0.02 %, respectively. The moisture and ash content of this fish was observed to be 76.43 ± 0.02 and 1.62 ± 0.01 % respectively. The gross energy value of this fish was recorded to be 97.85 ± 0.01 Kcal/100g. Thus, from the present study, it can be concluded that this fish like other small fishes is an excellent source of quality proteins and an incredible animal protein source replacing many expensive protein-rich diets. Thus, considering the significance of the small indigenous fish species, this study was undertaken to assess the nutritional value of SIF i.e *Puntius conchoni* collected from Jammu waters which is important from public health point of view.

Keywords: *Puntius conchoni*, Small indigenous fish, nutritional value, proximate composition, gross energy value

Youths' Perspective on Factors Influencing Career Choices: A Survey Analysis

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ABSTRACT

Good Career planning and making the right career choices for oneself is always the most crucial decision in one's life especially for those in the transition phase of moving from high school to either further higher educational institutions or creating other career paths for themselves. But this process becomes more complex by the factors which directly or indirectly influence the career choices of the students. The aim of the present research was to explore the factors influencing the career choices of the Senior secondary school students of India. This survey- based study used a descriptive and ex post facto design. Since the study was conducted at the peak pandemic situation, the process of data collection and feedback from the participants was hindered. There were total 35 participants in the study (N=35) where both male and female students participated equally, belonging to the private schools of India. The data was collected online via google form with a help of a questionnaire comprising of 16 statements, exploring various factors influencing the career choices of the participants. The Google form was circulated via popular means of social media such as WhatsApp, Instagram, and Facebook. Data was analysed quantitatively and the discussion and implications and future recommendations are discussed further. Findings from this study have important implications for any upcoming study in the realm of career psychology.

Keywords: Career Planning, Career Psychology, Ex post facto design, Senior secondary school, Transition Phase

Impact of Corporate Social Responsibility on Business Firm: A Consumer Perspectives

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ABSTRACT

In my research study proposes and tests a model of corporate social responsibility for that a specifies relationships among four categories of CSR initiatives used as independent variables, three types of consumer trust used as mediating variables, and corporate reputation used as the dependent variable. Which shows a results that the firm's fulfilling the economic and legal CSR initiatives which had a direct positive effect on corporate reputation, as compare to ethical and philanthropic CSR initiatives is unable to fulfil. Verifying the CSR- trust link, economic performances fostered consumer expertise trust, legal as well as ethical CSR activities direct affected integrity trust, and philanthropic CSR activities which influenced social benevolence trust in the business firm. In my research study it is confirms that all three types of trust either partially or fully mediate the effect of the four CSR initiatives on corporate reputation. In my research work outcome indicates that CSR activities create and nurture consumers' trust within company as well as outside environment also, which directly as well as indirectly put impact on consumers' positive or improved perceptions of the business firm.

Keywords: CSR, Consumer trust, corporate reputation, Mediation, Social benevolence Trust

Public Health Crisis Post Covid – 19 Pandemic - A Socio Legal Study In Respect To Right To Health

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ABSTRACT

This article talks about how the lives of various communities all over the globe has been influenced by the deadly corona virus and the purpose is to explore the right to health which should be enjoyed by all human beings. Though there are a lot of prejudices found when the topic comes up as the majority don't get the benefit of good health. Lacs of people die every year due to poor sanitation, malnutrition, etc especially the kids who at times live in the shanties and debris in an unhygienic condition. This includes the recent pandemic of COVID-19 along with the study of right to health to initiate a thought among the people about our present health condition and how to eradicate the sickness and build a better health for the nation without curbing the basic rights conferred to every individual. The significance of the study relates to the underlying situation of health care around the world and how Covid-19 pandemic has affected the lives of human beings globally and how along with mental health, the spiritual healing is also needed after the loss of dear ones. Therefore, health related rights should not only be constricted to physical and mental health but also emotional and spiritual aspects must be checked as we humans evolve with time and the culture around us change as per the change that humans face which is mostly depending on the thoughts.

Keywords: Health-care, Spiritual health, Emotional happiness, Post covid era, Society

**An Empirical Analysis of Loss of Interest and Negative Impact on Physical Health During
COVID-19**

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ABSTRACT

The Covid-19 pandemic has caused a lot of boredom and has negatively impacted health worldwide. This study aims to observe the impact of the demographic variables of age, gender, educational level and area of residence on the Boredom and Loss of Interest/productivity levels and negative impact on physical health of individuals due to the pandemic. Data was obtained using a questionnaire that measures questions related to boredom/loss of interest, lower productivity and the negative impact on physical health. Results indicated that education and area of residence recorded significant impacts of probability of boredom and lower interest/productivity. This means that individuals with a high school/ diploma have almost twice the odds of having higher boredom and lower interest/productivity compared to graduates and postgraduates. Individuals living in semi urban areas were 1.5 times the odds of having higher boredom and lower interest/productivity compared to people in rural and urban areas. On the other hand, age and education had significant negative impacts on physical health due to the pandemic. Individuals in the age group of 30 to 59 years had 1.5 times the odds of having negative impact on physical health as compared to the age group of >60 years and < 30 years. Individuals with a high school/ diploma have more than twice the odds of a negative impact on physical health as compared to graduates and postgraduates.

Keywords: Loss of Interest, Boredom, Negative Impact, Covid-19, Physical Health

Child Covid-19 Vaccination: How the Newspapers Frame Dominant Discourse

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ABSTRACT

Various studies and existing literature have pointed toward the ability of media to influence and change health-related behaviours and perceptions among its audience. People used news media as the prime source of health-related information during the pandemic. Apart from covering the spread of Covid-19, the news media have also focused on stories related to the Covid-19 vaccination, especially on children. News media becomes more important than interpersonal communication to increase knowledge and awareness related to health issues (Coleman et al., 2011). Since people depend on mass media to gather information related to health issues, analysis of the presentation of stories in media is essential. This article analyses how news about child Covid-19 vaccination gets framed in media and the different narratives generated based on the frames given by the media. News articles (reports, features, editorials, and opinion pieces) in the 'Hindu' newspaper and the articles from the online platform of 'Times of India' were taken as samples.

According to 'Entman', the different frames used by the media in news stories help define problems and call attention to some things while concealing others. Using narrative analysis, this study delves into various media narratives about child Covid-19 vaccination created by different media outlets. The study's findings suggest that the media tried to make a positive attitude towards vaccination among the audience. The results also reveal that media have used frames related to transparency, protection, vaccine supply situation, etc.

Keywords: child Covid-19 vaccination, vaccine hesitancy, news framing, narrative analysis, news stories, public health, health behaviour, pandemic.

Spirituality and Death Anxiety during Pandemic amongst Youth

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ABSTRACT

Death Anxiety is an extremely complicated construct and can negatively affect one's mental health, it can be influenced positively by Spirituality. The objective of the study was to assess the relationship between Spirituality to Death Anxiety amongst Youth during the Pandemic. The Religiosity-Spirituality Scale for Youth and Revised Death Anxiety Scale were administered to 209 individuals between the age of 18-30 years through Random Sampling during the Global pandemic. These tests are proved to be highly reliable and valid. The analysis of data was done using Pearson Correlation Coefficient in IBM-SPSS which came out to be $r(207) = -0.506$, $p=0.000$ which was less than the significance level of 0.05 rejecting the null hypothesis which was that there is no correlation between Spirituality and Death Anxiety. Result revealed that Death anxiety and Spirituality have a significant negative relationship.

Keywords: Death anxiety, Spirituality, Pandemic, Youth, Mental health

Neurodivergence and Covid-19 Pandemic: A Case Study on the Experiences of a Mother of an Autistic Child in India

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ABSTRACT

The global pandemic of COVID-19 has altered the ways in which the experience for neurodivergent individuals as well as their caregivers has been. The phenomenon of neurodivergence in India is progressively and rapidly gaining the momentum of being viewed from a social justice framework, with respect, autonomy, and acceptance being incorporated into the narratives of neurodivergent individuals. In India, wherein gendered parenting occurring due to gender norms and societal rules can significantly impact the functioning of children, it becomes imperative to further shed light on the unheard narratives of mothers having neurodivergent children and how the pandemic served as a challenge or as a blessing in disguise, or somewhere in the middle of the spectrum for the female caregivers of autistic children. The present study has been undertaken to highlight and study in-depth, the phenomenon of neurodivergence in the context of the caregiver's experience during the global pandemic. An interview of a mother with an autistic child was taken and a richly described experience was obtained as she navigated the complexities brought upon by the pandemic with her child. Some major components of the interview included a sense of newfound relationship formed between the mother and the child with other positive elements consisting of finding an interest in the area of music by the child, with more autonomous expression and functioning being inculcated within the child, as a consequence of the pandemic. On the other hand, the lack of social interaction, community support, and a sense of loneliness present during the challenging circumstances of the pandemic served as a bane to the overall experience. Implications of this study include further research to be conducted on the narratives of caregivers, systemic challenges serving as hindrances to the growth of neurodivergent individuals and the rise of caregiver burden due to gendered parenting among the neurodivergent community.

Keywords: COVID-19 pandemic, neurodivergence, autism spectrum disorder (ASD), social justice movement, neurodivergent allyship, human rights, gendered parenting.

Coping with the loss of a loved one: A study on the coping techniques used by adolescents who have lost loved ones during the COVID-19 pandemic

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ABSTRACT

The pandemic has affected almost every single person on this planet in some way or the other. One group is adolescents wherein the impact has been tremendous, be it the educational, social and financial. The objective of this research was to understand and analyse how an adolescent's self-esteem can impact the coping methods used by adolescents who have lost loved ones due to the COVID-19 pandemic. The sample consists of adolescents (24 males and 41 female) who lost a loved one during the pandemic of COVID-19 (N= 65) of which 8% lost a parent, 3.1 % lost a sibling, 13.8% lost a grandparent, 43.1% who lost an immediate relative like a cousin, an uncle or an aunt, and 29.2 % who lost a neighbor or friend. The sample was collected using Google forms as well as personal interviews. To this end, the Self-esteem questionnaire by David L. DuBois and Brief Cope by Charles S. Carver was used. Findings indicated that losing a parent and sibling effected the adolescents tremendously, and some adolescents used problem focused coping strategies which is characterized by facets of active coping, use of informational support, planning and positive reframing and others used avoidant coping techniques which are characterized by self-distraction, denial, substance use and behavioural disengagement to deal with the loss of a sibling. When coping with the loss of a parent, adolescent used emotion focused coping techniques, which included venting, use of emotional support, humor, acceptance, self-blame and religion. Losing a sibling has the greatest impact on the overall self-esteem on the adolescent. More studies are required to better understand the different psychological trajectories in adolescence after the experience of grief and bereavement.

Keywords: adolescents, avoidant coping, bereavement, COVID-19 pandemic, emotional coping, problem focused coping, self esteem

COVID-19: A Challenge for Novice Mental Health Professionals

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ABSTRACT

Background: People experienced severe emotional upheaval during COVID-19 as they faced bereavement, loss, and other mental health issues and saw more people seeking assistance, increasing the workload of mental health professionals. Experience in this occupation brings a unique blend of a deep, emotional, and empathic awareness of people but also a sense of detachment from work to function effectively in the field. Therefore, "Novice" practitioners, just entering the discipline, faced difficulties finding this balance. The unpredictability of the pandemic and their interactions with their clients' grief have therefore affected their sense of personal and professional identity. There has been limited qualitative research on the supervision and training requirements of Indian mental health workers under such novel circumstances as the pandemic. Thus, the current study aims to close this gap by identifying the difficulties that new mental health professionals encountered during COVID-19.

Objective: The current study aimed to explore the challenges faced by novice mental health professionals, specifically counsellors, treating adults during the COVID-19 pandemic in India.

Method: Psychotherapists aged 25 to 30 (n=12), from various regions of India participated in the study. Participants were required to have a minimum of an M.A. or M.Sc. in Clinical or Counselling Psychology and a maximum of 5 years of experience working with adults in talk therapy. Data was collected online in video mode and analysed through thematic analysis.

Results: The findings indicate that the biggest obstacles encountered were Holding Space in Times of COVID-19 including Uncertainty & Doubt, Psychologically and Physically Demanding Work, Personal Mental Health Challenges, Impact of Shared Experiences and Maintaining Boundaries. Developing a New Perspective also emerged as a major theme which focused on Contextual Therapy, Positive Outcomes and Learning on the Job. The final theme of Managing Personal and Professional Resources highlighted Job Satisfaction, Personal and Systemic Support, and a Lack of Practical Preparedness.

Conclusion: The difficulties that counsellors who are relatively new in the field encounter impact the delivery of effective services. The pandemic thus brought to the forefront, the need for continued supervised training after completion of degree courses to aid the competence of novice professionals in dealing with such challenges.

Keywords: Mental Health Professional, COVID-19, Challenges, Novice, Holding Space, Counsellors, Thematic Analysis, India

The Role of Negative Metaemotions on Covid Stress and Peritraumatic Distress among College Students Post Pandemic

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ABSTRACT

The COVID 19 pandemic altered the lives of people in multiple aspects, be it physical, economic, political, social, emotional or psychological. The presence of anxiety and stress among individuals continues to exist even after the peak period of the pandemic, due to concerns of health and safety, as society moves toward the new normal condition. The prevalence of anxiety, stress and other psychological concerns in the post-covid setting or condition may be observed at varying levels among different individuals. Fear of contagion, stigma, disruption of normal daily life and other economic and health difficulties as a result of the pandemic have increased distress, making the general public vulnerable to developing peritraumatic distress. Researchers found that peritraumatic distress was more common among college student populations and youth aged 21 to 25 than in the other age groups. The present paper attempted to study the relationship between stress induced by the COVID-19 pandemic and meta emotions, primarily negative meta emotions by analysing the prevalence of peritraumatic distress which may act as an indicator of developing Post Traumatic Stress Disorder in the future. The participants of the study were 509 college students pursuing their Under Graduation and Post-Graduation from the states of Karnataka and Kerala in India. The results from the study indicated that Negative Metaemotions predicts both covid stress and peritraumatic distress in an individual. The findings emphasise that understanding the aspects that lead to psychological problems, particularly among young people, is critical to develop treatments and coping techniques that will help to raise a healthy and productive generation.

Keywords: Metaemotions, Covid-Stress, Peri-traumatic Distress, Covid-19, College Students

**Emerging Covid 19 Challenges: Long Term Sequelae on Mental Health Study on Stress,
Coping Strategies and Resilience among Nurses Working in Covid Setup**

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ABSTRACT

Introduction: COVID 19 a global pandemic, over 30 million cases have been found in India (2020), with mortality of more than 4 lakhs. More than 300000 health workers had been infected in this outbreak & had a grave impact on the physical and psychological health. Nursing staff have been the pillar of healthcare system during this pandemic. Resilience, the ability to overcome difficulties and cope successfully with stressful events has role in mitigating the effects of workplace stressors. High resilience has been closely linked to reduced burnout and lower nurse turnover hence it becomes essential to explore relationship between stress, coping and resilience among nurses, for improving quality of care

Material & methods: Following ethical clearance data was collected using perceived stress scale & COPE inventory from 50 participants selected using nonprobability purposive sampling. Nurses who have worked in covid setup aged ≥ 25 years & willing to participate were approached for the study. A non-experimental cross sectional descriptive research design was adopted for data collection.

Results: Moderate level of stress was found in more than 86% of Nurses working in Covid set up and majority of them (86.7%) used coping strategies. The majority of the participants were in the age group 25 - 30 years (48.3%), married (75%), had no children (25%) & had family as support system. Around 38% had 6 -10 years of service (38.3%) & had done COVID ICU duty (81.7%). 31.7% had worked on an average from 21 – 40 days in Covid set up & 58% of the participants have felt that the provision of day offs was inadequate. The resilience of nurses was directly associated with job satisfaction ($P < 0.05$).

Discussion: Recent studies worldwide revealed that health care workers are positive for burnout, anxiety and depression which is alarming. Emotional and psychological support, incentives, appreciations and prompt identification of any psychiatric conditions may decrease the burden.

Keywords: Covid 19, Stress, Coping Strategies, Resilience & Burnout

Factors Related to Absenteeism among Higher Education Adolescents During Online Literacy Sessions in the Era of COVID-19

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ABSTRACT

COVID-19 has affected varied sectors throughout the world and educational institutions are one among the others that has witnessed its impact. Campuses at universities and colleges are sites where students live and study in close quarters. They're also humming cultural hotspots where students from all around the world congregate. The fast spread of the coronavirus outbreak has recently undermined the foundations of this unique ecology, causing uncertainty about the ramifications for higher education. In response to the rising coronavirus outbreak, education officials have been compelled to close campuses around the world in recent months. Along with this, enrolment dropped at the start of a new semester. Though class closures may be temporary, it's difficult to predict if the novel coronavirus will cause long-term damage to higher education. Thus, this study was aimed to understand the underlying factors that were related to student absenteeism in the higher education institutions during the times of online classes and the pandemic. The educational systems have been fighting with COVID-19 from the time when economies all around the world have declared a state of emergency. Academic institutions were forced to close temporarily as a result of government orders, disrupting academic delivery. Svenja et al. (2021) have found the influence of socio-economic status and no teaching as the reason for absenteeism. There is, however, a dearth of studies, thus emphasizing the need to find the reasons behind absenteeism among students to assist them with robust digital methods. The findings of this paper suggest that internet related issues, privacy, motivation, and socioeconomic factors were found significant for absenteeism. This article further suggests the establishment of sustainable learning models through virtual simulation models that are learner centric.

Keywords: Absenteeism, Higher Education, Adolescents, Online Literacy Sessions, COVID- 19

Beyond The Physical Symptoms of The Virus - A Phenomenological Analysis of Vicarious Discrimination Faced by North-Easterns During Covid-19 Outbreak

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ABSTRACT

The aftermath of COVID-19 was multifaced. Since, the origin of this virus was from China, the COVID-19 pandemic unleashed hate and xenophobia against the Asians. A similar situation was observed in India as multiple hate crimes were reported against the North-eastern Indians. There brewed a negative public and the subsequent behaviour changed because of the shared mongoloid features or possibly it brought to the surface the already subdued biasness emanating from the cultural differences.

Discriminatory content on social media took many forms like posting and sharing of derogatory content, racial epithets, stereotyping, symbols of hate, implicit and explicit racist statements, graphic representations of physical and sexual harm to women and children etc. Therefore, the current study aims to explore and understand the experiences of vicarious discriminatory experiences of individuals from north-eastern India during the outbreak of COVID-19.

The data is collected and interpreted following a phenomenological approach. Eight participants who were purposively selected after they had confirmed viewing such content online. A semi-structured interview was used to collect data. The analysis revealed three interlinked superordinate themes. 1) Awareness of vulnerability 2) Racism is a standard process 3) Minority lives do (or not) matter during crises.

Obtaining insights into the processes involved could be instrumental in understanding the ground level problems faced by the regional minorities in India, making inclusion policies and programmes to develop harmony and sensitization of the mainlanders, and modifying the internet safety protocols in the country.

Keywords- vicarious discrimination, COVID-19, north-easterns, social media, phenomenology

A gender study on Depression and Anxiety among Higher Secondary School Students Post Covid

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ABSTRACT

The present study aimed to understand the levels of Depression and Anxiety disorders across the gender of secondary school adolescent students post covid. Post covid Anxiety and depression are two of the most common obstacles among adolescents. The study was conducted on 282 adolescent students comprising 149 male and 133 female adolescent students in July 2022 of private higher and senior secondary schools of Dist. Lucknow, Uttar Pradesh. The results of both groups of male and female students show mild anxiety and depression with no significant difference. However, the overall results show that 6.7% of students have high levels of Depression and 15.2 % of students have high levels of Anxiety and 19.1 % of the students accepted that they are facing difficulties in everyday life. Findings of this study and other epidemiological studies show that Depression and Anxiety becoming more prevalent among adolescents relative to other types of mental health problems.

Keywords: Depression, Anxiety, Adolescents, Gender, School, Post Covid.

Social Media space for sharing Maternal Mental Health Experiences amid COVID-19 pandemic: An Analysis

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ABSTRACT

Social media platforms have served as an important tool in timely communication and connecting with people from different spheres of life. It provides space to connect and enables effective management of the health issues. The widespread use of internet has enabled accessibility and numerous opportunities to seek pregnancy related information. It has also provided social and emotional support in her antenatal phase. Studies have argued that Digital Technologies improve maternal mental health and provided support provision amid COVID- 19 pandemic. The WHO Report emphasized that in developing countries 10% pregnant women and 13% women experienced mental health problems after the Child delivery. Studies have argued that during the lockdown period women experienced mental health problems while giving birth. Lack of prenatal social support presents strong risk for depression during pre-natal and post-natal phase. This paper throws light on the impact of digital platforms where users with similar prenatal and postnatal mental health issues facilitate exchange of personal experiences and its effectiveness in comparison to offline mode. Due to advancement in technologies, the digital spaces have presented support and solution to issues on the large scale. The aim of the study is to analyse and investigate use of social media in context to maternal mental health and its effectiveness amid COVID-19 pandemic. There are limitations and benefits of digital medium providing information and pregnancy related assistance. The study presents recommendations on maternal mental health awareness and provide directions for further research.

Keywords: COVID-19, Mental health, Maternal health, social media, New Media, Mental health stories

A Qualitative Analysis of Special Educators' Experiences Teaching Students with Autism During Covid – 19: Insights and Perspectives

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ABSTRACT

The covid-19 pandemic brought several challenges to the education world as there was a shift in the mode of teaching and learning. Online learning has been challenging for individuals with autism spectrum disorder (ASD), who tend to thrive on consistency, structure, and routine. It may not be accessible to students with ASD, especially those with limited skills repertoires - comprehension, communication, difficulty understanding ABSTRACT language and a greater likelihood of anxiety and depression – all of which may be intensified during this stressful time and also with comorbid conditions. Many also require specially designed instruction to support their educational needs and daily functioning. Thus far, an audit of quality of special education services offered to students with ASD through online during covid-19 and the challenges of their educators are not empirically recorded. Therefore, this qualitative study aimed at enquiring the insights and experiences of special educators and to draw directions to address challenges to enhance teaching-learning process through virtual mode. Purposive sampling technique was used to select 12 special educators working in different learning settings - special schools, regular schools and clinical settings - in Kerala and Goa. They were interviewed telephonically on one-on-one basis to collect data and the data was analysed using NVivo. The findings report the challenges of special educators in online teaching, role of parents as co-teachers, specific needs of students with autism in virtual mode of learning, need for restructuring training modules for in-service and pre- service special educators, parental training programs, approaches in teaching and alternative ways to address needs of students with autism during a crisis.

Keywords: Online learning, Autism Spectrum Disorders, Special Educators, Parents of students with autism, Teacher training

Prevalence of Burnout and Loneliness among Indian Healthcare Providers during Covid-19 Outbreak: UAE Based Study

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ABSTRACT

The COVID-19 pandemic caused a major international health crisis and disrupted the lives of people. To a certain extent, healthcare professions working in the frontline were the most impacted and have not been studied carefully. Due to long working hours and dealing with positive patients, majority have suffered with physician's burnout. Feelings of loneliness have severely increased because of the social isolation and lack of physical contact with people. Yet they have slowly learnt the practise of coping with the distressing situation. Hence, the two major objectives of this study were i. To describe the prevalence of burnout and loneliness among Indian healthcare workers in UAE and ii. To explore the coping levels in healthcare workers dealing with COVID patients during the pandemic. The following objectives were achieved through quantitative analysis and ex-post facto research design. Three standardized questionnaires were used for each of the variables under this study, 'Copenhagen Burnout Inventory', 'The Coping Scale' and 'UCLA 3-item Loneliness scale'. The questionnaires were converted into a google form with initial socio-demographic questions, which was circulated among different healthcare workers in the UAE. A total sample of 124 physicians, nurses, surgeons and technicians from India working in the UAE responded to the study. Statistical evaluation was conducted on the collected data through calculation of mean, SD and t-test to appropriately analyse the objectives. The findings of the study indicate high levels of moderate- severe burnout in healthcare workers and about 45% of professionals reported significant loneliness during the pandemic. However, the results also demonstrate a high level of coping in the healthcare workers. Analysis based on gender reveals women report increased feelings of loneliness compared to men yet female medical workers had higher coping levels than their male companions. No significant difference was found in terms of gender for burnout which suggests burnout was significantly high for both the groups. Findings from this study reiterate the importance of one's psychological and social health especially in crisis situations. Further studies should be conducted with populations from other parts of the world and vulnerable groups to understand their mental health.

Keywords: Healthcare workers, Burnout, Loneliness, Coping level, COVID-19

**Life-Satisfaction and Religious Orientation among Undergraduate Students of MAJ
University, Rampur following COVID-19 Pandemic**

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ABSTRACT

Life satisfaction is an individual's self-evaluation of their quality of life determined using their own rules (Shin and Johnson, 1978). Life satisfaction is the cognitive component of subjective well-being (Pavot and Diener, 1993). Life satisfaction is an important variable and reflects the state of an individual's life as well as their mental state (Pavot and Diener, 1993). A person's religious orientation involves presumptions about the existence and nature of deity or deities, religious prescriptions about ethos, morality and communal and personal spirituality. The various ways people approach religion have collectively been termed as religious orientation, it primarily refers to sub-divisions of religion and not necessarily the religion. The present study is an attempt to assess life satisfaction and religious orientation as well as to investigate relationship between aforementioned constructs among undergraduate students of MAJ University. University students were also compared on religious orientation and life satisfaction with respect to their gender. The sample for the present study was drawn from the undergraduate students (N=100) which included 63 males & 37 females, belonging to various departments of Mohammad Ali Jauhar University, Rampur. The data thus collected was analysed through standard statistical techniques like Pearson's product moment correlation and t-test. The results showed significant positive correlation between intrinsic religious orientation and life satisfaction. Moreover, a significant negative correlation was found between extrinsic religious orientation and life satisfaction. Significant difference was also found among university students on extrinsic religious orientation and life satisfaction with respect to their gender. However, no significant difference was found among university students on intrinsic religious orientation with respect to their gender, however as compared to female students, male students were found high on life satisfaction. Results reveal that civility, intrinsic religious orientation and extrinsic religious orientation are significant predictors of life satisfaction. The implications of these results have been discussed with particular emphasis on the role of religious orientation on life satisfaction, linking the two constructs and arguing that religious orientation could enhance life satisfaction among university students.

Keywords: Intrinsic Religious Orientation, Extrinsic Religious Orientation, Life Satisfaction

The Impact of Family Support on Wellbeing and Self Esteem of Young Adults in the COVID-19 Era

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ABSTRACT

COVID-19 has had far-reaching implications on mental health. Not only has the pandemic increased the chance of infection-related mortality, but it has also exacerbated the psychological strain. The aim of the study is to compare the variable self-esteem and wellbeing during the COVID-19 in contrast with family support. The Psychological Wellbeing Scale, Rosenberg Self-esteem Scale and Family Environment Scale were used to collect data responses from a total of 80 adults i.e., 40 males and 40 females ranging from the age of 25 to 35 years. The data was drawn using the purposive sampling technique. The pandemic has caused an alarming level of panic, dread, anxiety, or other psychological symptoms in people all over. Although, comparatively the findings imply that presence of family support during COVID-19 lead to higher self-esteem and increased wellbeing in young adults.

Keywords: Pandemic (COVID-19), Family Well-being, Mental Health, Self-esteem

Cognitive Impairment post COVID-19 recovery

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ABSTRACT

Background: The presence of fatigue, brain fog, lingering cognitive difficulties are widely reported by COVID-19 patients even after few months of recovery. These difficulties are indicative of Cognitive changes due to COVID-19 infection. The study aimed to explore that exposure to SARS-CoV2 in adults is associated with resultant cognitive impairment in patients post recovery.

Methods: The process involved a review of literature through the medium of online open access journals from databases like MEDLINE, PubMed, Google Scholar, from time period of November 2020 to April 2022. Cross-sectional studies including cohorts based on age, gender, educational levels were included in the review.

Results: The present study inferred that there is a significant impairment in attention and executive functions, subdomains of memory function in COVID-19 recovered patients. The study also indicates presence of low quality of life and functional limitations in work life, associated with impairment in cognitive functions.

Conclusion: COVID-19 recovered patients experience cognitive changes in form of impairment in areas of attention, executive functions, memory encoding and recall. The findings suggests that identification of specific domains of impairment can help in reducing post-covid psychological challenges. The available literature lacks evidence regarding the reversible nature of this impairment. Further longitudinal studies can be conducted to explore the nature of impairment and outcomes of cognitive training in recovered patients.

Keywords: SARS-CoV2, COVID-19, Cognitive Impairment, Executive functioning

Teaching Efficacy and Students' Academics during COVID-19

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ABSTRACT

The pandemic COVID-19 has brought drastic changes in the education sector and hence, affecting its different stakeholders including teachers and their teaching. The extent to which a teacher believes that he / she can teach even the most difficult students is called Teacher self- efficacy (TSE). In context of teaching, it has been seen that teachers' beliefs about ability influence their teaching methodology, goals set by them and their motivation to reach difficult to teach students in the class. It has been found to be significantly related to many important educational outcomes such as teachers' commitment, enthusiasm for teaching, persistence and instructional behavior. Also, it has been proved to be significantly related to student outcomes such as academic achievement, motivation and self-efficacy beliefs. This review intends to explore how teaching efficacy affects student's academics during pandemic COVID-19 which has changed the mode of imparting education from offline to online mode. Results from the review will be discussed at the time of presentation. The study will highlight the impact of efficacious teachers on the academic self-efficacy and academic achievement of students with special needs and which will bring into notice of the school administration, curriculum designers of teachers training course, policy makers, and the need for increasing teachers' efficacy beliefs of teaching.

Keywords: Self-Efficacy; Teaching Efficacy; Academic Achievement; Curriculum; COVID-19.

Effect of Social Networking Usage on Somatic and Cognitive-Affective Depressive Symptoms among Undergraduate Students

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ABSTRACT

This study examined the relationship between social networking usage and depression among undergraduate students. The goal of this study is to raise a significant level of awareness among young people who are exposed to these social networking sites. The findings will not only show how using these sites affects young people negatively and positively, but they will also enable young people to understand how to use these networking sites effectively. One of the most prevalent issues with mental health is depression, particularly in young adults. More than 264 million people worldwide experience depression, according to the World Health Organization (WHO). A few of these sites are Facebook, WhatsApp, Twitter, LinkedIn, Skype, and YouTube. These sites draw the majority of young people to them, so embodying their own benefits and drawbacks (addictive nature) that must urgently be depicted in reality among young people in the real time. In this context an attempt is made to explore the psychological well-being of college students. The data was gathered offline using the incidental sampling method. A 40-item self-administered questionnaire was given to (N=221) final year degree college students using incidental sampling. Beck's Depression Inventory was used to measure depression, while the Social Networking Usage Scale was used to measure the impact of social networking (BDI). The association between social networking use and depression was examined using the Pearson correlation coefficient, simple linear regression, and component analysis. The results showed that social networking use is positively correlated with depressed symptoms, such as cognitive-affective and somatic symptoms, which are important indicators of how social networking use will affect students' psychological wellbeing. The results and implications of the study are discussed in the article.

Keywords: Social networking usage, depression, cognitive-affective, somatic symptoms

Effect of Meditation on Self-Esteem of Students with Hearing-Impairment

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ABSTRACT

Introduction: "Hearing Impairment" refers to both complete and partial loss of ability to hear. According to the World Health Organization, over 5% of the world's population – or 430 million people – require rehabilitation to address their 'disabling' hearing loss (432 million adults and 34 million children). In India, 63 million people (6.3%) suffer from significant auditory loss. Four in every 1000 children suffer from severe to profound hearing loss. Self-esteem is a major issue related to Hearing-Impaired Students and may be one of the causes for school drop, poor performance, academic activities, social equality, social competence, and so many others. Meditation is an effective technique to focus their attentions and restore their abilities and with help of this individual can regain an emotional balance; thus, reducing the major deficits. So the following objective was considered for the study.

Objective: To study the effect of Meditation on Self-Esteem of Students with Hearing- Impairment.

Methodology: A total sample of 30 male students with Hearing Impaired is taking from age group of 12 to 18 years. The sample was selected from two special schools for Hearing Impaired & disabled Students from Jhajjar & Gurugram Districts of Haryana State. Permission to conduct research in the institution was granted for the evening sessions. 30 students were selected for Meditation intervention followed by 10 minutes regular meditation for 8 weeks. A pre and post-assessment was done using Rosenberg's Self Esteem Scale.

Results and discussion: The pre- and post-assessment scores on Rosenberg's Self Esteem Scale were analyzed by using a t-test for paired samples. Furthermore, results will be discussed in the light of evidence.

Keywords: Meditation, Hearing impairment, self-esteem

Family Sex Communication and Sexual Health Practices Self- Efficacy among Young Adults

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ABSTRACT

Objective: The study aims to find out the extent of family sex communication and sexual health practices self- efficacy among young adults based on the demographic details being measured. The study also identifies the relationship between the variables.

Methods: Family Sex Communication Quotient Scale (FSCQ) and Sexual Health Practices Self- Efficacy Scale (SHPSES) along with demographic details will be used to collect data from the sample obtained through purposive sampling. The data will be analysed using appropriate statistical tools.

Results: The results will show the extent and the relationship between the variables based on the demographic details being assessed. The findings can further be used in developing programs and interventions for the population.

Keywords: Family Sex Communication, Sexual Health Practices, Self- Efficacy, Young Adults

Role of Health Beliefs and Self-Expression in Mental health: A Study on Housewives Suffered from Depression

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ABSTRACT

When it comes to public health and health policy, there is a propensity to prioritize connecting women's health to family health and, in turn, to the health of society as a whole. Even though this stance is well-founded but epidemiologic and ethnographic evidence suggest that women experience psychiatric diseases and psychological suffering in distinct patterns and clusters than males do. The personal and socioeconomic circumstances of many women's lives can be linked to the causes of a large portion of the anguish and suffering that is specific to women. In Indian society, women are supposed to perform duties of household, nurturing, taking care of elders etc. In order to fulfil all the duties, housewives put their own needs, anger and suffering aside and seek approval for each and every action which, may affect their expression of feelings. This, in turn, leads to avoidance towards their own physical and mental health. The persistent occurrence of these instances may develop learned helplessness among housewives and make them more susceptible to diverse mental health. Therefore, this research attempts to understand: Do health beliefs and self-expression play significant role in the learned helplessness of housewives recently suffered from depression? This study is conducted on a sample of 56 housewives recently suffered from depression. For this purpose, standardized tools were used for the assessment of variables undertaken (health beliefs, self-expression and learned helplessness) for the study. The data was analysed statistically and the findings suggest that health-beliefs and self-expression play a significant role in the learned helplessness of housewives recently suffered from depression.

Keywords: Depression, Self-expression, Health beliefs, Learned helplessness, Mental health

Role of Computer & Arithmetic in learning of person with Disabilities in Vocational Training Centre

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ABSTRACT

Vocational training is an instructional program that prepares a person with disabilities for an occupation that requires a specialized skill, such as a technician or expert. It may involve arithmetic as well as technology, imparting classroom instructions for theoretical concepts, hands-on training for practical exposure or a combination of both. The concept of mainstreaming of person with disabilities has gradually been taking root in the education system in the vocational training system. Make our vocational training centers receptive to persons with disabilities, sensitizing society at large towards the need for inclusive education, training teachers to teach students with disabilities along with normal students, mental math practice, use of technology, adaptation of curriculum, methods and materials flexible to give these students widest possible access to the regular curriculum. The study has given a focus on the major role of Arithmetic and Computer Training provided to the students with disabilities in vocational setup. And ensure that mental math practice and computer training play a major role in learning & successful inclusion.

Keywords: Vocational training, technology, inclusion, attitude, disabilities, appropriate infrastructure, adaptation of curriculum.

Prevalence of misbeliefs and misinformation regarding visual impairment: A survey

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ABSTRACT

Being a ‘person with visual impairment’ comes with its set of stigma and stereotypes. Be it sympathy or prejudice, these attitudes have the underlying thought that these people are ‘different’. Add on to it the fact that partly due to society’s stigmatized view and partly due to the inaccessible nature of our environments, not many people come in contact with individuals with disabilities. Although the 21st century is marked as the era of narrowing socio-cultural boundaries and easy access to information, exposure to and awareness about disability is still restricted.

The study thus aimed to gage the level of awareness and the prevalence of stereotypes regarding visual impairment among able bodied individuals.

For this purpose, a survey was conducted among 250 able bodied adults. The survey covered various aspects related to visual impairment: lifestyle of VI individuals, social participation, development and cure of visual impairment, inclusion practices, etc.

The study found that while most able bodied individuals have clarity regarding visual impairment on an informational level, misbeliefs regarding the appearance, social participation and best practices for inclusion are prevalent among a large section of individuals. It was also found that misinformation and misbeliefs reduced as interaction with VI individuals increased.

Keywords: disability, inclusion, rehabilitation, stereotypes, visual impairment

Effectiveness of Mindfulness Based Cognitive Therapy (MBCT) on Post-Traumatic Growth and Quality of Life Among Breast Cancer Patients

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ABSTRACT

Objective: Following the well-known approach of mind-body connection, addressing psychological and spiritual concerns are equally important like that of physical concerns to bring about a wholesome treatment to the individuals with cancer. The study targets to evaluate the effectiveness of Mindfulness Based Cognitive Therapy (MBCT) on post-traumatic growth and quality of life among individuals diagnosed with breast cancer, and who have undergone mastectomy.

Method: The participants diagnosed with breast cancer who underwent mastectomy were asked for a voluntary participation in the study. Implementing the Quasi-experimentation, the participants were provided with Mindfulness-Based Cognitive Therapy over 4 weeks. Participants were assessed on the measures of Post-Traumatic Growth Inventory, and Quality of Life Patient / Cancer Survivor Version (QOL-CSV). The assessment were done at the baseline, 2-week interim, and at the end of 4-weeks of MBCT program. The data was collected through question pro forms. The storing and analyzing of the data was done using Jamovi software (version-0.9.6).

Results and conclusion: The data collected was assessed to compare the scores for post-traumatic growth and quality of life before and after the implementation of the mindfulness-based cognitive therapy (MBCT).

Key Words: Mindfulness-Based Cognitive Therapy (MBCT), breast cancer, mastectomy, Quality of Life, Post Traumatic Growth

Self -esteem and social support among orthopedically and visually challenged students

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ABSTRACT

The aim of the study was designed to determine the self-esteem and social support among orthopedically and visually challenged students. Self-esteem is difficult to understand in psychology itself. It was originated long before the inception of systematic explanation of personality. The self-esteem consists of two words i.e., 'self and 'esteem'. The word 'esteem' originated from the Latin word which means 'to estimate'. It is used as a fancy word for thinking that someone or something is important which a person describes considering the value and worth that he gives to himself. The word 'self means consideration of an individual's own point of view pertaining to values, beliefs and attitudes that he holds about himself. When we put these two words together it becomes easier to understand the concept of self-esteem. The concept of social support has been used interchangeably by the researchers as Social Bonds (Henderson, 1977), Meaningful Social Contact (Cassel, 1976), Availability of Social Confidants (Brovm et. al., 1975) and Human Companionship (Lynch, 1977) and House and Kahn (1981) called Social Network as Structural Support. The aim of the study was designed to determine the self-esteem and social support of orthopedically challenged students. The term disability is impairment. It may be cognitive, developmental, intellectual, mental, physical, sensory, or some combination of these, and substantially affects a person's whole life. A disability might be present from birth or occur during a person's life at any time. Disability: "Any restriction or lack resulting from an impairment of ability, to perform an activity in the manner or within the range considered normal for a human being". Impairment: "Any loss or abnormality of psychological, physiological or anatomical structure or function." Impairment is a problem in body's function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. Handicap: "Any disadvantage for a given individual, resulting from an impairment or disability." Nonetheless handicap term is no longer considered appropriate in place of disability or disable person. The present investigation pointed out two main objectives.

To study the significant differences on the variable of emotional stability and self- esteem between visually challenged and orthopedically challenged students. To study the significant gender differences on the variables of emotional stability and self-esteem between visually challenged and orthopedically challenged students.

The data will be collected from different schools of Haryana and sample size was 60 from both the groups of students and after that data will be analysed by using appropriate statistical analyses.

Keywords: Self-Esteem, Social Support, Orthopedically Challenged Students, Handicap

A Comparative Study on Mobile Phone Addiction among Male and Female Adolescents and its Impact on their Mental Wellbeing

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ABSTRACT

The present research focuses on the title: “A Study on Mobile Phone Addiction among Adolescents and its impact on their Mental Wellbeing”. The study is conducted to give an insight of adolescent’s mental wellbeing with reference to how much the adolescents are addicted to their mobile phones. This study will illuminate us how mobile phone addiction can affect an adolescent’s mental health and other aspects of their life. The study sample are adolescents studying in various colleges across South Goa, between the age group 18 to 21 years. The total sample is 150 adolescents, 75 male adolescents and 75 female adolescents. To analyse the data the z-test value and Pearson Correlation Coefficient test was used.

Keywords: Adolescents, Addiction, Mental Wellbeing, Mobile Phone, Impact

A Pilot Study Exploring the Efficacy of a Web-Based Suicide Prevention Program 'Happetite' on Indian Young Adults

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ABSTRACT

Background: The Covid-19 pandemic saw an increase in the rate of suicides in India. With a shift from offline to online mode, it was of utmost importance to have mental health facilities accessible for people in their homes or where they were residing. Digital interventions have been gaining popularity especially among the current generation,

Aim: The aim of this mixed-methods study was to investigate the effectiveness of a newly developed program for young adults through an internet intervention for suicidal ideations.

Methods: This study is a controlled, between-groups, baseline post-intervention pilot trial with an embedded quantitative and qualitative process and effect evaluation. In total, 100 young adults' mild suicidal ideations received access to the self-paced 6- module intervention. We examined intervention use, user experience, impact and modification requests. Quantitative outcomes included reduction of suicidal ideations (Suicidal Ideations Attributes Scale (SIDAS), to measure any difference in overall well-being (World health Organisation Well-being Index, (WHO-5), depressive symptoms (Patient Health Questionnaire-9 (PHQ-9)). Quantitative data was analysed using ANCOVA to see the effect of interventions whereas qualitative data collected using semi-structured interviews were analysed using thematic analysis.

Results: There was a significant reduction in suicidal ideations (SIDAS $d = .72$) and improvement in the individual's overall well-being (WHO Well-being Index $d = .78$) and depression showed a small but significant effect (PHQ-9 $d = 0.36$). The qualitative analysis reported that the students found the program to have a positive effect on their mood, better management techniques for their suicidal ideations and engaging program.

Conclusion: The intervention was found to be effective in the Indian context and the pilot study results shows the potential efficacy for reducing suicidal ideations and improving overall well-being. The future interventions can emphasize more features in such programs like connecting user with experts, customization with specific needs of the users etc. nevertheless, digital interventions opened new avenues in reduction of suicide rate in developing countries like India in future.

Understanding Social Connectedness: A phenomenological study on individuals with Depression.

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ABSTRACT

Social Connectedness refers to the person's subjective awareness of being in a close relationship with the social world as a whole. Social Connectedness serves as a sense of belongingness within relationships. It is a dynamic concept and is influenced by ongoing relationship experiences throughout life. Understanding interpersonal functioning and perceived experience of connectedness could be a key element to prevent psychosocial maladjustment in people.

Reflections from studies on social connectedness in healthy populations could be subjectively different from those with depression. Therefore, the current study aims to explore the experiences of connectedness in individuals with a current mild/moderate depressive disorder. The study will elucidate what entails the process of connectedness. What factors facilitate and impede connectedness?

The data is collected and interpreted following a phenomenological approach. Five participants who were under treatment for depression symptoms at a psychiatric clinic were purposively selected. A Semi-structured interview was used to collect data. The analysis revealed four interlinked superordinate themes. 1) The basis of Connection 2) View of Self- an important ingredient in initiating connections 3) Cognitive cycle linked with behavioural cycle 4) Vulnerability as strength. Links between the themes and processes underpinning the results will be explored with existing literature.

Obtaining insights into the processes involved could be critical in planning interventions to address psychological distress in individuals and improve social connections inside families and communities.

Keywords: Social Connectedness, Depression, Phenomenology

Psychological Distress among Employed Persons with Locomotor Disability

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ABSTRACT

The current study's purpose is to investigate into depression, anxiety and stress levels in people with locomotor disability who acquired it before employment and during the period of employment. Considering the role of employment in shaping the lives of Persons with disability, there is lack of literature for psychological health of persons with disability, thereby leading to scarce resources in improving rehabilitation.

The study is a cross-sectional design including 49 participants from Lucknow and Jabalpur belonging to different Government and Private institutes, who gave written informed consent distributed in two groups based on the onsets of locomotor disability: before employment (group 1) and during employment (group 2), between 21-45 years of age range. A socio-demographic data sheet was designed as a screening tool. They were assessed through Depression Anxiety Stress Scale (DASS). The group comparison was computed with the help of SPSS tool by applying independent t- test and it indicated no significant difference for psychological distress in all the domains – depression, anxiety and stress between both the groups. But there is moderate to severe psychological distress present in both the groups indicative of the fact that disabled individuals face difficulty in maintaining their psychological well-being and thereby rehabilitation would play a very significant role in managing their distress.

Keywords: Locomotor Disability, employed person with disability, psychological distress, rehabilitation.

Effects of Motivation to Change on Addiction Recovery and Relapse

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ABSTRACT

Motivation to Change plays an important role in recognizing the need for behavioral change, overcoming ambivalence, seeking treatment, successfully reducing substance use and sustaining behavioral change to recover from substance use disorders. The present study examined the effects of Motivation to Change on Addiction Recovery and Relapse among substance users. A one-way ANOVA was conducted to study the effects of Motivation to Change (Recognition, Ambivalence, Taking steps and Total motivation scores) on Addiction Recovery and Relapse among 100 Substance Use Disorder (SUD) diagnosed male patients. The independent variable Motivation to Change was measured using SOCRATES- 8D (Miller and Tolligan, 1996); and dependent variable Addiction Recovery was measured using Brief Assessment of Recovery Capital (Vilsaint et al.,2017), and the second dependent variable Addiction Relapse was measured using The AWARE Questionnaire (Miller and Harris, 2000). The results clearly revealed that Recognition scores (Re) did not produce significant effects, neither on addiction recovery nor addiction relapse while Ambivalence scores (Am) produced significant effect on addiction recovery [F (1, 98) =5.32, $p < 0.01$]. The results also revealed that scores on Taking steps (Ts) subscale produced a significant effect on both the dependent variables, addiction recovery [F (1, 98) =26.65, $p < 0.001$] and relapse [F (1, 98) =4.10, $p < 0.05$] in substance users. The results on Total scores subscale produced significant effect on addiction recovery [F (1, 98)=14.45, $p < 0.001$] but the effect of total scores was insignificant on addiction relapse. Therefore, this study concludes that the subjects who are taking steps for behavioral change, significantly affect their recovery and relapse risk while subjects who are still in recognition stage does not significantly affect addiction recovery and relapse.

Keywords: addiction, motivation to change, recovery, relapse, behavior change

An Analysis of the Mental Well – Being and Happiness Index of Adolescents with Polycystic Ovary Syndrome (PCOS)

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ABSTRACT

An increasing number of women are now suffering from an endocrine disorder called Polycystic Ovary Syndrome (PCOS). It has been estimated that one in five Indian women suffer from PCOS. If unheeded, the condition can have serious health impacts. Young women may suffer from irregular periods, hirsutism and obesity, gradually ensuing to infertility, risk of miscarriages and more. Additionally, studies suggest that PCOS can also be associated with mood and psychiatric disorders such as depression, anxiety, etc. compared to women without PCOS. Indian literature on the psychological aspects of PCOS is inconclusive and inconsistent. This gap in knowledge is of concern, given the high prevalence of PCOS, and the physical and psychological burden the disease appears to place on women. It is a stigmatizing condition that affects a woman's identity, mental health and quality of life. The purpose of this study is, thus, to examine the mental well – being and happiness index of adolescent women diagnosed with PCOS, so as to ensure that early novel interventions upon diagnosis can be made to avert the occurrence of psychological distress, and in turn improve lifestyle management which is crucial in symptom management. This is a comparative study of mental well – being, (which is measured using Warwick – Edinburgh Mental Well – Being Scale by Sarah L. Steward – Brown) and, happiness (which is measured using Steen Happiness Index by Tracy Steen) of a sample of young adolescents within the age range of 18 – 25, who have either been diagnosed with PCOS (Group 01) or not (Group 02). Data gathered will be statistically analyzed to reveal the differences and association of mental well – being and happiness, with PCOS.

Keywords: Polycystic Syndrome, PCOS, Mental Well Being, Happiness, Psychological Distress

Internet Addiction and Emotional Regulation among Adolescents

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ABSTRACT

Adolescence is a permutable period of biological and psychological development. The way adolescents interact, socialise, form, and retain relationships has been drastically altered by the internet, particularly on social media. Living in the digital age has advantages, but it also has its own psychological and emotional challenges. Emotional regulation is the process of initiating, maintaining, or modifying the frequency, intensity, or duration of emotional events. Difficulties in regulating emotions are one of the risk factors for addiction. Reviews suggest that Internet addiction has been linked to issues with emotion regulation. In fact, those who have trouble controlling their emotions may be more susceptible to internet addiction. Therefore, this study aims to understand the relationship between Internet addiction and emotional regulation in adolescence. The sample size will be 100 participants, with 50 male and 50 female students who are between the ages of 12 and 18. The Internet Addiction Test by Kimberly Young (1998) will be used to measure the level of internet addiction. The Difficulties in Emotional Regulation Scale by Sarah E. Victor E. David Klonsky (2016) will be used to measure emotional regulation. Pearson's correlation will be used to find the relationship between Internet addiction and emotional regulation among adolescents. The findings of this study will be helpful for psychologists to develop strategies to help adolescents manage their emotions.

Keywords: Adolescents, Digital age, Addiction, Emotion Regulation

Relationship of Brooding and Worry with Psychological Wellbeing in Depressive Patients

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ABSTRACT

Introduction: Brooding is defined as “a passive comparison of one’s current situation with some unachieved standard” (Treyner et al., 2003) There is growing evidence that brooding and reflective rumination are distinct constructs and brooding represents a more maladaptive form of rumination with stronger links to depression and suicide attempts. worry is a predominantly verbal activity that may allow individuals to look away from more emotionally arousing material, which in turn allows them to disengage from emotional pain and regain a sense of emotional and physiological control (Borkovec, 1994). worry is common in a variety of psychological disorders, specifically in anxiety disorders.

Methodology- This study was a correlational study, conducted on 150 individuals who were suffering from depression and fulfilling inclusion exclusion criteria was assessed using the Hamilton depression rating scale, brooding, worry and psychological wellbeing scale with due consent taking.

Results- results findings indicated that brooding with worry and psychological wellbeing, depression with worry and psychological wellbeing, psychological wellbeing with Brooding, worry, and depression had significant correlation.

Discussion- present study has shown a strong correlation of psychological wellbeing and depression with the brooding and worry. Where brooding reportedly more related to maladaptive response style and seen more in OCD and worry is a key feature of anxiety disorder. It is to understand these relationships in regards to better management of patient with depression and to come up with better outcome of the psychotherapies/ psychological treatment for the depression.

Conclusion- It was found that brooding and worry plays major role in psychological wellbeing and depression.

Keywords- Brooding, worry, psychological wellbeing, Depression, correlation.

Efficacy of Positive Psychotherapy on Cyberbullying, Psychological Hardiness and Psychological Capital among Marginalized Adolescent

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ABSTRACT

India reports third among the online cyberbullying rate among the global list. Due to pandemic many school student are widely using mobile phone, internet and online classes which has a huge impact in their life.

Kobasa (1979) defined hardiness as a group of connected personality features or traits that separated healthy from unhealthy CEOs under stress. Cyberbullying is commonly characterised as destructive and purposeful communication behaviour that takes use of any type of technology instrument, such as the Internet or mobile phones. Psychological capital is defined as the positive developmental state of an individual as characterized by high self-efficacy, optimism, hope and resiliency. Positive psychotherapy is a combination of Optimism intervention and Gratitude intervention. The study investigates the efficacy of Positive psychotherapy on Cyberbullying, Psychological Hardiness, Psychological Capital among marginalized adolescents. The study is carried with 30 marginalized adolescents. The standardized tools is used for the study. Based on the research objectives, statistical techniques is used. The result, discussion and conclusion is discussed in the full paper.

Keywords: Cyberbullying, Adolescents, Positive Psychotherapy and Psychological Capital

Cognitive Behavioral Therapy in Enhancing Resilience and Emotion Regulation among Adolescents in Orphanage

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ABSTRACT

A child may be considered as orphan because of the death or disappearance of, abandonment or desertion by, or separation or loss of both parents. Resilience is the ability to recover quickly from setbacks and to adapt to difficult or challenging life experiences. Emotion regulation is a person's ability to effectively manage and respond to an emotional experience. It is an ability to exert control over one's own emotion by having knowledge about their emotions. Two commonly used emotion regulation strategies are Cognitive appraisal (changing the way one thinks about potentially emotion eliciting events) and Expressive suppression (changing the way one behaviorally responds to emotion eliciting events). Aim of the present study is to find out the effectiveness of Cognitive Behavioral Therapy in enhancing the Resilience and Emotion regulation strategies among adolescents in the orphanage. Low resilience and poor emotion regulation skills impairs the social, personal and academic performance among adolescents. Once it is identified and enhanced, the performance improves. Thereby, Objective of the study is to assess the level of Resilience and Emotion regulation strategies among orphanage adolescents and to improve the level of resilience and emotion regulation strategies through Cognitive Behavioral Therapy. Dispositional Resilience Scale (Paul Bartone, 1995) was used to assess the resilience of the participants and Emotion Regulation Questionnaire (Gross & John, 2003) was used to assess emotion regulation strategy among orphanage adolescents. Sixty orphanage adolescents (30 girls and 30 boys) in the age group of 11 to 19 years were chosen as samples through purposive sampling method. The samples were exposed to Cognitive Behavioral Therapy for one month. Paired sample 't' test and Pearson's correlation method were used in the analysis of data. The results indicates that there is a significant relationship between resilience and emotion regulation. Post test results shows that there is an improvement in the level of resilience and emotion regulation strategy among orphanage adolescents. Thereby, Cognitive Behavioral Therapy is one of the best techniques in enhancing the resilience and emotion regulation among adolescents.

Keywords: Cognitive behavioral therapy, Orphanage adolescents, Resilience, Emotion Regulation, Cognitive appraisal, Expressive suppression.

Procrastination and Loneliness in relation to Social Media Addiction among Emerging Adults

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ABSTRACT

Communication online has grown exponentially in the 21st century. The digital generation, in particular, have grown up in a world dominated by technology. Facebook, WhatsApp, Instagram are among the most widely used social media networking sites. By its very nature, social media isn't necessarily bad, since it allows global communication between a range of users. It is important to note, however, that excessive social media use may increase the susceptibility to social media addiction, which may have a detrimental impact on other areas of our lives as well. Although social media is especially popular among adolescents and emerging adults, most studies have focused on the adolescent population. People of all ages can become addicted to social media, but emerging adults between 18 and 29 are particularly at risk. It is important to note that most studies in this area have been conducted in a westernised context, with few, if any, focusing on emerging adults. The present study examined procrastination and loneliness in relation to social media addiction among emerging adults. The sample included 97 adults ranging in age from 18 to 29 years. Respondents answered the Bergen Social Media Addiction Scale, Procrastination Scale and the UCLA Loneliness Scale. The findings indicated a strong positive correlation between social media addiction and procrastination. On the other hand, social media addiction and loneliness showed a weak positive correlation. Implications of the study and scope for future research have been discussed.

Keywords: social media addiction, procrastination, loneliness, emerging adults

Expressed Emotion in Families of Adolescents with Neurodevelopmental Disorders

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ABSTRACT

Family interaction plays a pivotal role in the overall well-being of each member of a family unit. Every family system exhibits some common yet unique pattern of interaction. A close-knit, supportive and encouraging family promotes an individual's emotional, physical, and financial support. It is foreseeable that a family caring for an individual with a mental or physical health condition could experience dysfunctional family dynamics for various reasons. Expressed emotion refers to the family environment based on the relatives' interaction with the individual diagnosed with a specific illness. Expressed emotions among family members of a person with schizophrenia and other psychiatric disorders are well-researched and documented. Research suggests that expressed emotion can predict clinical outcomes in a person diagnosed with a particular mental illness. The patient's relapse rate and psychological consequences are primarily influenced by expressed emotion. Similarly expressed emotion in families of a person with any form of mental condition could also pose potential psychological distress and burden to family members, notably the primary caregivers. The current study intends to assess the expressed emotion of the primary caregivers towards adolescents with neurodevelopmental disorders within the family. The relationship between expressed emotions, the level of stress experienced by them, and the self-sufficiency of their child diagnosed with neurodevelopmental disorders were also examined. The Five Minutes Speech Sample, Kingston Caregiver Stress Scale, and Waisman Activities of Daily Living were used to assess expressed emotion, stress, and self-sufficiency, respectively. A mixed-method research design was used, and the data were analyzed qualitatively and quantitatively. This study could help mental health and other allied health professionals work collaboratively with children and caregivers to treat neurodevelopmental disorders and develop strategies to improve positive family interaction.

Keywords: Expressed Emotion, Neurodevelopmental disorders, Caregivers, Self-sufficiency.

An exploration of psychological health, level of perceived discrimination with types of disability among Persons with Disability (Divyangjan)

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ABSTRACT

Background: Individuals with disabilities have long been marginalised from mainstream society due to long-held prejudices, and millions of people worldwide suffer from some form of disability. Disabled people suffer a variety of psychological, social, cultural, physical, economic, occupational, and other issues, in addition to prejudice and abuse.

Aim: The aim of the study is to explore that how the level of discriminatory behavior influences psychological health of the persons with disability (PwD).

Method: A cross-sectional study with purposive sampling approach was used, and the heads of various institutions were contacted for selecting the participants, mainly Physically Handicapped, Hearing Impaired, and Visually Impaired were included. A semi-structured personal information sheet, Perceived Discrimination Scale, General Health Questionnaire, Social Health Questionnaire, WHO-Quality of Life Scale, Learned Helplessness Scale and Cognitive Difficulty Scale were administered to record the variables.

Data analysis: The data were analysed using descriptive analysis to determine the frequency of perceived discrimination with different types of disability, their level of perceived discrimination with other psychological variables.

Results: A total 670 disabled people (male = 450; female = 220) from Haryana were taken part in this study. The age of the participants varied from 18 to 55 years (mean \pm SD; 36.23 \pm 6.41). The findings show that there is a difference in Somatic symptoms (high perceived discrimination (HPD)= 9.91 & low perceived discrimination (LPD)= 7.04), anxiety insomnia (HPD= 9.92 & LPD= 7.48), social dysfunction (HPD= 9.74 & LPD= 6.83), severe depression (HPD= 9.85 & LPD= 6.63) and overall general health (HPD= 39.42 & LPD= 27.97). These differences were more pronounced among hearing-impaired respondents than among their visually impaired and physically handicapped counterparts.

Conclusion: It was concluded that the disability is not only a personal trait, but also a reflection of different psychological concerns that may be described through the lenses of perceived discrimination experienced by the persons with disability. The current findings may help researchers to design prospective longitudinal studies.

Keywords: Disability, perceived discrimination, psychological health, quality of life, health barriers

Role & Management of Anxiety Disorder by Homeopathic Medication along with Psycho-Therapies

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ABSTRACT

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry.

The rate of anxiety disorders is increasing with change in life-style, where people are subjected to various stress. Anxiety disorders are highly treatable with use of homeopathic medication along with psycho supportive therapies. This study is specially conducted in government homeopathic dispensary, hailymandi dist – gurugram; to determine the efficacy of Homoeopathic medicines in the management of such psychological disorders. With homeopathic treatment the symptoms in the form of level of anxiety or fear, mood swings, sleeplessness, frightful dreams, emotional adjustment problem, general reactive pattern of the individual to the surrounding environment (mental and physical) also had improved along with constipation and other physical symptoms. It significantly reduced in frequency and intensity in the phase of treatment. Homoeopathic treatment along with psycho supportive – therapies & psycho education should be implemented at larger scale for the relief and improvement of such psychological cases and in most of the cases included in the study, such were implemented, and the rate of improvement was more faster when psycho therapies were used along with homoeopathic medicines.

Keywords: Anxiety disorder, homeopathic medicine, psycho – therapies, psychology, alternative medicine

Understanding Psycho-Social Factors in The Phenomenon of Substance Abuse

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ABSTRACT

Introduction: Prior scientific literature indicates that substance use is a complex multifactorial phenomenon afflicting millions in our society. The number of people addicted to various substances in India is estimated to be around ten crores (NCB report, 2022). Numerous adverse effects of substance abuse became evident over short- and long-term usage, with a wide variety of psychotropic substances used both to cope with multifaceted problems of life and to derive pleasure from them, resulting in a variety of psychosocial and financial problems caused later in adulthood.

Method: This qualitative study was conducted in two different drug de-addiction centres situated in Delhi, India. Until data saturation was achieved, 10 participants were selected and interviewed by both purposive and convenience sampling techniques. Semi-structured interviews were conducted to collect data. The qualitative questionnaire was designed in accordance with DSM-5 criteria for substance use disorders. The transcribed interviews were analyzed using thematic analysis.

Results: Based on the analysis of the sample's experience with psychoactive substances, three biopsychosocial themes emerged. The major sub-themes classified into 'Social factors' include; "Skipping important tasks (work/education/unemployment)", "Intrafamilial conflicts/ problems with peers/ Poor social support", "Social exclusion (from friends/family)", and "Ease of availability of drugs/alcohol" and 'Psychological factors' including "Curiosity/Sensation-seeking (High)", "Relief from numbness", and "Early initiation of substances".

Discussion: Consistent with the Biopsychosocial model of addiction, peers and family tend to have the strongest effect on usage substance use in adulthood. Influences can be both direct, such as offers and availability to use substances, curiosity; need for novelty seeking and indirect, such as the lack of social support, processing negative emotions, seeking social approval and coping with life's situations.

Conclusion: Addiction adversely affects all facets of life, including social, occupational, recreational and relational health. For providing an effective holistic treatment tailored to recovering addicts, de-addiction centres should consider the diverse clientele, genders, cultural perspectives, and affordability. The long-term success of an addict depends therefore on a strong plan for the future, which reinforces a strong foundation. For such purposes provision, of a support system to them and addressing personal factors, stages of motivation, and support groups and regular counselling sessions may aid sobriety.

Keywords: Substance Abuse, De-Addiction Centres, Social & Psychological Factors, Drugs

To Study the Level of Emotional Burnout and Coping Strategies Among Counsellors in Goa

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ABSTRACT

The present research was conducted “to study the level of emotional burnout and coping strategies among counsellors in Goa”. 30 counselors were interviewed and it was found that majority of the counselors have experienced high level of emotional exhaustion. It has been also found that in most of the schools/colleges there is only one counselor appointed to handle the issues faced by the students. A couple of counselors also complained about dealing with multiple trauma cases.

There is an unseen belief about counselors wherein they are expected to work like robots i.e strip off of their emotions and feelings. In the era of globalization there has been increase in the demand for counselors. The increasing mental health issues and the lack of availability of counselors in school and Colleges has put a pressure on the existing counselors. Counselors are forced to handle a huge number of clients in a day. Studies have also shown that working with number of trauma-related clients has caused the counselors emotional exhaustion.

Keywords: Counselor, Burnout, Emotional Exhaustion, Coping Strategies, Work Pressure.

Comparative Study on the Perceived Parenting Style of Father and Mother and Development of Individual's Empathy

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ABSTRACT

Parenting is an important factor for every individual to develop into a mature and self-actualized individual adult. This study aims to acquire knowledge on how individuals perceive their parent's parenting style separately and how that parenting style impacts that individual's empathy. A sample of 100 participants from all over Tamilnadu took part in this study. The age of the participants is between 19 and above years and 30 and below years. Out of 100 participants, 30 were male and 70 were female. Participants who are fulfilling the following inclusion criteria were included in the study. The cross-sectional study is used to find the relationship between perceived parenting style and empathy for a young adult and self-report questionnaire were administered to the participants for data collection. Perceived Parenting style questionnaire and Toronto Empathy questionnaire are used for data collection. The results suggested that a permissive father has a strong positive relationship in developing empathy in their children. The main implication of the study is that it will help us in understanding the differences between mothers' and fathers' parenting styles separately and their relationship with the child's empathy. By understanding all these things, parents can improve themselves and give a nurturing environment for the individual to develop themselves and be able to adapt to their surroundings and be capable of handling responsibilities on their own. Limitations: The sample size is minimal for this study. Gender differences and personality types in the sample are not considered. Both these things have a huge impact on empathy. Scope for further research: Studies can be done by including personality type and gender differences. The negative impact of being highly empathetic can also be considered.

Keywords: Parenting style, Empathy, Young adults, Gender difference, Parents

A thematic analysis on challenges and coping with online learning in parents of preschool children

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ABSTRACT

Preschoolers have been enrolled in online classes since the COVID-19 pandemic. The transition from offline to online learning was necessary during a pandemic; this has led to a massive change in teaching and learning. The study aims to investigate the difficulties parents of preschool children face and the coping techniques adopted by these parents to deal with these issues. The data was collected through semi-structured interviews with 11 parents of preschool children. The data collected was subjected to qualitative synthesis in the form of thematic analysis. The results present six main themes: the impact of online learning on children; problems faced by parents of preschool children; the roles of teachers; strategies applied by parents to improve online learning; and environmental factors that impacted learning. Varied opinions regarding online learning by the participants have also been discussed. This study will benefit schools, institutions, and organisations. It may help them realise that working fathers should be granted paternity leave; children of other ages may benefit from the findings; and it may also aid in enhancing the attention span of pre- schoolers. In addition, the parents' coping skills may benefit as other parents could utilise these tactics to help their children learn more effectively.

Keywords: Online learning, pre-school children, parents, coping strategies, challenges

Predictors of Mental Health and Wellbeing Among Working and Non-Working Mothers

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ABSTRACT

Mental health and well-being of mothers is an old yet superficially researched subject, as studied through the vacuum lens of parenting. However, multiple personality factors and environmental forces contribute to her well-being alongside parenting. The present study explores self-esteem, codependency, and parenting stress as contributors to their overall mental health and well-being. The present quantitative study with an observational case- controlled research design included 53 working and 33 non-working mothers without a history of neurological and psychiatric disorders. The data was collected using the World Health Organization-5 (WHO-5) Well-being Index, Rosenberg Self-Esteem Scale (RSE), Spann-Fischer Codependency Scale, and Parental stress scale (PSS) administered via google forms. Using the Jamovi Version 2.2.5, the gathered data was loaded, coded, and analyzed. Parenting stress and codependency were significant predictors of overall well-being compared to their self-esteem levels. Working status did not have a considerable impact on their overall well-being. The study reveals that mothers' well-being is significantly influenced by codependency and parenting stress, and their working status does not contribute to their overall well-being. The study has clinical implications where it points towards the need to assess the parenting stress and codependency in mothers and accordingly plan sound interventions in order to safeguard the mental well-being of these mothers.

Keywords: Mother, self-esteem, codependency, parenting, wellbeing

Role of Parenting Style on Career Decision Making among Emerging Adulthood

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ABSTRACT

Emerging adulthood is characterised by the need to make significant life choices. These life choices have their roots in historical and sociological circumstances. More recently, academicians have started to investigate how parenting style may affect factors related to career decision-making, such as career decidedness. This study was conducted to explore the role of parenting style on career decision-making among emerging adulthood. 350 college students from different colleges in Tiruvannamalai city were selected through stratified random sampling and the data was collected with the help of Parental Authority Questionnaire by Alkharusi et al., 2011; Career Decision-making Inventory by Singh, 2014. Results revealed that the authoritative parenting style was positively associated with career decidedness and negatively associated with career indecision of career decision-making. Whereas authoritarian parenting style had a significant positive association with career indecision and a negative association with career decidedness. Furthermore, there was a significant gender difference in career decision-making among emerging adults.

Keywords: Parenting Style, Career Decision-making, Emerging Adulthood

An Exploratory Mixed-Methods Study on Concerns Related to Young Employees' Health and Safety, including Occupational Fatigue

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ABSTRACT

Due to biological, social, and psychological variables, youth are more susceptible to sleep deprivation and exhaustion. The risk that sleep deprivation and weariness pose for young people in the job, however, has not been well studied. This study's objective was to examine work-related health and developing strategies and solutions for safety (WHS) challenges affecting young workers using a multi-stage, mixed-method approach, we improved WHS outcomes with a focus on fatigue-related issues. Participants either finished a poll (n=21) or took part in 15 participants participated in focus groups (n=15) on WHS for young workers, or attended a Future Strategies for enhancing youth WHS were created during an inquiry workshop (n=14). The majority of young workers saw fatigue as a serious issue, and they linked it to erratic work schedules, unstable jobs, heavy workloads, overtime labour, and a lack of self-advocacy. Participants identified six main areas for improvement in WHS for young workers: 1) provide young workers with a voice, 2) enhance education and training, and 3) develop expertise 4) construct stakeholder involvement, 5) raise employer understanding of WHS obligations and 6) make it easier for companies to handle and keep track of WHS results. It is discussed how these instructions can be applied to weariness.

Keywords: fatigue, health, safety, adolescents, young workers, work

Hypercompetitive Attitude and Parental Bond Among Young Adults

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ABSTRACT

Hypercompetitive attitude refers to a tendency toward excessive, unhealthy competitiveness. Parental bond is the attachment that develops between a child and its parents. The present study is aimed to analyse the relationship between hypercompetitive attitude and parental bond among young adults. The sample consisted of 60 young adults collected using convenient sampling. Assessment tools used in the study were hypercompetitive attitude scale by Ryckman et al (1990) and parental bonding instrument by Parker (1979). The data was analysed by Spearman's rho test to find the correlation between the variables. The results indicate that there's significant relation between hypercompetitive attitude and parental overprotection and also there's negative correlation between parental bond and hypercompetitive attitude.

Keywords: Hyper-competitiveness, parental care, parental over protection, young adults, correlation.

Level of Adjustment and Achievement Motivation of hostlers and Day Scholars

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ABSTRACT

Adjustment is a behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. Achievement motivation has been defined as the extent to which individual differ in their needs to strive to attain rewards, such as physical satisfaction, praise from others and feelings of mastery. The present study is aimed to assess the significant difference in level of adjustment and achievement motivation among hostler and day scholar emerging adults as well to understand the significant relationship between level of adjustment and achievement among them. Convenient sampling method was used to select sample. The total sample size was 80 of ages between 18 and 25. Assessment tools used in this study were Bell adjustment inventory and The Deo- Mohan Achievement Motivation (n-Ach) Scale. The collected data were analyzed using SPSS. Mann Whitney U test and Spearman rho correlation were used to analyze the data. The findings showed that there exists a significant difference in adjustment and achievement motivation between hostlers and day scholars. It was found that day scholars and hostlers have significant difference in home, health, social, emotional and achievement motivation. The results also showed that there exist a significant positive correlation between the subscales of adjustment such as family, Health and social adjustment and Achievement Motivation.

Keywords: Adjustment, Day Scholars, Hostlers, Adolescents, Achievement Motivation.

Systematic Review using PRISMA model of mobile-based Platform (HOP-LY) for Positive Psychology Interventions on Optimism and Strength

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ABSTRACT

Background: In a world where mobile phones have become a necessity, psychological self-help applications have been prevalent. The market is oversaturated with various mental health apps dealing with different psychological domains, predominantly stress, anxiety and depression. However, concepts of Optimism and Well being have not been thoroughly addressed. Additionally, most of the apps focus on popularity based on user rating rather than scientific evidence.

Objective: This systematic review aimed to (i) Examine the therapeutic content of optimism and mental strength apps which are available for public to download (ii) Review the content and formulate a new model adhering to already used tasks.

Method: Systematic review using the PRISMA model of available apps on Google play (Android; Google LLC) was conducted using conventional terms being used related to Optimism and Strength. The search was limited to the English language. Literature review was conducted on the included apps to identify the supporting studies. The selection of apps was based on the inclusion and exclusion criterias.

Results: Almost 300 apps were screened out of which 50 apps were finalized on the basis of availability of research evidence of these apps. Mindfulness and meditation were the most common evidence based strategies which were applied. Other strategies include, psychoeducation, goal directed, emotion focused, affirmation and journaling and audio-visual content. Moreover, most of the apps were self-help and a small percentage had AI features. Currently, the apps which are popular among the population, are paid/subscription based. They have limited options and interventions. Two key findings upon analysis were, firstly the lack of accessibility, because most of them being subscription based. Secondly, only 5% of apps were scientifically backed. As there is little to no research backing for the apps.

Keywords: Optimism, Strength, mHealth, mobile applications, mental health, Self-help, Mindfulness, CBT, Psychoeducation, Young adults

Fear of Negative Evaluation and Physical Self Efficacy among Young Adults

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ABSTRACT

Fear of negative evaluation (FNE) is a trait related to “apprehension about others’ evaluations, distress over their negative evaluations, avoidance of evaluative situations and the expectation that others would evaluate oneself negatively. A person's perception of their level of ability in relation to physical tasks is described by their physical self-efficacy .The present study is aimed to analyse the relationship between Fear of Negative Evaluation and Physical Self Efficacy as well as the difference in fear of Negative evaluation and Physical Self Efficacy among spectacle wearers and non spectacle wearers emerging adults. The sample consisted of 80 emerging adults of ages between 19 and 25. The samples were selected using convenient sampling method. The Brief FNE and PSE were the tools used . The collected data were analysed using SPSS. Spearman rho correlation were used to find out the relationship between two variables. The findings showed that there is significant relationship between Fear of Negative Evaluation and Physical Self Efficacy among emerging adults which is significant at 0.01 level. It was also found that there is significant difference between Fear of Negative Evaluation and Physical Self Efficacy among Spectacle wearers and Non Spectacle wearers which is significant at 0.01. Fear of negative evaluation was high among spectacle wearers and they were low in physical self-efficacy.

Keywords: Fear of Negative Evaluation, Physical Self Efficacy, Spectacle wearers, Non Spectacle wearers , Young Adults

Academic Procrastination and Mathematics Anxiety among Higher Secondary Students

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ABSTRACT

Academic procrastination is an increasing concern within the educational sector, especially in this pandemic. Prior studies have found that low self-efficacy, disorganisation, low intrinsic motivation, poor effort regulation, and time management are all strong characteristics of academic procrastination. This paper focused on the academic procrastination (a behavioural problem that involves delaying a task which need to be accomplished) due to mathematics anxiety among higher secondary students who had chosen mathematics as their complementary subject. Convenient sampling method was used to select sample. The sample size was 100 higher secondary students between the age group 15-18. Assessment tools were procrastination scale and mathematics anxiety scale. The collected data were analysed using SPSS. Spearman rho correlation were used to analyze the data. The results showed that there is a significant correlation of 0.01 level between procrastination and mathematics anxiety among higher secondary students.

Keywords: academic procrastination, mathematics anxiety, higher secondary, convenient sampling, anxiety, correlation

Boredom Proneness and Quality of Sleep among Morning and Night learners in Emerging Adulthood

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ABSTRACT

Lifelong learning has become an important field in modern society, and adequate teaching methods, as postulated in theories of adult education, are needed to support it. Mainly Students studies in two different times, they are morning and night. This mainly depend on their circadian rhythm they developed. The present study aimed to assess the significance differences in quality of sleep and boredom proneness between morning and night learners. One of the most important interindividual difference is the morningness-eveningness preference or circadian typology. Good sleep quality has positive effects such as feeling rested, normal reflexes, and positive relationships. And if the person is not getting adequate amount of time for sleep then the person may feel fatigue, irritability, daytime dysfunction, slowed responses, and increased caffeine/ alcohol intake. Another important problem faced by the emerging adults were boredom proneness. The state of boredom signals that what we are doing now is failing to satisfy our needs and goals in some important way, prompting us to explore alternative options for engagement. For understanding these changes, a quantitative study was conducted to examine the morning learners and night learner's quality of sleep and boredom proneness among the emerging adults. The sample of present study consist of 50 morning learners and 50-night learners with the age group of 18 to 25. The samples were collected using convenient sampling. The sleep quality scale and boredom proneness were used in the study as tools. The data were analysed using SPSS. Mann Whitney U test were used to analyse the data. The study found that there is no significant difference between quality of sleep and boredom proneness among morning learners and night learners. But by analysing the mean score it was found that the boredom proneness and quality of sleep is higher among morning learners than in night learners.

Keywords: Boredom proneness, morning learners, night learners, emerging adults, sleep quality

Relationship Between Emotional Intelligence and Autonomy Among Internally Migrated Indian Students Pursuing Higher Education

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ABSTRACT

The development of Emotional Intelligence and Autonomy define the characteristics of a young adult. Emotional intelligence is the ability of an individual to be aware of, manage, and express one's emotions and conduct interpersonal connections wisely and compassionately while understanding the emotions of others. Autonomy is an individual's ability to function independently, living life according to the reasons and intentions accepted by the individual.

Young adulthood is when many individuals have to migrate to a different city for higher education and make important decisions about their future goals and career. This transition from dependence to autonomy calls for effective decision-making and carries with it a social responsibility to be sensitive toward the needs and emotions of others. Therefore, the present study investigates the relationship between Emotional Intelligence and Autonomy in the Indian context among internally migrated students pursuing higher education. This study follows a quantitative approach by collecting data from 250 young adults aged 18-25. The tools used for the study are Emotional Intelligence Inventory and Worthington Autonomy Scale. The data was subjected to correlational analysis, and the study findings reveal a strong positive correlation between Emotional Intelligence and Autonomy among internally migrated Indian students pursuing higher education. The results from this study could be helpful for academic institutions in developing interventions capitalizing on emotional intelligence to lessen emotional concerns among students and achieve improved academic accomplishment and performance. Future researchers could compare internally migrated Indian students and those pursuing higher education from their hometown or between two age groups: young adults and adults.

Keywords: emotional intelligence, autonomy, psychological well-being, internal migration

Preliminary Investigation of Aggressive Behaviour in Adolescents: Role of Normative Beliefs and Cognitive Control

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ABSTRACT

Background: Adolescence being a period of extreme emotional turmoil is associated with more aggressive behaviour and inadequate self-regulation. Recent social cognitive theorists have conceptualized aggressive behaviour as a dynamic interaction between latent social knowledge structures, one of which is normative beliefs, and cognitive capacities for self-regulation. Such determinants of aggression remain largely unexplored in the unique socio-cultural setting of India. Therefore, the present preliminary study aims to explore the beliefs about aggression, cognitive control, flexibility and effortful control as predictors of aggressive behaviour. The study also aims to understand the differences in aggressive behaviour between impulsive and premeditated aggression.

Method: The study sample comprised of 422 adolescents of both genders in the age range of 15-19 years, recruited from schools and colleges via purposive sampling method. The data was collected using self-report questionnaires administered using Google Forms. The data was analysed using IBM SPSS 20.0

Results: The results revealed that aggressive behaviour was significantly correlated with normative beliefs about aggression, cognitive control, and all domains of effortful control, namely, attentional control, activation control and inhibitory control. Predominantly, the impulsive aggression group showed higher aggressive behaviour than the premeditated aggression group. The multivariate analysis found that cognitive control, normative beliefs about aggression and attentional control to be the significant predictors of aggressive behaviour.

Conclusion: This study thus, highlights the need for targeting specific cognitive products (e.g., beliefs) and cognitive processes (e.g., cognitive control and effortful control) that are string determinants of aggression. Understanding these variables might help in identification of adequate self-regulation strategies, along with cognitive bias modification strategies which are promising techniques for social information processing skills, and will thereby help in reducing aggressive behaviour. Furthermore, dissimilar aggression types may differentially respond to specific therapeutic interventions and obtaining a clearer understanding of the different forms of aggression can set light to possibilities to intervene. Considering adolescents to be the future generation and major workforce of the nation, identification of risk and introducing interventions in this age group would be more appropriate.

Keywords: Aggression, cognitive control, cognitive flexibility, normative beliefs, impulsive aggression, premeditated aggression, effortful control

Systematic Review of Models and Online Interventions on Optimism and Strength

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ABSTRACT

Background: With the continuous development in technology, there has also been an increase in the accessibility to resources related to mental health and wellbeing. Technological solutions have also shown to make mental health related resources more efficient and scalable. One can easily install an application on their phone and learn more about concepts like optimism, strength, resilience etc. The online applications that have been developed have also been shown to increase awareness about the importance of wellbeing amongst individuals. Based on this, the research aims to conduct a systematic review of literature on Optimism and Strength amongst young Indian adults and the findings of this review will be used to create a self-administered working mobile app that helps them regulate these variables in their daily lives. This would include a review of theories, concepts, modules and already existing and validated researches, assessments and interventions created for the sample population.

Methodology: The PRISMA model was the identified method for review of theories, concepts, modules and already existing and validated researches, assessments and interventions on Optimism and Strength created for the sample population of 18-26 year olds living in India.

Findings: The literature review suggested the efficacy of mental health interventions which can be implemented with the help of mobile applications and online mediums- especially when working with a population that majorly constitutes of the youth as it has grown up to be a preferred medium for them.

The results also indicate the characteristics of the theoretical approach to mental health strengthening with the help of empirically based interventions that can be used on a practical forum like that of mobile applications.

Keywords- Optimism, Strength, Young Adults, Online Interventions, Mental Health, Mobile Applications

Developing a Working Model of HOP-ly Using Design Thinking Approach

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ABSTRACT

Background: Technology has brought forth a new era of mental health care that provides the general public with new ways to get help, monitor progress, and gain a better understanding of mental health. Through this medium this paper presents a conceptualization of a mobile application, HOP-ly, with various features and interventions for self-improvement in terms of building optimism and strength for the Indian population. HOP-ly is developed using an innovative and analytical process, the design thinking approach, that gives prospects to experiment, develop and test new ideas using an understanding of the problem, with the goal of producing creative solutions.

Objective: The present research aims to deliver a working model of a mental health strengthening application, HOP-ly, for better user experience using the design thinking approach.

Methodology: In the first stage of the five stages of this approach, to empathize with the population a survey was created to understand the needs, preferences and problems faced of the target population to better engage them by creating a user-centred application. Followed by the next stage where the patterns and problems of a diverse target group are defined and identified, using an empathy map, for focused solutions from the analysis of the survey. In the ideation stage, the preferences are incorporated in the application as features, user flow and user interface (UI) for a better user experience (UX).

Findings: HOP-ly will be an economical application, backed by scientific research, catering to specific needs and preferences of its users, Indian young adults. The user flow and customization will enhance the user experience. The designed user interface and feature's reliability will be tested by professionals

Keywords: Mental Health Strengthening, Mobile Application, Optimism, Strength, Design Thinking Approach

Belief in personal control and Life satisfaction among emerging adults

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ABSTRACT

Personal control refers to “the perceived ability to significantly alter events” . A high personal control corresponds to a belief that one can change the course of events, whereas a low personal control represents the lack of such belief. The way in which people express their emotions, sentiments, and moods is known as life satisfaction. It reflects how they feel about their options and future directions. The purpose of this study was to examine the belief in personal control and life satisfaction among emerging adults. The sample consisted of 80 emerging adults of age range between 18 and 25. The sampling was done using convenient sampling. Belief in personal control scale (BPCS) and Life satisfaction scale was used to gather these data. The collected data were analyzed using SPSS. Spearman rank correlation was used to find the relationship between the variables. Results showed that there exists a significant negative correlation between exaggerated control and life satisfaction.

Keywords: Life satisfaction, External locus of control, exaggerated locus of control, God mediated dimension.

Engagement with Social Networking Sites on Family Relationship and Aggression of Children and Adolescents' Well-being

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ABSTRACT

In this present era, technology has become a part of our daily lives i.e. it plays an indispensable role. During the pandemic time people's gadget usage and engagement with social networking sites has increased to a peak as an average of 4 times than usual. As we all know each and every aspects may have positive and negative effects, likewise engagement with social networking sites also have many positive and negative effects. Positive effects are like staying connected with learning, to know News updates, communicating and networking, recreation, work from home etc. Negative effects are like increased screen time, playing games for long period of time, which all may lead to addiction. Not only children and adolescents are at risk, people of all age groups from childhood to adulthood are prone to ill effects of excessive usage. As children and adolescents are in period of experimenting new things, dilemmas in choosing right decision due to less experiential knowledge about right or wrongs, they are more vulnerable to negative effects. Because of spending more time in gadgets children and adolescents are less involved in offline activities/physical play, less interaction with family members and friends or other relatives. This review provides an overview of literature and research gaps regarding engagement with social networking sites on family relationship and aggression of children and adolescents' well-being.

Keywords: Social Networking Sites, Gadget Usage, Well-being, Family Relationship, Aggression.

A Systematic Review on Emotional Health with respect to Emotional Competence of Adolescents

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ABSTRACT

Emotional health is a part of mental health which identifies individuals' emotional level and how they deal with their feelings and emotions. According to Goleman (1995) "emotional competence", is an ability to realize and recognize own feelings, and also feelings of others, for self-motivation, for management of the emotions in itself and in the relations with others". Adolescents generally face a lot of difficulties during their crucial phase of life as bodily growth and development take place, mind starts thinking rationally, emotional instability, adjustment problems also occur that can affect their emotional health. Thus, the present paper attempts to review the researches on emotional health with respect to emotional competence among adolescents. This study comprises of various research papers and articles on issues related to the emotional problems in adolescents. Researches have shown that the major factors affecting the emotional health in terms of emotional competence are mental health, attachment with parents, social behavior, risky behavior, forgiveness, happiness, maladjustment and the demographic factors of adolescents, have greater impact on their emotional health in terms of their emotional competence.

Keywords: Emotional competence, mental health, adolescence, emotional health, maladjustment

The Role of Emotional Regulation in Defense Mechanisms among Young Adults

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ABSTRACT

Background: Young adulthood has its own subjective and identity related characteristics and often entails many life transitions in relationships and other critical life areas. As a consequence it leads to instability in mood, interpersonal conflicts and resistance among people aged 20-34, making it a critical and unstable period of lifespan. Such a crisis related to emerging adulthood is reportedly increasing in developing countries like India. We conducted this review to determine the role of emotional regulation in defense mechanisms among young adults.

Materials and Methods: This study is a review of literature conducted by searching electronic databases, GOOGLE SCHOLAR, PUBMED, SCOPUS, INDMED, from 2018 to 2022. Searched Keywords include defense mechanisms, emotional regulation, young adults and India. One Hundred seven articles were found and considering the direction of the study, 25 articles were reviewed.

Results: The results of the studies show that in young adults, adaptiveness and maladaptiveness represent a key link between emotion regulation and defense mechanisms. An association between emotional regulation, immature and maladaptive defense styles were established.

Conclusions: Despite young adults being precious resources contributing to the nation's growth and development, they are vulnerable to several intrinsic factors that affect their mental health. Therefore, a comprehensive framework for effective management and future interventions to improve psychological outcomes among young adults is needed.

Keywords: Defense mechanisms, Emotional regulation, Young Adults.

Academic Stress and Resilience Among High School Students of Lucknow & Agra: A post-pandemic comparative Study

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ABSTRACT

Background: The global pandemic caused by Coronavirus disease (COVID-19) wreaked havoc the psychological wellbeing of individuals. The impact of the COVID-19 pandemic has necessitated significant changes in teaching learning procedures in the educational sector in India. The abrupt shift in the teaching learning procedure has perpetuated the mental health issues among students, especially the High School Students appearing for Board examination.

Aim: The present study aims to measure the level of Academic Stress and Resilience among High School Students of two metropolitan cities of Uttar Pradesh in India post Coronavirus pandemic lockdown.

Method: 200 High School Students studying in Co-education Private Schools of Lucknow and Agra city were included in the sample based on the inclusion criteria and exclusion criteria, using purposive sampling method. Scale for Assessing Academic Stress was used to measure the score on different factors of Academic Stress and Brief Resilience Scale was used to measure the Resilience level of High School Students of Lucknow and Agra city.

Results: Findings of the study revealed that Academic Stress differ significantly ($P=.004$, $p<0.05$) among male and female High School Students. Significant difference was found in Physical factor ($p=0.05$, $p<0.05$) and Motivational factor ($p=0.04$, $p<0.05$) of Academic Stress among High School Students of Lucknow and Agra city. No significant difference was found in total Academic Stress and Resilience of High School Students of Lucknow and Agra city. The study reported a significant negative relationship between factors of Academic Stress (Affective, Social & Interpersonal and Motivational factor) and Resilience.

Keywords: Academic Stress, Resilience, COVID-19, High School Students, Post-pandemic.

Occupational Stress among Banking and Marketing Middle aged Professionals in India

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ABSTRACT

The professional world nowadays is very competitive and surviving the competition while sustaining the work-related stress and pressure to achieve the targets and keep up the performance is an important task for the professionals. The professionals from banking and marketing sectors have to continuously work towards achieving the allocated targets while contributing to the organisational goals in order to prove himself as a productive and indispensable asset for his organisation. The study aimed to assess the level of occupational stress among the banking and marketing professionals using the Occupational Stress Index. The study concluded that there is moderate to severe level of occupational stress in the professionals from banking and marketing sectors.

Keywords: occupational stress, banking, marketing, professionals, middle age, India.

Minority Stress as regulator of Emotional Expression in Sexual Minorities

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ABSTRACT

The sexual and gender minority people traverse across the broad spectrum of divergent sexual and gender preferences. While reflecting onto the heteronormative ideology of the society, sexual minority people experience an array of explicit and implicit instances of discrimination, prejudice, and microaggressions that contributes to Minority Stress. Minority stressors take a toll on their emotion regulation and expression processes. Emotion expression entails the subjective experiences of the situation and accounts for the subsequent behavioural outcomes. Any form of emotional dysregulation accounts for the ineffective emotion expression among the individuals which in turns hampers their mental health outcomes. This study bridges the interplay of minority stress along the trajectory of Emotion Expressiveness among the sexual minority people. This is a review-based enquiry in the domain of minority stressors and their involvement in the process of Emotion Expression. The collates of research findings impinged on the fact that chronic experiences of minority stress contribute significantly towards the ineffective emotion regulation and expression. Subdued expression of emotion further progresses to negative mental health outcomes for the individuals.

Keywords: *Sexual minority, Emotion, Emotion Regulation, Emotion Expression, Minority Stress.*

Role of Single Parenting on the Eating Habits of Adolescents

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ABSTRACT

Introduction: Well-being is an essential indicator which reflects one's future and it is an important domain to evaluate especially during adolescent's stage. Due to absence of the one partner all the child rearing duties are shouldered by one with dual responsibilities. It is important to investigate and identify the psychosocial issues of adolescents living with single-parent families. Parenting practices and parent-child communication during feeding differ in the degree to which children are allowed autonomy in eating. These interactions can have a powerful effect on children's evolving food choices, intake consumptions, diet quality, growth, and weight status.

Fostering healthy eating habits can prevent adolescent obesity in which family play a significant role. Parents influence eating behaviours of early adolescents during eating occasions when they are present or during independent eating occasions by taking part in practices which affects availability of foods and beverages.

Aim: The paper aimed to analyse the impact of single parenting on the eating habits of adolescents.

Method: The process involved a systematic review of literature, for which several national and international studies were consulted.

Conclusion: The current paper infers the single parents are more likely to engage in psychologically controlling behaviours, which can affect their eating habits leading to many psychological issues. Adolescents may experience higher rates of depressive symptoms and externalizing disorders

Keywords: Eating Habits, Adolescents, Single Parent, Mental Health

SEX EDUCATION OF PERSONS WITH INTELLECTUAL DISABILITY

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ABSTRACT

Introduction: Sex education is an important but inadequately addressed topic for individual with intellectual disability. Families and care givers are often concerned about the growing sexual behavior in young individuals with intellectual disability because it is generally not accompanied by a corresponding growth in the field of social know-how which often leads to socially embarrassing behavior. People often falsely believe that these individuals are sexually immature or do not experience sexual attraction, are unaware of their sexuality and uninterested in intimacy. Adolescents with intellectual disability have the same sexual desires and fantasies as people who do not have intellectual disability Sex education requirements of individuals with intellectual disability are unique and are seldom adequately addressed in existing educational programs. Unfortunately, intensive sex education at the level required by individuals with intellectual disability may not occur until after a person has been the victim of a sexual crime or has (often unknowingly) committed a social error that meets the criteria for a sex offense.

Aim: The paper aimed to analyze the importance of sex education of persons with intellectual disability

Method: The process involved a systematic review of literature, for which several national and international studies were consulted.

Conclusion: The current paper infers the importance of Sex Education for the persons with intellectual disability and provides future direction for providing sex education to them.

Implications: It has implications for the policy makers in the field of special education

Keywords: Individual with intellectual disability, Sex education, literature review.

Mindfulness Based Cognitive Therapy for Adolescents in India

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ABSTRACT

Introduction: Adolescence, globally considered an age group between 10-19 years, is a period remarkable physical and psychological changes, in which an individual's capacity for ABSTRACT and critical thinking develops. It should be viewed as a fragile and crucial period for mental well-being as it's a period of significant changes in psychosocial and emotional experiences, cognitive and intellectual capacities along with hormonal and neurodevelopmental alterations. Mindfulness is understood as "The awareness that emerges through paying attention on purpose, in the present moment and nonjudgmentally to the unfolding of moment-to-moment experiences" (Kabat-Zinn, 2003). Mindfulness based Interventions have been shown to positively improve adolescents' coping skills, emotional regulation, and neurological functioning. Literature has demonstrated that the application of Mindfulness Based Interventions like MBCT have been found conducive in reduction of emotional regulation difficulties, reduction in physical and verbal aggression, as well as reduction in ruminations related to aggression in adolescents and has further led to enhancement of self-regulation of emotions, behaviour, social development and cognitive processes. MBCT which focuses on development of awareness and acceptance and have been efficaciously used with adult population for varied mental health issues. However, mindfulness therapies are emerging to be novel mode of intervention for adolescent population and are still in an infancy stage, especially in Indian context.

Aim: The paper aimed to explore the applicability of MBCT for Adolescents in India

Method: The process involved a review of literature, for which several national and international studies were consulted.

Result: The present paper infers the applicability of MBCT for Adolescents in India.

Keywords: MBCT, Adolescents

Accountability of PRIs and community participation in Village Health Nutrition and Sanitation committees in Uttar Pradesh.

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ABSTRACT

Background: It is opined that participation is the first step towards being involved in the community. The Village Health Nutrition and Sanitation Committees (VHNSCs) have been established at the village level by the Indian government as part of its flagship initiative, the National Health Mission, which aggressively promotes and pushes for community participation.

Objective: The purpose of this study is to examine "The Accountability of PRIs and Community Participation in the Village Health Sanitation Committees" in the Barabanki district of Uttar Pradesh.

Methods and Material: A cross-sectional mix method study was undertaken in 4 tehsils of Barabanki District, covering 17 villages in the district of Uttar Pradesh between March 2021 and July 2022. The quantitative component included a pre-tested structured questionnaire and an interview schedule. Furthermore, Focused group discussions (FGDs) and key informant in-depth interviews were undertaken for more information. Informed consent was collected from all the participants. For quantitative methods, bivariate analysis is appropriate. That can be followed by a Binary Logistic Analysis, which is used for qualitative analysis of the data and information collected from the villages of the Barabanki District of Uttar Pradesh.

Results: Only a handful of PRIs in the state were discussing their health issues during the meeting. The ground level PRI system is being hunted by a lack of professional knowledge and quorum. We opine that awareness and importance of the functioning of various health committees by any level of PRI members does not seem to reveal the dominions of the concerned panchayath. We opine that awareness and importance of the functioning of various health committees by any level of PRI members does not seem to reveal the dominions of the concerned panchayath, nor does it sound like a well-organized means of bringing in much- required changes to advance the quality health care of the rural people or encompass them as key shareholders as per NRHM provisions.

Conclusions: To help ensure effective involvement from all stakeholders, meetings should be scheduled at appropriate times. This may encourage more community participation.

Keywords: Village Health Nutrition and Sanitation Committee (VHNSC), Accountability of PRIs, Community Involvement in health services, Community Participation, NRHM.

The Mechanisms of Evading Immune Surveillance and Tumor Progression in Colorectal Cancer

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ABSTRACT

Evasion of immune surveillance by cancer cells is one of the most prominent reason because of which the body cannot counteract the transformation process. It has been frequently found that cells of innate and adaptive immune system such as macrophages, dendritic cells, neutrophils, T-cells, B-cells etc. infiltrate and interact with the tumor mass but still the cells manage to suppress immune reactions against the self in the tumor microenvironment (TME) However, instead of suppressing tumor mass, these cells may promote tumor progression. Together the dual host-protective and promoting action of immunity are referred to as cancer immune-editing. However, it has not been clearly understood why a strong immune response is not mounted against tumor specific antigen in vivo. Evasion of immune surveillance and progression of malignancy have been attributed through mechanism of central and peripheral tolerance during the development of immune system, aberrant activation in oncogenes and their pathways which regulate or alter antigen processing and presentation, innate and adaptive immune system and chronic inflammation. In this review, we shortly summarize all these different mechanisms involved in destruction of immune surveillance and progression of colorectal cancer. This will help to understand basic immune editing process and improving present immune therapies.

Keywords: Immunological cells, colorectal cancer, immune surveillance, tumor microenvironment, genetic and epigenetic mutation.

Global research trends on Psychosocial Rehabilitation in patients with Cardiovascular Diseases: A Bibliometric analysis using Cite Space

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ABSTRACT

Cardiovascular diseases (CVDs) pose a serious threat to global public health due to its high prevalence and mortality. Meanwhile, psychosocial rehabilitation (PSR) has gained popularity due to its beneficial effects on the cardiovascular system. There is substantial evidence that PSR is effective in lessening cardiovascular morbidity and mortality in CVD patients. To learn more about the development of PSR, 3,759 publications about PSR and related researches were retrieved from the Web of Science (WoS) Core Collection from 1989 to 2022. Then, these publications were analysed using CiteSpace 6.1.R3 (64-bit) W version software in terms of country and institution based analysis, author co-citation analysis (ACA), keyword analysis, and document co-citation analysis (DCA). The outcomes were elaborated in four aspects. First, the number of annual publications related to PSR has consistently increased in last three decades. Second, country and institution-based analysis showed that a few developed countries such as the United States, England and Canada, and institutions such as the Harvard University, the University of California, and the University of Toronto were the most active countries and institutions in carrying out PSR related studies. Third, author co-citation analysis (ACA) revealed that Professor Sherry L. Grace from York University had the highest number of publications (35). Her research majorly focused on optimizing post-acute cardiovascular care and its outcomes that contribute to the field of PSR. Author, Frasuresmith N had the highest burst count of 41.39. His research mainly emphasized on the impact of psychological stress in acute myocardial infarction which is related to CVD. Document co-citation analysis (DCA) revealed that epidemiologic evidence was the predominant cluster in the domain of PSR. Fourth, Keyword based analysis showed that keywords such as coronary heart disease, cardiovascular disease, acute myocardial infarction and major depression made outstanding contribution to the PSR field. In conclusion, this study has provided useful information for gaining knowledge about PSR such as identifying potential contributors for researchers interested in the field of PSR, and discovering research trends in PSR, which can provide guidance for more extensive studies related to PSR in the future.

Keywords: Psychosocial rehabilitation, cardiovascular diseases, bibliometrics, CiteSpace

Predictors of Hypertension Compliance in Indian Adults

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ABSTRACT

Compliance with antihypertensive treatment is the most important health behaviour that contributes towards the management of hypertension. Hypertension compliance refers to the degree to which an individual follows the prescribed medication, dietary changes, exercise regimen and regular blood pressure monitoring. The objective of the present study was to explore the impact of COVID-19 pandemic stress, social support, sleep quality, hypertension knowledge and coping with hypertension on compliance in hypertensive adults. Purposive and snowball sampling techniques were used to recruit 406 Indian participants diagnosed with primary hypertension. The COVID-19 Pandemic Stress Scale, Medical Outcomes Study Social Support Instrument, Sleep Quality Scale, Hypertension Knowledge Test, Coping with Hypertension Scale and the Hypertension Compliance Scale were used to gather data from participants. The obtained data were analysed through descriptive statistics and multiple regression analysis. Results revealed significant relationships between hypertension compliance and all the psychosocial variables. Further, multiple linear regression analysis explained 36.1% ($R^2 = .361$) variance in hypertension compliance with social support, sleep quality and coping with hypertension being significant predictors of hypertension compliance in hypertensive adult participants. Findings indicate the need to develop interventions in order to improve hypertension compliance in Indian hypertensive adults.

Keywords: hypertension, compliance, social support, stress, knowledge, coping

Rural Health Care Challenges and Constraints

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ABSTRACT

COVID-19 has affected almost the entire world, causing widespread disruptions in economies and healthcare services. The mission to develop 100 smart cities in India has seen an upturn in the months following the lockdown and due to time over run the funds utilisation have almost doubled. However, the development of smart cities and rural areas is being carried out in isolation which is resulting in the dichotomy of comprehensive development of 100 smart cities and rural villages. The Smart city and the rural growth especially in the fringes of villages of the city are inter related and inter linked. Individual development of a city and a village is not possible.

The government is concentrating on encouraging Public-Private Partnerships (PPP) for successful implementation of the smart city project in India (at present, about 21% funding of the smart cities projects is via the PPP mode). The idea is to build technologically driven sustainable towns which are epicentres for growth. COVID-19 also resulted in large scale migration where people had to move out to different parts of the country in search of jobs to sustain their families. This community of migrants had to endure more appalling hardships than anyone else, not only financially but also socially and mentally.

On the other side Rural India is suffering from a long-standing healthcare problem. Studies have shown that only one trained healthcare provider including a doctor with any degree is available per sixteen villages. Although more than 70 per cent of its population lives in the village, only 20 per cent of India's hospital beds are located in rural areas. The rural health care system in India is not adequate or prepared to contain COVID-19 transmission, especially in many densely populated Indian States because of the shortage of doctors, hospital beds, and equipment. The COVID-19 pandemic creates a special challenge due to the paucity of testing services, weak surveillance system and above all poor medical care. The impacts of this pandemic, and especially the lockdown strategy, are multi-dimensional. It is particularly a threat to a country like India, where 65–68% of the population live in rural areas that also have the highest overall burden of disease globally. Lack of or inadequate basic infrastructure, both social and physical, especially critical sectors like roads, housing, health care facilities continues to remain a major constraint to progress in numerous villages and urban towns and their habitations.

Keywords: Covid-19, Rural Healthcare, Smart cities, Health care facilities

A Systematic Review of Elevated Levels of Plasma Prolactin in Women with Symptoms of Early Psychosis

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ABSTRACT

Early psychosis or the prodromal phase of psychosis has been closely related to endocrinological disturbances in women. This paper aims to discuss and evaluate empirical studies concerned with increased levels of plasma prolactin in women (between the ages of 25 years to 45 years), and the onset of early psychotic symptoms. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) method was used to review (n=30) research and review papers. The literature review suggests increased prolactin levels in women are associated with difficulty screening out distracting information and sensations, difficulty focusing or understanding what they are hearing, changes in perceptual experiences, feeling overloaded, feeling disconnected, sleep disturbances, depressed mood, irritability, suspiciousness and unexplained difficulty at/skipping school or work. Further developments in psychoneuroimmunological studies targeting the reduction of prolactin levels may help in managing early psychosis in this population.

Keywords: Prolactin, early psychosis, prodromal phase, depressed mood, suspiciousness

Follow-Up study on Quality of Life of Indian males with Head and Neck Cancer

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ABSTRACT

Head and Neck Cancer (HNC) is the sixth most leading cancer across globe, more common in Asian countries (Sharma et. al., 2019). HNC patients are at significant risk of developing body image and functionality-related concerns in turn impacting their overall Quality of Life (QOL). This study provides factual inputs on Indian male HNC patients' QOL post 3 months of their treatment completion. The primary objective is to provide patient's perception of self and overall QOL in context of body image and occupation. Study population was 32 males (Mean age = 45.50), comprised of individuals aged ≥ 18 with oral cavity cancers, visited the clinic for post-treatment follow-up. Patients who underwent surgery, +/- Radiation therapy or Chemotherapy, were included for the study. Functional Assessment of Chronic Illness Therapy-Head and Neck version and the Body Image Scale were the tools used. Qualitative responses were noted alongside by the interviewer. Statistical analysis was done using SPSS version 23. Overall QOL of the HNC population appeared above average ($M=117.88$, $SD=12.72$). Across all domains, a similar trend was seen. Analysis of Variance for three groups - '3-12 months', '1-3 years' and 'more than 3 years' was conducted. Significant difference in the mean HNC scores between these groups, with ($p=0.004$) was observed. Post hoc comparisons showed significant differences between the groups '3-12 months' (mean = 108) and 'more than 3 years' (Mean =124.6). QoL of these two groups was compared using Kruskal Wallis test and significant differences in their physical, social and HNC specific index was noted. 43 % patients reported to have returned to work in 3-4 months post treatment and 46 % reduced work hours pertaining to functionality and appearance related concerns. This dat brings to highlight the subjective that the Physical, Social and Head and neck specific QOL issues impacted patients more in their immediate treatment completion phase which appears to last until 3 years in some patients. Over the period of time the overall QOL of patients improve post treatment.

Keywords: Quality of life, Head and neck cancers, body image, follow-up study, occupation, Head and neck surgery

ASSOCIATION OF GJA3 EXON2 POLYMORPHISM WITH CONGENITAL CATARACT IN POPULATION OF JAMMU REGION OF J&K UT

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ABSTRACT

Cataract is a leading cause of blindness in children worldwide. Globally, at least 2.2 billion people have a near or distance vision impairment. The leading causes of vision impairment and blindness are uncorrected refractive errors and cataracts. Our aim was to determine association of GJA3 gene in congenital cataract patients and healthy controls in Jammu. It was clinical case-control hospital-based study done at a Tertiary eye care centre Jammu (GMC Jammu). Fifty patients were enrolled as cases and 50 patients as controls. Ethical clearance was obtained, and written consent form was taken from all patients and controls. Amplification of exon 2 of GJA3 done by Polymerase chain reaction was done. After that Sanger sequencing of amplified product was done to find out gene mutations/polymorphisms. A total of 50 patients were taken who suffered from congenital cataract. These comprised of 32 females (64%) and 18 (36%) males with sex ratio of 2:1. Unfortunately, no polymorphism in patient affected with congenital cataract and healthy controls was observed. Further work in this study is required and may possibly let us a peep into the role of GJA3 in the development of eye, lens transparency and its association with the congenital cataract.

Keywords: congenital cataract, GJA3, polymorphism.

Effectiveness of Naked Eye Osmotic Single Test Tube Fragility Test in the screening of beta-thalassemia in population of Jammu region.

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ABSTRACT

Beta-thalassemia is a monogenic disorder caused by a mutation in the beta-globin chain which leads to ineffective erythropoiesis, transfusion-dependent life to survive. Considering the remoteness of a potential remedy, the prevention of babies with this illness should take precedence, particularly in low-resource countries. This can be accomplished by implementing a reliable and cost-effective mass screening procedure. This study was to evaluate the efficiency of NESTROFT (Naked Eye Single Tube Osmotic Fragility Test) to determine the status of beta-thalassemia. This study was performed on 85 subjects enrolled in the Thalassemia ward, Department of Pediatrics, S.M.G.S Hospital Jammu. Group I, included 40 confirmed subjects and group II included 45 subjects (family members of beta-thalassemic patients). A complete Questionnaire was filled out prior to NESTROFT being performed using 0.36% buffered saline solution, later by simple screening. Out of the 40 cases (confirmed patients), 38 cases (95%) gave positive results with NESTROFT while 2 cases (5 %) were negative. Out of the 45 cases, 30 cases (66%) gave positive results with NESTROFT while 15(33%) gave negative results with NESTROFT. NESTROFT is a very simple and very cost friendly screening test that does not require any equipment and is very much efficient in screen a large population.

Keywords: Beta-thalassemia, Naked eye single tube red cell osmotic fragility test, Screening

Association of CYP1A1, MTHFR and GSTT1 and GSTM1 null mutation with adult leukemia in Jammu region J&K

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ABSTRACT

Background: Leukemia is an uncontrolled cancerous condition of the bone marrow characterized by abnormal production of white blood cells. Due to the polygenic nature of leukemia, many genes featured with small effect size contribute to the susceptibility.

Aim: In the current molecular epidemiological study we aim to find out the association between the MTHFR rs1801133, CYP1A1rs4646903, and null mutation of GSTM1 and GSTT1 in the adult population of the Jammu region of north Indian population.

Material & method: PCR-RFLP genotyping method and multiplex-PCR were utilized to detect rs1801133, rs4646903, and null mutation of GSTM1 and GSTT1 respectively. For descriptive and inferential analysis, frequency distribution, mean/ standard deviation, and Chi-square, odds ratio statistics were used respectively.

Results: The risk allele of the rs1801133 i.e., “T” allele was not found to increase the leukemia in the adult population with an OR: 0.83, with 95% CIs [0.07-9.27]. On the other-hand, the risk allele of rs4646903 i.e., the “C” allele significantly increases the risk of leukemia in the adult population (OR: 2.71 95% CIs [1.28-5.71], p=0.01). GSTM1-null mutation was found to OR: 0.44 [0.17-1.18] and null mutation of GSTT1 OR: 3.69, CIs [1.06-12.84].

Conclusion: In conclusion, the null mutation of GSTM1 and rs1801133 do not increase the risk and the null mutation of GSTT1 and rs4646903 significantly increases the risk of leukemia in the population of Jammu region of the north Indian population.

Keywords: Adult leukemia, rs1801133, rs4646903, Jammu, north-Indian population

PRESCRIBING PATTERN OF ANTICANCER DRUGS FOR BREAST CANCER IN A TERTIARY CARE HOSPITAL, GUJARAT

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ABSTRACT

Background: Cancer been the most frightening disease in the world consistently and hence being a leading cause of death worldwide with around 10 million deaths as per 2020 WHO report. Study of prescribing pattern is a potential tool in ascertaining the role of drugs in society and it has to be carried out at any hospital periodically.

Objective: The aim is to study the prescribing pattern of anticancer drugs for the treatment of breast cancer in a tertiary care hospital of Gujarat.

Materials and Methods: Each prescription was studied for the patient's demographic details, name of the drug, dose, dosage form, frequency, duration etc. Commonly used anticancer drugs used for Breast cancer were noted and the percentage of drugs prescribed from national essential drug list was assessed.

Results: The study revealed that majority of breast cancer cases was evident in the age groups between 55 to 64 years. Out of 110 patients, 100 were female and only 10 were male patients. The majority of drugs prescribed were corticosteroids followed by alkylating agents, antimetabolites, cytotoxic antibiotics, Antineoplastic, 5-HT3 agonists, plant derivatives, and glucocorticoids. Apart from the individual drug prescription, patients were also prescribed for drug combination majorly CMF (Cyclophosphamide- Methotrexate- Fluorouracil) followed by CEF (Cyclophosphamide- Epirubicin- Fluorouracil), CAF (Cyclophosphamide- Adriamycin- Fluorouracil) and AC (Adriamycin-Cyclophosphamide).

Conclusion: The utilization of anticancer drugs in this hospital was found to be rational in line with WHO guidelines and more than 70% of drugs were prescribed from the National essential drug list. Assessment of pattern of prescribing should be conducted periodically to minimize the untoward effects at least to some extent.

Keywords: Breast cancer, prescription pattern, anticancer drug, health, well-being.

BARMA.app: An R shiny application for Time series analysis of antimicrobial resistance rate

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ABSTRACT

Antimicrobial resistance acts as a global problem in many regions of the world. The prevention and treatment of modern medicine are becoming ineffective. Governments all over the world are working effortlessly to overcome this problem and there is a requirement for extra care by the government and healthcare delivery systems to strengthen antimicrobial policy and standardize treatment guidelines. This study aims to forecast the antimicrobial resistance rate to alert healthcare policymakers to have appropriate precautionary measures if require and to attain the sustainable development goals (SDGs). The study also aims to bring awareness of the Beta auto-regressive moving average model applicable in the field of clinical and public health by taking an example of antimicrobial resistance (AMR) rate data. To help non-statisticians an R shiny app named BARMA.app has been developed for the same.

Keywords: time-series models, AMR, resistance, Escherichia coli, Beta ARMA, proportion, rate, E.coli, bacteremia, bloodstream infection, sustainable development goals

Pesticidal potential of weeds against phytopathogens

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ABSTRACT

Only a small number of plants have been commercialised and developed as non-food cash crops, despite the fact that plants with pesticidal qualities have been studied for decades as alternatives to synthetics. Important phytoalexins that serve as a defence mechanism and protect plants from dangerous microorganisms include terpenoids, phenolics, and chemicals containing nitrogen. Plant-based biopesticides have become a popular method for controlling phytopathogens in horticultural, ornamental, and agricultural plants. It is well known that biopesticides have the ability to repel threatening phytopathogens, prevent them from consuming food, limit their growth at different developmental stages, prevent egg-laying behaviour, or even directly kill the pathogens by irreversibly blocking one or more vital metabolic reactions. The biopesticidal activities of plant extracts and isolates have been extensively studied in the literature. Terpenes, gluosides, flavonoids, amides, alkaloids, polyphenols, cyanogenic, aldehyde, quinones, saccharides, thiophenes, amino acids, and polyketides are of the chemical types found in naturally occurring plant products that have bioactivity toward insects. These compounds serve as a prospective source for brand-new insecticides or biopesticides, typically have important ecological functions in nature, such as those of the allelopathic, repellent, fungicide, insecticide, antifeedant, attractant, nematocidal, and insect growth regulator substances. There are numerous studies which confirmed that common weed plants, including *Lantana camera*, *Achyranthes aspera*, *Ageratum conyzoides*, *Parthenium hysterophorus*, *Argemone maxicana*, *Cannabis sativa*, *Cynodendactylon*, *Calotropis gigantean*, *Phalaris minor*, Canada thistle, *Chenopodium album* have pesticidal activity.

Keywords: Biopesticides, Weeds, Phytopathogens, Phytochemical, Agriculture

Gas Chromatography (GC), Gas Chromatography and Mass Spectrometry (GCMS) - A Review

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ABSTRACT

The term Chromatography literally “colour writing” was coined by a Russian botanist Mikhail Semyonovich Tswett in 1906 (Berezkin V.G, 1989) because during his research on chlorophyll he found the discrete coloured bands of plant pigments on a chromatographic column.

Chromatography is a physical method of separation in which the components to be separated are distributed between two phases, one of which is stationary (stationary phase) while other moves in a definite direction i.e. mobile phase or moving phase (IUPAC, 1993). In Gas chromatography (James and Martin, 1952), the moving phase is a carrier gas and stationary phase is a thin layer of liquid (Polymer).

Gas Chromatography (GC) is a common type of chromatography used in organic chemistry for separating and analyzing compounds that can be vaporized without decomposition, it provides both qualitative and quantitative information for individual constituents present in a sample (Evenson and Lensmeyer, 1974; Appleton and McCormick, 1968). The instrument used to perform gas chromatography is called a gas chromatograph.

Keywords: Gas Chromatography, Mass Spectrometry, Injector, Detector

**Identification of Anticancer phytoconstituents from non-polar fraction of
Anthocephalus cadamba Miq. bark using GC-MS/MS analysis**

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ABSTRACT

The medicinal plant *Anthocephalus cadamba* has been utilised for centuries in India. With the exception of a few research, the anticancer and phytochemical capabilities of this plant are yet unknown. The goal of the current study was to characterise the bioactive components of *Anthocephalus cadamba* bark and assess its anticancer potential utilising the non-polar hexane (ACH) fraction.

In this study the anticancer potential of this plant bark was explored by using the 3-[4,5-dimethylthiazol-2-yl]-2,5-diphenyl tetrazolium bromide (MTT) test and colony formation assay for cell viability, as well as Hoechst staining and H2DCFDA to assess ROS-mediated cell death in breast cancer (MDA-MB-231 and MCF-7) cells. For the purpose of identifying phytoconstituents, a bioassay-guided method with gas liquid chromatography mass spectrometry (GLC/MS/MS) was used. Our experimental results from several in vitro assays demonstrated that the crude extract of *Anthocephalus cadamba* and various polar to non-polar fractions significantly inhibited the development and multiplication of breast cancer cells. The ACH fraction has the strongest antitumor efficacy when compared to other fractions. Hoechst and H2DCFDA dye staining during fluorescence microscopy revealed that the ACH fraction causes ROS-mediated apoptosis in the cancer cells MDA-MB-231 and MCF-7. The GLC-MS/MS profiling of the ACH fraction revealed sixteen chemicals that belonged to several chemical classes, illuminating *Anthocephalus cadamba*'s extensive chemical variety. In conclusion, our research showed that the non polar fraction of *Anthocephalus cadamba* bark has a rich biochemical profile and has the potential to be used as a pharmacological drug because of its anticancer property. Therefore, additional in-depth research is required to examine the molecular basis of the *Anthocephalus cadamba* bark's anticancer action as well as to isolate and identify the active components.

Keywords: Anticancer, breast cancer, *Anthocephalus cadamba*, phytochemicals, Apoptosis

**INTEGRATED PEST MANAGEMENT WITH SPECIAL REFERENCE TO PLANT
PARASITIC NEMATODES**

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ABSTRACT

The plant parasitic nematodes are the serious pests of many cultivated crops around the world. So far, effective pest control has been advocated mainly through the use of insecticides. This input is not only costly but has many other limitations and problems. There is need to evolve low input pest control technology based on the integrated pest management (IPM) approach to reduce pest damage to tolerance levels through a variety of techniques including predators and parasites, generally resistant hosts, natural environmental modifications and if necessary appropriate chemical pesticides, without compromising environmental balance and farmers health.

Keywords: Plant parasitic nematodes, insecticides, IPM

Enablers and Barriers to Innovative Teaching

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ABSTRACT

The purpose of this study is to conceptualize innovative teaching, identify the enablers and potential barriers to innovative teaching. The researcher has tried to answer the following three research questions: (1) How the researchers and educationists conceptualize innovative teaching? (2) What are the factors that enable innovative teaching? (3) What are the factors that curb innovative teaching? For present study, the researcher has gone through various well-grounded research studies pertaining to creativity and innovation in teaching and learning. There are some teacher-specific factors and some organizational factors that play a crucial role in enhancing the innovative teaching-learning practices in schools. The teacher-specific factors are concerned with acquiring and updating knowledge, cognitive abilities, cognitive styles, thinking out-of-the-box, risk taking, willingness to bring change and motivation etc. On the other hand, organisational factors include culture for taking initiative for doing innovative activities, availability of resources, cooperation, collaboration, administrative support and recognition. These factors are very essential for ensuring innovation in teaching-learning process. Teachers need to utilize all personal and organisational resources effectively and efficiently to make the process of teaching and learning innovative. The administration too is required to take essential measures to make environment conducive to innovative teaching-learning practices. On the contrary, there are some factors that have negative influence on innovative teaching such as fear of failure, not to leave comfort zone, excessive workload on teachers, large class size, rigidity of school norms and rigidity in curriculum etc. For ensuring innovative teaching-learning practices, there must be optimum utilization of all resources-personal and organisational.

Keywords: Innovation, innovative teaching, creativity, barriers, enablers, organizational climate

Adopting Augmented Reality (AR) Technology to enhance the quality education: Moving towards sustainability goal 4

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ABSTRACT

Education is the main key to obtain human potential and the growth of the country. It takes a prominent role in the individual life cycle. To meet the current global requirements, there are various changes taking place under the agenda of the new education policy 2020-2021. The New education policy has given special attention to vocational studies, digital learning and problem-solving methods.

The agenda of Sustainable Development Goal 4 (SDG4) for 2030 desires to obtain equitable access to men and women for quality education and lifelong learning opportunities. Under SDG4: Target 4.4 it aims to extensively growth in the number of youth and adults who have relevant abilities, including technical and vocational talents, for employment, first rate jobs and entrepreneurship.

To enable quality education, there is a need of incorporation or awareness of required subjects in all education field such as Data Science, Machine Learning, Artificial Intelligence, Virtual Reality and Augmented Reality etc.,

Augmented reality in education enables students to maintain complex information in visual form. Via augmented fact, educators/ teachers can educate more successfully that can end in better interactivity and engagement. For instance, with augmented reality, beginners can beautify their ability to create, collaborate, and efficaciously clear up the difficult concepts.

This study aims to understand the teacher's perception of the use of AR application to create educational content and their willingness to adopt the same in the academic curriculum. To enhance the quality education. For the study, training was given, and their experience was recorded to know their perceptions. PUC government and government aided science teachers from Dakshina Kannada and Udupi District took part in the study.

Keywords: Sustainable Development Goal, SDG4, Quality Education, Augmented Reality (AR), Digital India, Technology, New education policy

CONCEPTUAL MODELS IN MATHEMATICS EDUCATION RESEARCH: A SCOPING REVIEW

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ABSTRACT

Mathematical education is a developing area. There are several problems in teaching and learning mathematics. Research in this area aims to resolve or at least reduce these issues. Conceptual and theoretical models in mathematics education can be applied to have a better understanding of classroom issues, including teaching and learning. A scoping review helps to explore the research area and find the research gap (Arksey & O'Malley, 2005). The present scoping paper has reviewed 11 articles. The paper aims to understand and evaluate the conceptual models in mathematics education. The focus is on classroom issues, such as teacher-student interaction, students' well-being, and engagement. The conceptual models considered here are related to students' personal, socio-cultural and behavioural aspects. The findings of this paper would help to understand the problems in mathematics education. The article highlights the need to give due consideration for conceptual models to improve the teaching-learning process.

Keywords: Mathematics education, Student factors, Teaching-learning, Scoping review

Restructuring Indian Higher Education System through RUSA

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ABSTRACT

Human development and social transformation are measured through education, it serves as a benchmark for both individual progress and overall societal shifts. Education is a dynamic aspect of the individual that influences the individual's mental, emotional, physical, and social growth. The growth and development of a nation are considerably enhanced by the higher education system. It facilitates the acquisition of lives for members of society, promotes healthy development, and enhances the overall potential of the nation. Higher education should be pursued with the goals of improving the lives of people and contributing to the overall strength of the nation. It is for the purpose of instilling in each individual member the high standards of behaviour and conduct as well as the integrity of their personality.

During the past decade, the education sector has become increasingly important in the process of economic planning across the world's emerging nations. Due to strategic planning and a wider vision that correlated economic development to transformations in the education sector, in particular higher education and research, in order to become globally competitive, the economies of these countries progressed from developing to advanced during this time period. The higher education sector in India is in a state of transition despite the numerous new programmes and reforms that have been implemented by both the national and state governments with intervention from the private sector. The primary focus of this paper will be on the role of RUSA in the ongoing process of academic transformations inside the Indian Higher Education System. The Rashtriya Uchchatar Shiksha Abhiyan (RUSA), also known as the National Higher Education Mission is a flagship programme by the government of India that was put into action as part of the 12th Five Year Plan for higher education in India. This initiative is being taken with the goal of elevating the standard of higher education in India.

Keywords: Higher Education, RUSA, Transformation, Advancements, Economic development

NEW BREED OF CRISIS: WAR AND WARMTH COLLIDE IN AFGHANISTAN: An eco-critical analysis on the nation's environment decline

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ABSTRACT

“Great literature is simply language charged with meaning to the utmost possible degree”

-Ezra Pound

Literature is the language of the inner self. Literature is the best way to create impact and awareness on the present society. Environmental literature or known as eco literature is writing those comments intelligently on environmental themes, particularly as applied to the relationships between man, society and the environment. The recent protruding branch of eco literature is climate fiction also known as “cli-fi”. Climate fiction is literature that deals with climate change and global warming. Climate change has been labelled a “wicked problem”, one that is characterized by many underlying strata of nested, intractable and unforeseen predicaments. It is often characterized by the long-time shift in the earth's temperature and the weather patterns.

Climate change refers to the long-time shift in the climate, over a long period of time. The change in climate is caused by the harmful emission of greenhouse gas. This crisis is becoming deadlier more quickly than anyone can imagine. Global warming causes impact on everyone's food and life. The change in climate causes soil degradation that leads to less food production, drought, soil erosion, and economic decline and so on. The consequences are interlinked with each other. Afghanistan is one among the most vulnerable countries affected by climate, due to its geographical location. Afghanistan has a very unique geography, ranging from high peaks to the dry deserts. These geographical locations normally result in dry arid climate. The rapid change in climate has threatened the livelihood of many farmers. As nearly half of the country's population relies on agriculture, the unusual temperature change affects the ecosystem. When agriculture is affected, it leads to food shortage and consequently will affect the country's economy. The country's weather has changed significantly over the past 20 years. Not only climate corners Afghanistan, war also is a great threat to both environment and humanity. The war has all but destroyed the environment, and along with this it has made life a lot harder for the humans who live there. This paper examines Afghanistan's climate disaster and war impacts through eco critical lens.

I suspect the truth is that we are waiting all of us against insurmountable odds, for something to happen to us.

-Khaled Hosseini

Climate fiction not only has the potential to represent the consequences of climate change, but also the capacity “to provide a space in which to address the Anthropocene's emotional, ethical and practical concerns”.

Keywords: eco literature, climate fiction, environmental studies, nature, Anthropocene.

Anganwadi Workers' Job Performance and Job Satisfaction: A Literature Review

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ABSTRACT

Introduction: Anganwadi workers (AWWs) play a vital role in the effective implementation of the ICDS Programme, especially educating the children between 3-6 years of age in non-formal pre-school that runs in the Anganwadi Centers. They have to do diversified work under adverse situation with a meagre salary which affect their job satisfaction, job performance and over all mental health. Aim A literature review of job performance, job satisfaction and over all mental health of Anganwadi Workers.

Method: More than 80 original studies were accessed by a systematic search from electronic databases using the keywords 'Anganwadi Workers', 'non-formal preschool educator', 'job performance' and 'job satisfaction' are chosen by certain criteria.

Result: It has been found that most of the research were done on assessing their performance in managing the children with special needs such as epilepsy, anaemia, developmental delay, blindness etc.; their knowledge of breast feeding practices, feeding practices of infant and young children; their knowledge of nutritional practices; oral hygiene practices; growth monitoring practices activities in rural and urban areas, homeopathic formulations, knowledge of slum community; community health work; religious discrimination; work life balance, perceived responsibilities; and prevention as well as detection of childhood disability. Only a few researches have been conducted on job performance of the Anganwadi workers (AWWs) as educators in non-formal pre-school educating the future citizens of our country and no research paper has yet been published which examines perceived stress and self-esteem and other psychological aspects of Anganwadi workers (AWWs) which influence their job performance to a greater degree.

Implications: More number of studies needs to be done to find out the factors influencing their job performance as educators in non-formal pre-school, their job satisfaction and on developing different intervention strategies to promote these.

Keywords: Anganwadi workers (AWWs), educators, job performance, non-formal pre- school, children

OBESITY: MOST COMMON LIFESTYLE DISEASE WORLDWIDE AND ITS IMPACT ON INDIAN POPULATION

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ABSTRACT

In both developed and developing countries prevalence of obesity is increasing worldwide. Obesity is a condition that refers to an increase in the size and amount of fat cells in the body. Imbalance between calories consumed and calories expended causes obesity. Lifestyles choices like poor eating habits and not enough exercise are chief causes of overweight and obesity. Several type of predisposing factors were observed in different studies related with obesity and overweight such as genetics or certain medical condition, environmental, behavioural, socio-demographic and lifestyle habits. Age and gender is another important factor related with obesity and overweight. Worldwide, obesity is becoming a public health problem in the general population. Over the last 40 years the average weight of the world's population became about 3.3 pound heavier each decade. The prevalence of obesity is reaching pandemic level and has nearly tripled since 1975 worldwide. As per the Indian Journal of Community Medicine, 135 million people were reported as obese in India alone. The prevalence of obesity and overweight has a direct correlation with the increasing rate of obesity related co-morbidities such as cardiovascular disease, type-2 diabetes, hypertension, thyroid disease, kidney disease, dyslipidemia, fatty liver disease and certain types of cancer. Emotional eating (eating as a response to anxiety, depression, anger and loneliness) is another factor reported in the case of obesity. High (BMI>25 kg/m²) is responsible for the development of obesity in both women and men. Obesity prevalence varies according to age, gender, educational status, marital status, residential area (urban/rural), geographical environment and socio-economic status. Metabolic syndrome is another emerging public health challenge reported in the northern and southern region of India, due to increasing prevalence of obesity.

Keywords: Obesity, Predisposing factors, Prevalence, Co-morbidities, BMI

Experiences with Telemental Health Videoconferencing and Endorsement of it in the Future

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ABSTRACT

Research exploring the user experiences with TMH-V have found differences in the experiences of providers and clients. It has been found that various personal, technological and workflow barriers deterred providers from using TMH-V to deliver care. Providers have reported lower levels of satisfaction and therapeutic alliance in TMH-V as compared to FTF therapy. Since the mandated lockdown due to COVID-19 pandemic, MHPs had to swiftly shift to TMH-V to deliver mental health services. Despite the continuing interest in the topic, there is a dearth of research exploring the experiences of MHPs who started using TMH-V during COVID-19. The current study aimed to get an insight into the experiences of MHPs with TMH-V using Interpretative Phenomenological Analysis (IPA). Eight psychologists were interviewed and interviews were audio-recorded. An in-depth analysis revealed that MHPs faced a number of challenges in their early use of TMH-V but later adapted to these challenges by making various modifications in their counseling style. Their sense of professionalism facilitated these adaptations. Initial skepticism toward TMH-V took a positive turn after consistent usage and the merits of TMH-V further motivated and encouraged MHPs to incorporate TMH-V in their regular practice. The increasing acceptance of TMH-V by MHPs can lead to higher accessibility and affordability of mental health care services.

Keywords: Tele-mental Health, Mental Health Professionals, Mental Health Care

Challenges faced by rural people of Uttarakhand in accessing UHC (Universal Health Care) services

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ABSTRACT

India with 1.34 billion populations is facing unique health care delivery constraints and problems particularly in terms of low or minimum spending on health care services, access, quality, safety, lack of accountability, corruption, etc. India's performance on key malnutrition indicators is poor according to national and international studies.

Inequalities and health-related expenses or spending resulting in impoverishment further marginalises the poor people, underprivileged and outreach. Malnutrition affects chances of survival for children, increases their susceptibility to illness, reduces their ability to learn, and makes them less productive in later life.

The study mainly focuses to study the benefits or challenges faced by beneficiaries regarding UHC (Universal Health Coverage). A descriptive research design was chosen in order to achieve the formulated objective of the study. The study was conducted in 5 villages (Anandpur, Indarpur, Chukti, Narayanpur, Gukulnagar) of Kichha, Udham Singh Nagar District of Uttarakhand State.

The pre coded interview schedule and checklist was used to get the required information. 15 percent households from each of the selected village were selected in the sample. Total 125 respondents were chosen using simple random sampling without replacement.

Data regarding challenges faced by people to access the healthcare facilities showed that 39.2 percent respondents reported that ASHA worker is not approachable. About 40 percent respondent told that ASHA worker is not available at emergencies.

About 77.6 percent respondent told that they seek healthcare from private sector because government services are inadequate. Nearly 32 percent respondent reported that they made OOP (Out-Of-Pocket) payments for antenatal checkups. About 51.2 percent respondents agreed that they made OOP payments for postnatal checkups.

Keywords: Universal Health Coverage, Out-Of-Pocket payments, malnutrition, antenatal checkups, postnatal checkups

An Attitudinal Study of Trainee Teachers Towards ODL System in West Bengal

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ABSTRACT

The present study focused on attitude of trainee teachers towards open and distance learning. A 200 sample was taken for this study where convenient sampling technique was used in West Bengal. Scale for attitude towards open and distance education developed by Dr. Vishal Sood was taken for collecting the data. t-test was applied as a statistical technique for calculating the collected data. The findings were -1. It was found that there is no significant difference in the attitude of male and female Trainee Teachers towards ODL system. They more or less have same level of attitude towards ODL system. 2. It was found that there is no significant difference in the attitude of Trainee Teachers pursuing B.Ed. and M.Ed. Course towards ODL system. They both have equal level of attitude towards ODL system.

Keywords: Attitude, Trainee Teachers, ODL System, West Bengal

COMPARISON OF ATTITUDE TOWARDS SUPERSTITION AND RELIGIOSITY AMONG LITERATE AND ILLITERATE MALES AND FEMALES

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ABSTRACT

Introduction: From voodoo to “wives’ tales” to lucky charms, most of us are familiar with some form of superstitious belief or practice. As common as superstitious beliefs and behaviours are, they tend to be based on belief systems which cannot be empirically proven. Often people will hold a strong belief in a superstitious phenomenon and describe exactly what that phenomenon is, but cannot logically support why that phenomena should be considered substantial.

Aim: The present investigation was made to make comparisons among literate and illiterate males and females with regard to attitude towards superstition.

Method: A sample of 200 subjects was drawn that comprised of 100 females (50 literate and 50 illiterate females) and 100 males (50 literate and 50 illiterate males) from the city of Agra, U.P. Superstitious Attitude Scale by Bhagwat (2006) was administered on the sample. Multivariate Analysis of Variance (MANOVA) and t-test were employed for statistical analysis of the data.

Result: The results have shown that there is no significant difference between males and females with regard to attitude towards superstition ($p>0.05$) but there is a significant difference between the literate and illiterate population in terms of attitude towards superstition ($p<0.01$). It can be inferred that the illiterate population has more attitude towards superstition than the literate population. The implication of the study is to educate and create an awareness in illiterate population to change their attitude towards superstition in order for their own growth and societies growth at large. By blindly following superstitions, it only leads to hampered personal and social growth.

Keywords: Superstition, Religiosity, Literate and Gender

Utilization of food waste for the production of bioplastics

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ABSTRACT

The goal of managing waste in a way that is both sustainable and effective is fraught with difficulties. The utilisation of these waste materials in processes that yield something valuable is an alternate approach that holds great promise for resolving the challenges associated with waste management. One such implementation of food waste material in synthesizing something valuable i.e. bioplastic will be explored in this presentation. The ever-increasing piles of waste plastic that are being dumped in landfills and on the sides of roads, in addition to the huge array of other problems that are being caused by the use of plastic, make the possibility of switching to bioplastics and plastics made from bio-based materials look even more appealing. Bioplastics made from food waste can help solve two problems in a roundabout way: they can cut down on both plastic waste and food waste simultaneously, which is beneficial to the environment. Some of the major waste materials which have a good potential of being converted into bioplastic or used as a substrate for the production of biopolymers which can further be used to generate biobased plastic are vegetable and fruit peels, fruit seeds such as mango, eggshells and chicken feathers. The bioplastics business is still in its formative stages, and there is room for improvement in terms of the production methods and biophysical properties of materials.

Keywords: Waste, Sustainable, Bioplastic, Plastic, Food-waste and biopolymer.

An analytical study on "Role of Artificial Intelligence in promoting Financial Inclusion"

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ABSTRACT

Purpose: The Global pandemic has caused a financial crisis and had a negative impact on the world economy. The traditional methods of financial transactions cannot meet the ever-demanding and changing financial requirements of the entire economy. By fusing technology, Artificial Intelligence and fintech in the traditional financial system of banking and transactions the entire financial system can be transformed. This study demonstrates how the promotion of digital financial inclusion during and post COVID-19 is aided by the integration of artificial intelligence (AI) in IoT.

Research problem: The study was conducted to find out the role of artificial intelligence and digitalization in accelerating the process of financial inclusion for Inclusive growth of all sectors of the economy. During Covid-19 due to social distancing restrictions the digital financial modes of payment and transactions worked as a boon for society by providing uninterrupted and smooth financial transactions, post-Covid how the digital financial system and Artificial intelligence can help to speed up the financial system of transactions and its role in the transformation of traditional financial transaction system for economic growth is the focus of the study.

Summary: Financial Inclusion is a very vital concept for the inclusive growth of all sectors of the economy. To speed up the efforts for achieving absolute financial inclusion the use of Fintech and Artificial Intelligence is very crucial. The advantages of AI and big data for financial inclusion include increased effectiveness and risk management for financial service providers; the provision of intelligent financial products and services to banked adults; the simplification of account opening for unbanked adults; and the creation of credit scores for unbanked adults using alternative information.

Design Methodology: A descriptive research approach has been used. The sample used for the study are the users of fintech-based financial services.

Findings: The findings of the study suggests that AI and IoT have the potential to change the paradigm of the financial system of a transaction to meet the ever-changing demand and supply side gaps. The study also discusses the future scope of AI in the financial sector improvement and upgradation.

Practical Implications: The findings of this study can be implicated by the Government to better understand what effect digitalization will have on the entire financial services provided by the formal financial system, and how the implementation of digital technology in a proper manner can help to reap better results.

The findings of the study can also be implied to develop skills for enhancing operational efficiency and agility and providing end customers with unique value in order to stay up with rising expectations and the desire for individualized solutions.

Keywords: Artificial intelligence, AI, digital finance, fintech, financial technology, digital finance, financial inclusion, Economic growth.

Alginate-based edible coating on fresh-cut pineapple pieces

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ABSTRACT

In this study, the effects of sodium alginate (SA), rice bran oil (RBO) and pectin (P)-based edible coating combinations with glycerol, tween80 and calcium chloride (CaCl₂) on the quality of fresh-cut pineapple (*Ananas comosus*) pieces stored under refrigeration ($4 \pm 1^\circ\text{C}$) were investigated. Fresh-cut pineapple pieces were treated with no coating (control), alginate- pectin coating [SA (2%)-RBO (1%)-P (2%)] and pectin-free coating [SA (2%)-RBO (1%)]. Weight loss, titratable acidity, pH, total soluble solids content (TSS), color characteristics (L, a, b, color change, chroma, hue angle and whiteness index) and sensory evaluation were performed. It was found that the samples with alginate-pectin coating and pectin-free coating enhanced the shelf life, physico-chemical and sensory characteristics of pineapple pieces. During 10 days storage period, coating treatments resulted in decreased weight loss, slowed increase in TSS and decrease in titratable acidity. Coated samples showed better color characteristics throughout the storage period. It was also observed that alginate-pectin-based coating masked the actual taste of pineapple pieces whereas pectin-free coating retained the actual taste of pineapple thus making it more preferable. It was concluded that both coatings enhanced the shelf life and other characteristics of the pineapple piece but pectin-free coating displayed better results in enhancing the shelf life and retaining the sensory characteristics of fresh-cut pineapple pieces.

Keywords- edible coating, sodium alginate, pectin, shelf life, pineapple

Fruit and vegetable wastes in developing meat products: An approach towards potential health benefit and quality improvement

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ABSTRACT

Meat is a great way to get your protein, and it also contains many other nutrients like vitamins, minerals, and even essential fatty acids. Today, more people than ever before prefer ready-to-eat meals because of the ease with which they may be prepared. In this line, meat products like sausages and patties are also gaining the interest of the consumers because of their rich taste, along with traditional meat products like kebabs, meatballs, etc. But the problem with meat products is that they contain a large amount of fat and are totally deprived of dietary fiber, which poses severe health problems like cardiovascular and gastrointestinal diseases. Therefore, to overcome this problem, several fruits and vegetable wastes can be successfully incorporated into meat products that will provide dietary fiber and play the role of natural antioxidants; this will slow down lipid oxidation and hence increase the shelf life of meat products. By-products from fruit and vegetable processing industries prove to be an economical source of incorporation in meat products and improve quality attributes (physicochemical, microbiological, sensory, and textural properties) along with health benefits. Utilization of fruits and vegetable wastes has a future pathway towards achieving food sustainability. This will also reduce the waste disposal and cost associated with it.

Keywords: sausage, dietary fiber, gastrointestinal diseases, fruit and vegetable waste, shelf life

भारत में मानवाधिकार संरक्षण: एक विमर्श

सचिन पाठक

असिस्टेंट प्रोफेसर, राजनीति विज्ञान विभाग आर० एम० पी० स्नातकोत्तर महाविद्यालय सीतापुर

मानवाधिकार ऐसे अधिकार हैं जो किसी व्यक्ति को मानव होने के नाते अनिवार्य रूप से मिलते हैं या मिलने चाहिए। एक मनुष्य के रूप में जीवन जीने हेतु अधिकार अति आवश्यक हैं। इन मानवाधिकारों का मूल उद्देश्य व्यक्ति को सम्मानपूर्वक, गरिमामय मानवीय जीवन व्यतीत करने हेतु उपयुक्त परिस्थितियां प्रदान करना है। इस प्रकार मानवाधिकार और सार्वभौमिक होते हैं व्यक्तित्व विकास के लिए आवश्यक भी।

समाज के हर प्राणी को जीवन जीने का अधिकार है तो समाज के हर प्राणी का कर्तव्य भी है कि किसी के जीवन में बाधक नहीं बने। सामान्य अर्थ में इसे आधुनिक मानव अधिकार का प्रारंभिक रूप भी कह सकते हैं। यह मानवाधिकार की मौलिक अवधारणा है। मानवाधिकार का सृजन समाज में होता है। मानवाधिकार से तात्पर्य है लिंग, धर्म, जाति, संप्रदाय, देश, आर्थिक स्थिति जैसे भेद मूलक विचारों को त्याग कर मानव को समुचित विकास संरक्षण तथा सासम्मान जीने का अधिकार प्रदान करना जो उसे जन्म के साथ प्राप्त हो जाता है।

मैग्नकार्टा(१२१५) से लेकर बिल आफ राइट्स(१६८९) फ्रांसीसी क्रांति(१७८९) एवं मानवाधिकारों के सार्वभौमिक घोषणा(१९४८) तक मानवाधिकार ने पूरे विश्व में मान्यता प्राप्त कर ली है भारत के संविधान के भाग 3 में मूल अधिकारों के रूप में प्रमुख मानवाधिकारों को अपनाया गया है जो प्रवर्तनीय हैं। जबकि कुछ मानवाधिकारों को भाग 4 में निर्देशक तत्व के रूप में सम्मिलित किया गया है जो अप्रवर्तनीय हैं। मानवाधिकारों की सुरक्षा सुनिश्चित करने के लिए 1993 में राष्ट्रीय मानवाधिकार आयोग का गठन भी किया गया है। मानवाधिकार भारतीय समाज में सांस्कृतिक परंपराओं के रूप में सहज रूप से विद्यमान रहा है जैसे जियो और जीने दो।

प्रस्तुत शोध पत्र में भारत में मानवाधिकारों के संरक्षण और सरकारी प्रयासों पर प्रकाश डाला गया है।

INDIA'S EXPERIMENTATION WITH THE POPULATION CONTROL: DOES INDIA NEED TO CONTROL ITS GROWING POPULATION?

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ABSTRACT

India's concerns about population growth go back to the pre-independence era and even in the 21st century, India is facing the problem of population explosion. There are multiple reasons for this problem and one being the slow growth of economic development in comparison to the population growth rate. The basis for this justification is that rapid growth of the population leads to mass poverty which is a big hurdle in economic development, therefore if India wants to eradicate poverty and needs to move on a faster growth rate of economic development then it will have to control the size of the population.

This paper will discuss the concern in India regarding population growth in recent times along with the various policies and programs framed by the government of India over the period to tackle this problem. The paper will also try to find out if India at this point needs a population control bill or any other measure to control its population size.

Keywords: population control, population explosion, mass poverty, economic development.

Farmers' Suicide in India: A Human Rights Perspective

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ABSTRACT

The suicides by the farmers are the most frightening and alarming issue for an agrarian economy like India, where more than 50% of people rely on farming. According to an NCRB report, 17,000 farmers committed suicide between 2018-2020. The rise in farmer suicides is exacerbated by high levels of debt, corporate manipulation, income fluctuation, information poverty, changes in the environment and agricultural pattern, a lack of institutional acknowledgment, unable to compete in the international market, lack of transparency in the government policies, a transformation in the government's policy priorities, and several other socioeconomic variables. On the other side, one of the significant causes of farmer suicide in India is the industrialists' more substantial emphasis on patent and plant variety protection, together with an expanded market strategy.

They are considered as the backbone of the nation but suffer from various basic existential issues that affect their backbone. Due to the inability to maintain their livelihood, they commit suicide which is alarming for the nation. The right to life, which has been recognised as an inalienable human right, includes the right to livelihood that vulnerable farmers deny. We live in an age of human rights that covers not only the political and civil rights but also the socio- economic and cultural rights of all individuals, including farmers, across the globe. The fundamental human rights available to farmers in India envisages the right to life, the right to an adequate standard of living; the right against exploitation; the right to food; the right to trade; the right to health, and the right to an effective remedy, among the several other rights. Despite the Constitutional and legislative safeguards protecting farmers' human rights, farmers' suicide is happening and is on the rise. In light of the above, this paper aims to understand the various causes of the farmers' suicide and the policy framework thereof. Further, it analyzes the law and policy concerning farmers' suicide from a human rights perspective and suggests a few suggestive measures.

Keywords: Farmers suicide, human rights, right to life, Constitution of India, Agricultural Policy

New India- Development through economy

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ABSTRACT

India is at a decisive point in its journey toward prosperity. The economic crisis sparked by COVID-19 could spur reforms that return the economy to a high-growth track and create gainful jobs for 90 million workers to 2030; letting go of this opportunity could risk a decade of economic stagnation. A new report from the McKinsey Global Institute identifies a reform agenda that could be implemented in the next 12 to 18 months. It aims to raise productivity and incomes for workers, small and midsize firms, and large businesses, keeping India in the ranks of the world's outperforming emerging economies. A clarion call is sounding for India to put growth on a sustainably faster track and meet the aspirations of its growing workforce. Over the decade to 2030, India needs to create at least 90 million new nonfarm jobs to absorb the 60 million new workers who will enter the workforce based on current demographics, and an additional 30 million workers who could move from farm work to more productive nonfarm sectors. For gainful and productive employment growth of this magnitude, India's GDP will need to grow by 8.0 to 8.5 percent annually over the next decade, or about double the 4.2 percent rate of growth in fiscal year 2020. India will need to maintain productivity growth at 6.5 to 7.0 percent per year, the same as it achieved from 2013 to 2018. The two objectives are not contradictory; indeed, employment cannot grow sustainably without high productivity growth, and vice versa. If India fails to introduce measures to address prepandemic trends of flat employment and slowing economic growth, and does not manage the shock of the crisis adequately, its economy could expand by just 5.5 to 6.0 percent from 2023 to 2030, with a decadal growth of just 5 percent and absorb only about six million new workers, marking a decade of lost opportunity. India, which is the world's sixth largest economy with GDP of USD 2.7 trillion, is currently classified as developing nation. India is expected to grow at over 7 % in the current fiscal year ending in March'23.

Disable Women: Discrimination Rights and Legal Regime in India

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ABSTRACT

Every human being is required to lead a virtuous life, but in reality women which comprises of the half of the population is facing hardships and sufferings not only outside the house but within the four walls of the house. She is facing discrimination at all phase of her life and not getting the respected place in society. The irony lies in the fact that once she was worshipped and honoured as goddess but now she is raped and her dignity is robbed and she is exploited now and then, such is the position of the women in our country. The attitude of society towards people with disabilities have been ambivalent ranging positive responses like adulation, or caretaking to negative forms of total rejection and ridicule and the worst affected are the women with disability. They are discriminated first because they are women and then the situation becomes worst if that woman is a disable one. Exploitation of women with disability is severer in rural as well as in urban areas as they are denied education, health care and are easy victims of violence and molestation. They are at the mercy of elderly men in the family and at times may face sexual exploitation and are subject to social exclusion, stigma and discrimination. Among the worst are the disabled women living in institutional care as they are more exposed to sexual exploitation and as a measure of prevention there are instances of mass hysterectomies performed on them. It is in the light of above fact this paper makes a humble effort to do a comparative study with existing Constitutional and legislative provisions for the women with disability in India and how far they are able to achieve their objectives in improving and empowering the disable women.

Keywords: Disability, Women, discrimination, Rights, Law.

Dynamics of Autism: A Case Report

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ABSTRACT

Autism is a diverse group of conditions, characterised by some degree of difficulty with social interaction and communication. Other characteristics include atypical patterns of behaviours, such as difficulty with transition from one activity to another, a focus on details and unusual reactions to sensations. (WHO, 2022.) The disorder is often accompanied by disturbances in interaction, communication, socialization, cognition, and emotional expression. These difficulties are further mediated by personal and environmental factors impacting the psychological/overall functioning of the individual. The present case aims to understand the role of the aforementioned factors in the maintenance of behavioral difficulties. The paper will also highlight the assessments of a child of 5 years and 9 months of age. The child was brought to the mental health professional with concerns including delayed speech, seizures, poor self- help skills, difficulty in sitting still, unable to pay attention, eye contact issues, putting objects and other people's fingers/ hands in the mouth, hugging, and kissing random strangers. As per the informants, these symptoms and concerns persisted for the past 5 years. The presentation will focus on dynamic issues, assessment details, case formulation and clinical insights of the treating professional(s). The case has been conceptualized based on Padesky and Mooney's model of inter-relationships between aspects of functioning. The role of such presentations becomes imperative in aiding our wholistic understanding of the maintaining factors as well as family dynamics.

Keywords: Autism, case formulation, assessments, and dynamics

A Case Report on High Functioning Cerebral Palsy

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ABSTRACT

Cerebral Palsy (CP) is a developmental disorder of motor impairment and posture often associated with comorbidities. It is seen as a causal factor for intellectual disability and that the patient is neither educable nor trainable. The cognitive functioning of most children with CP is often assumed to be severe along with comorbid motor impairment (Stadskleiv, 2020). This assumption and underestimation may lead to the maintenance of disorder and impacting the physical and psychological functioning of the individual. The present case aims to understand the cognitive functioning with a child of 12 years and 10 months of age. The child was brought to the mental health professional with concerns including difficulties in eating and chewing, poor self-help skills and incessantly talking. The presentation highlights the assessments undertaken thereby considering several predisposing, perpetuating factors. Children with CP have an increased risk of cognitive impairments compared with peers, but lack of assessment could cause the prevalence of intellectual disability to be overestimated. The details pertaining to assessments and management will be discussed in the presentation.

Keywords: Cerebral Palsy, comorbidities, predisposing, and perpetuating factors

Education For Children with Learning Disabilities: A Study on The Special Needs Teachers of India to Find Solutions for The Post Pandemic Era

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ABSTRACT

India was among the second most impacted countries in the world due to the Covid pandemic, infecting nearly 10 million people. The lockdown severely impacted the education sector and pushed the Indian education system to accept the online mode of education which brought in a transformative change that was long overdue. The research paper reports insights into the experiences of the special needs teachers' teaching during the COVID pandemic and after the reopening of the schools. The paper uses an exploratory study design to analyse the experiences of 5 special needs teachers from private schools in India who were identified through purposive sampling. An open-ended questionnaire was prepared to collect the data through one-on-one interviews. The results indicated that the teachers were using innovative pedagogical tools like storytelling using applications like, story weaver and also putting in extra hours of work to teach students with learning disabilities during the pandemic.

Unfortunately, some challenges were noticed after the reopening of the schools - an increase in the number of students with learning disabilities, increase in dropouts, a learning gap, lack of discipline in the school, lack of resources for the special needs teachers and lack of awareness among the management, teachers and parents. The paper concludes by discussing various recommendations in order for the inclusion of children with learning disabilities better in the schools – sensitisation for management, teachers and parents; in-service training; regular checks for policy implementation and on medical professionals in the field.

Keywords: COVID- 19, Inclusive education, India, learning disabilities, online education and special needs teachers

**Psychosocial Problems among the Disabled Women: A Case Study Analysis in Salem
District of Tamil Nadu**

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ABSTRACT

BACKGROUND: Women's disabilities affect not only the women themselves, but also their families. The extent of this impact can have an impact on the family's ability to function well and may cause a delay in reaching their expected outcome goals. There is also psychosocial disability in addition to physical, intellectual-relational, and sensory disability. It occurs when a mental disorder becomes pervasive and interferes with a person's functioning, preventing them from asserting their right to social participation.

METHODS: This study aims to assess the psychosocial problems faced by women with a disability. People with psychosocial disabilities face a number of challenges, the most significant of which is the stigma associated with mental illness, which leads to exclusion, isolation, and discrimination, impeding access to basic care and services. According to the WHO, depression is a leading cause of disability worldwide and a significant contributor to the overall global disease burden. If the existing culture changes, psychosocial disability can be transient and reversible, with significant benefits for the entire social context.

CONCLUSION: Boost disabled people's self-esteem and encourage their participation in mainstream social and cultural initiatives. To create a community that is accessible to people with disabilities, additional awareness campaigns for each segment of the population must be planned. They need to provide foundational knowledge about the public health programs and health outcomes and training programs among people with disabilities.

Keywords: Physically challenged, psychosocial problem, Inequality, Discrimination, Unemployment

Spiritual Silence Practices as an Intervention Tool For improving Meta-Cognition and Emotional State of the Individuals with the signs of Mood Disturbances

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ABSTRACT

The proposed research is designed to explore the effect and effectiveness of Spiritual Silence Practices (Hinduism & Buddhism Perspective) as an intervention tool for improving Neurocognitive functioning of patients of mood disorders. The major focus of the study is on contemplating this technique as a major Participants are selected from Art of living ‘silence course’ centers who have been diagnosed with mood disorder and sought refuge in these courses. This course was held for 5 days and encompassed yogic asans, pranayama, panchkosh kriya, Sudarshan kriya and hollow-and-empty meditation. The meta-cognition questionnaire and The Emotional State questionnaire was administered on participants to measure their meta-cognition, and emotional state 5 days after completing the course and returning back to home. The scores of anxiety, depression, fatigue, insomnia and metacognition are checked for pre- and post-intervention. The Wilcoxon signed rank test is used to find the relationship between the pre- and post-intervention data. It was found that spiritual silence has significantly decreased the anxiety, depressive symptoms, agoraphobia, panic like symptoms and insomnia.

Keywords: Spiritual silence, depression, meta-cognition, anxiety, fatigue, insomnia

A Study on Internet Addiction and Emotional Intelligence Among College Students

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ABSTRACT

Internet is a widely used global communication system. It enables people around the world to communicate each other, search or browse information. It makes our works easier and faster. Even though it has many advantages, it also has numerous disadvantages. Internet Addiction is most common among youngsters, teenagers which results in some psychological problems like stress, anxiety, aggression, depression, suicidal thoughts. Internet Addiction is a result of overuse of online games, social medias and other online applications. Nowadays, youngsters are addicted to internet which results in negative consequences like cyber bullying, sexual solicitation, cybercrime, and hacking. People at adolescent age and younger adults overuse internet and gets addicted to it which is a major drawback. It affects people's daily chores and makes them post ponding their works. So, the internet should be used only in necessary times and it should not be overused. Emotional Intelligence is an ability of a person to control their emotions. It also known as emotional quotient. It enables us to understand, manage our emotions in positive ways in orders to get relieved from stress and related problems. Emotional Intelligence helps us to build relationships and forms new peer groups. The person with low emotional Intelligence can result in autism or alexithymia, that is it results in consequences of mental health. The aim of this study is to examine the relationship between Internet Addiction and Emotional Intelligence. This study was conducted among 100 Students (50 male and 50 female) of Hindusthan College of Arts and Science, Coimbatore. The questionnaire used in this study was Internet Addiction Scale (Young, 1998) which contains 20 items and Emotional Intelligence Scale (Schutte, Malouff and Bhullar, 2009) which contains 33 items. The sampling method was convenience sampling method. The statistical analysis was used in this study is Pearson correlation and chi-square test. The SPSS (21.0 version) was used for Statistical Analysis. The result of the study is, the Internet addiction is negatively correlated with Emotional Intelligence. The correlation value, $r = -0.201$ shows that negative correlation, the relationship between Internet addiction and Emotional Intelligence is weak. The chi-square value, $P = 0.010$ which shows that there is a statistically significant difference between male and female on the level of internet addiction. Through this study we can conclude that, if the level of Internet Addiction increases, the Emotional Intelligence decreases. There is a gender differences exist, comparatively the males have severe internet addiction than females.

Keywords: Internet, Internet Addiction, Emotional Intelligence, College Students, Young adults.

A Comparative Study on the Relation of Self Esteem, Social Anxiety, Depression and Job Satisfaction among IT Professionals working in Online and Offline Working Environments

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ABSTRACT

Objective: The essential component of self-esteem is the positive self-perception that people develop when they frequently achieve or surpass the major objectives in their lives. Because there is such a big difference between how online and offline working IT professionals execute their jobs, as self-esteem is impacted, it manifests as a major change in social anxiety, depression, and job satisfaction. According to the manner of work—one has face-to-face interaction, the other has online engagement—the level of social anxiety also plays a significant role in IT professionals. Similarly, this online mode of working became highly into use during the corona period. This might also have an impact on depressive symptoms, job satisfaction, and corona virus worry. The study primarily focuses on how each of these factors, depending on the IT professionals' manner of operation, has a substantial impact on them.

Materials and method: A total of 124 IT professionals participated in the current quantitative study, 64 of whom were online IT workers and 59 of whom were offline IT professionals. None of the participants had a history of psychological or neurological illnesses. The Rosenberg Self-Esteem Scale (Rosenberg, 1965), the Liebowitz Social Anxiety Scale (LSAS), developed in 1987, the Patient Health Questionnaire (PHQ-9) from 2001, the Utrecht Work Engagement Scale (UWES), and the Corona Anxiety Scale (CAS) were among the research instruments used. Data was gathered using Google Forms.

Results: According to the results of the IT professional who worked offline, corona virus fear and self-esteem were substantially correlated. While job satisfaction has a statistically negative correlation; social anxiety, depression, and corona virus anxiety were all strongly linked. The results found for online working IT professionals were found that job satisfaction is adversely correlated with no significance whereas social anxiety, depression, and corona virus anxiety were all strongly related.

Conclusion: The current study highlights the association of self-esteem, social anxiety, depression, job satisfaction and corona virus anxiety. The study emphasizes out the need for IT professionals that irrespective of their mode of working how their job and all these factors can emphasize a serious toll on their mental health problems.

Keywords: Self-esteem, Social Anxiety, Depression, Job Satisfaction and Corona virus anxiety

Impact of Shame and Guilt on the Emotional States of Parents of Children with Borderline Intellectual Functioning – A Descriptive Analysis

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ABSTRACT

Borderline Intellectual Functioning is a highly underrepresented population when it comes to clinical and disability rehabilitation research and practice. A camouflaged disabling condition, it remains unnoticed until the disability caused creates severe dysfunction in the life of the impacted individual. Post diagnosis, parents often report a state of confusion about the diagnostic impression and hence, experience intense and extreme emotional responses. Amongst the diverse range of extreme unhealthy and extreme emotional responses, guilt and shame are most commonly observed. Guilt stems from the parents holding themselves responsible for the delay in identification and proper diagnosis of the condition. Shame is experienced due to disability on academic front. Therefore, for an in-depth investigation, this study was conducted on a set of 30 parents of children with borderline intellectual functioning to see the impact of emotions of shame and guilt on their emotional states. Qualitative data was also collected to get an in-depth understanding. The correlation statistical analysis revealed that emotion of guilt was positively related to the emotional states of the participants, and significant at 0.01 level of significance. Shame had no correlation with emotional states. Depression and panic were positively correlated to guilt while shame was negatively correlated with panic. Anxiety was found to be positively correlated with the emotion of shame (0.01 level of significance). There was no correlation of shame and guilt with insomnia. Fatigue was found to be positively correlated with guilt (0.05 level of significance). It was also seen that age of the participants showed significant difference (0.05 level of significance) to the emotional states. However, socio-economic states and educational qualifications had no significant difference. These results indicate a need for coming up with evidence-based interventions for parents of children with borderline intellectual functioning, with the aim of improving their quality of life.

Keywords: Borderline Intellectual functioning, shame, guilt, emotional states.

Employment Opportunities and Challenges for Individuals with Intellectual Disabilities in India

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ABSTRACT

Obtaining employment is the most important task for every individual. Despite an immense focus on disability-friendly employment, people with intellectual disabilities (ID) have trouble in obtaining and sustaining employment. Currently, 2% of people in India have some sort of disability, of which 5.5% have ID. 72% of ID individuals are unemployed. The employment rate for individuals with ID is much lower in comparison with other disabilities. Deficits in multiple skills, lack of socio-occupational skills, discrimination, stigma, and wage issues are the major barriers to getting employment for ID individuals.

This paper aims to examine the opportunities and challenges faced by ID individuals in accessing employment, opportunities, employment models, and the present status of government and non-government schemes for ID individuals. While governmental and non-governmental organizations have proposed several policies, their implementation is still questionable. However, findings suggest that there is still a need for more employment skill training and employment opportunities for ID individuals. This review also indicated that employment has a significant positive impact on people with ID; it positively influences their self-confidence, self-identity, social security, progress in their careers, and sense of independence. The implications, such as changing the policies, implementation of these policies, and the need for change in people's attitude towards ID individuals are discussed in detail in the paper.

Keywords: Employment, intellectual disability, challenges, discrimination, opportunities

Dynamics of Obsessive-Compulsive Disorder: A Case Report

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ABSTRACT

The purpose of this case report is to conceptualize and diagnose the condition presented by an inpatient at Nurmanzil Psychiatric Centre, Lucknow. The case involves a patient with complaints since last 20 years of fear of contamination; excessive time spent on cleaning, washing hands, bathing; preoccupation with religious thoughts; aggressive and abusive behaviour; difficulties in interpersonal relationships; and possibly hearing voices not heard by others. During the clinical interview, a psychiatric disorder was recognized that was later identified as obsessive-compulsive disorder. Obsessions are recurrent, persistent thoughts, images, or impulses that are disturbing for the individual. They are involuntary and create distress in the individual. The individual tries to resist these obsessions through some other thought or act. Compulsions are repetitive overt acts or covert mental acts that the individual feels compelled to perform in order to reduce the distress caused by obsessions. Both, obsessions and compulsions consume a lot of time and lead to impairment in many domains.

The patient is a 36-year-old Hindu female; belonging to upper-lower socio-economic status; educated till grade 12; unemployed; unmarried and living in a rural area near Nepal.

The data was obtained through interview method and conceptualised using the biopsychosocial model. For the purpose of assessment, mental status examination was conducted; Rorschach Inkblot Test, and Yale-Brown Obsessive Compulsive Scale was administered.

The obtained score on Yale- Brown Obsessive Compulsive Scale was 35, which falls in the severity category of moderate-severe. Mental status examination revealed a well-kempt appearance; psychomotor agitation; attention was aroused but not sustained; impaired recent memory; irritable affect; preoccupation with thoughts of contamination; religious preoccupation; impaired personal judgment; insight at grade II; personal, social and test judgment was impaired. The overall findings were indicative of the diagnosis of F42.0 obsessive-compulsive disorder, with predominantly obsessive thoughts or ruminations according to International Classification of Diseases 10th Revision.

Keywords: case report, obsessive compulsive disorder, yale-brown obsessive-compulsive scale, roschach inkblot test, biopsychosocial model

Disordered Eating, Health Anxiety and Cyberchondria Among Young Adults

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ABSTRACT

In the era of 21st century, health-promoting behaviours such as nutrition monitoring and physical activity has gained an immense attention from the masses worldwide. Health-promoting behaviours are considered as a powerful weapon to fight against the risk of various diseases leading to shortening of life-year expectancies. Although engagement in healthy eating behaviour and exercise has shown a significant contribution towards promoting health domains. However, excessive, compulsive and restricted patterns of eating have raised the concerns of ‘disordered eating’ worldwide. Evidence-based scientific studies have highlighted, disordered eating as an alarming eating behaviour contributing towards inclining the concerns of eating disorders. However, there is limited understanding towards the underlying psychological factors contributing to disordered eating behaviour. The current study aims to understand the relationship between disordered eating, health anxiety and cyberchondria. The cross-sectional survey study was conducted on 100 young adults between the age-group of 18- 35 years. Psychometric tools i.e., eating attitude test-26 (EAT-26) (Garner et al., 2009), short health anxiety inventory (SHAI-18) (Salkovskis et al., 2002) and cyberchondria scale-12 (CS- 12) (McElroy et al., 2019) were used for data collection. Mean, standard deviation and Pearson correlation analysis was computed to statistically analyse the obtained data. Results of the study indicated positive relationship between disordered eating, health anxiety and cyberchondria among young adults. Findings of the study will contribute towards gaining insight about the underlying psychological factors leading to disordered eating. It will help in formulating better public health policies, behaviour modification approaches and dietary interventions to prevent disordered eating behaviour/eating disorders.

Keywords: Disordered eating behaviour, Health anxiety, Cyberchondria

Clinical Supervision in India: A Growing Necessity

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ABSTRACT

Clinical supervision has become an integral part of training and development of mental health practitioners globally. It is viewed as an essential component of learning, evaluation, reflection, and overall growth, both professionally and personally. Many higher educational institutions and professional courses have mandated clinical supervision as part of their training programs, which also extends to seeking and providing supervision during their professional journey. It has been established over the years that supervision helps the practitioner in gaining knowledge, acquiring skills, and enhancing their capabilities (Bhola et. al., 2017) and competence in their field. The models of supervision differ from institute to institute and practitioner to practitioner, based on the experiences and training of the supervisors. Researchers have identified certain variables that are conducive to holistic development of the practitioner such as extending support, guidance, empathy, disclosure, sensitivity to needs (Beinart and Cooper, 2014), and structure as part of the supervisor-supervisee relationship. This review discusses the augmentation of clinical supervision in India following its growth and the various models used in the country. The review also highlights the perception towards seeking and providing supervision along with the factors associated with determining its effectiveness.

Keywords: Clinical supervision; Training; Supervisor; Supervisee; Supervisory relationship

Removing Problematic Sexual Behaviour in A Child with Autism Through Behaviour Modification Technique: A Case Study

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ABSTRACT

Misdiagnosis has turn out to be a public health catastrophe and it is inevitable in all health care structures. This case study is about an eleven-year-old boy, referred by the special school teacher presenting with the complaints of child exhibiting socially unacceptable sexual behaviour by touching his private parts in classroom as sign of puberty & needs extensive behavioural training and for parents the psycho education. Contrary to her complaints, the father, with defensive attitude, opines that the child tries to hide his penile erection and this behaviour of his does not have any sexual undertone. Moreover, he has not seen any such signs at home. However, an extensive 10 hours of anecdotal observation reveals an unknown fact. Where the behaviour modification technique of restructuring of the environment was applied which in turn fetch the favourable result in dealing with the concerned maladaptive behaviour. The case report per se holds its insinuation to bring attention of stakeholders contributing in different health care organizations to the problem of misdiagnosis and the significance of extensive observation before planning the management.

Keywords: behaviour, modification, children, autism, special school

The Effect of Metacognition on Anxiety and Quality of Life Among Young Adults

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ABSTRACT

Metacognition is a type of higher order thinking skill which means becoming "aware of one's awareness". Anxiety is the reaction to stressful, dangerous, or unfamiliar situations given by our mind as well as body. Quality of life is an enveloping term for the quality of the various spheres in human life. This study aimed to understand the effect of metacognition on anxiety and quality of life among young adults. To establish this relation Metacognition Awareness Inventory, the Beck Anxiety Inventory (BAI) and the World Health Organization Quality of life (BREF) Scale was used. The questionnaires were given to a total of 113(73 females and 40 males) individuals (N=113). To establish this relationship the tool of Pearson's Product- moment correlation was used. The results indicated a weak negative correlation between metacognition and anxiety and a weak positive correlation between metacognition and quality of life. If the level of metacognition in an individual increases their level of anxiety will tend to decrease, and if there level of metacognition increases so will there quality of life and vice versa.

Keywords: Metacognition, Anxiety, Quality of life, Young Adults, Correlation

Relationship between Social Media Filters and Body Dysmorphia Symptoms among Indian Men

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ABSTRACT

In this study, an extensive research is carried out to understand the relationship between social media filters usage and Body Dysmorphia Disorder symptoms over male and female. A survey was carried out to collect initial data. In total, 200 samples was considered after the survey. The Survey includes a Dysmorphia Concern Questionnaire and a self-made social media filter usage questionnaire with necessary information about demographics, age group, and gender.

Descriptive statistics such as Mean, Median, and exploratory data analysis were used to get the initial understanding of the data, and inferential statistical methods such as the Chi-Square independence test and correlation were used to understand the relationship between numeric dependent and numeric independent variables. The results of this study will help in gaining more clear understanding on how the social media filters impact males and females. A clear comparison of the Body Dysmorphia Disorder symptoms in considered gender is been drawn.

Keywords: Body Dysmorphia Disorder, Social Media, Chi-Square test, Correlation, Augmented Reality Filters

Dynamics of Persecutory Delusional Disorder: A Case Report

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ABSTRACT

Persistent delusional disorders are long-standing one or more delusions that are unshakeable or false beliefs of the patient. These are heterogenous in nature, and the onset of these delusions is probably because of genetic factors, personality factors, and circumstances of life, or uncertain variables (International Classification of Diseases-10). The case aims to understand these behavioral, social and psychological concerns with an adult of 43 years old, male, Hindu, who belongs to the upper socio-economic status. The major concerns of the index patient were anger issues, frequent arguments since last 4 years; and conflicts with family and behavioral concerns since past 27-28 years. A detailed case history and mental status examination was taken. The tools used for psychological assessment included Hamilton Depression Rating Scale, Hamilton Anxiety Rating Scale, Alcohol, Smoking and Substance Involvement Screening Test, Millon's Clinical Multiaxial Inventory-III, and Thematic Apperception Test. The findings indicate that the patient has persecutory delusional disorder, with moderate depressive features and comorbidity of alcohol dependence syndrome and excessive sexual drive. The outcome of analysis reveals that death of twin brother at the time of delivery, repeated sexual abuse, lack of emotional support from family and low self-esteem are bio- psycho-social factors in this case. The insight into these findings can help us in formulating a comprehensive management plan for the same.

Keywords: persistent delusional disorder, persecutory delusions, psychological assessments, depression, alcohol dependence

Assessment and Management of Mental Retardation with Significant Impairment of Behaviour in a Child: A Case Report

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ABSTRACT

"Mental Retardation" (MR) is a chronic condition where disparities in cognitive and adaptive development arise from anomalies in brain structure or function. Significant behaviour issues greatly exacerbate the problems of children with mental retardation, so it is important to accurately assess the psychological effects in order to identify the distinct underlying processes and to plan an effective management and rehabilitation strategy. The purpose of this study was to determine the course of behaviour modification for an 8-year-old child diagnosed with mental retardation with significant impairment of behaviour requiring attention or treatment. The child was presented with complaints of delayed speech and motor milestones, demanding behaviour, poor attention span, poor scholastic skills, inadequate communication skills. The child was formally assessed, diagnosed and a management plan was prepared. Assessment was conducted in terms of his IQ, socio-adaptive and development functioning. Behaviour Analysis was conducted to identify the behaviour excess and behaviour deficits. After the target behaviour has been identified, the various dimension of the child's behaviours was observed. Before the onset of intervention, clarification of the problem situations was done through antecedent, behaviours and consequences (ABC). The management of problem behaviours was done using the technique of token economy, prompting, response cost and positive reinforcement along with parent counselling and parent training for home-based management plan. The child was also on pharmacotherapy, sessions of occupational therapy, and special education. Reduction in demanding behaviour and improvement in fine motor skills were observed on formal behavioural assessments. It also examines how well a programme of positive reinforcement would be accepted when professionals from various spheres and parents are included in the management plan.

Keywords: Mental retardation, behaviour modification, Developmental disorders, positive reinforcement, behaviour impairment

A Case of Substance Abuse

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ABSTRACT

The purpose of this case report is to conceptualize and diagnose the condition presented by an inpatient at Nurmanzil Psychiatric Centre, Lucknow. The case involves a patient with complaints since last 7 years of taking a sedative and sleeping pills and. aggression, irritability, sleeplessness, worthlessness and suicidal thoughts have been reported since last one month. During the clinical interview, abuse of substance was perceived. Substance abuse is a state in which excessive use of psychoactive drugs such as alcohol, pain medications, illegal drugs are used which leads to mental, physical & social harm, Sedative and Hypnotics Pills are one of them. These the drugs which is used to reduce anxiety and produce calmness, its excessive use results in effecting the individual's physical and mental health, as well as the welfare of others.

The patient is of 22 years old, male, belonging to Sikh community, middle socio economic status; educated till grade 10; employed (farmer); married and living in rural area near Sitapur. The data was obtained through interview method and conceptualized using biopsychosocial model. Psychological assessments used in this case are Alcohol, smoking & substance involvement screening test (WHO-ASSIST) (World Health Organisation,2002) which shows the high score in the area of abuse of sedatives or sleeping pills with the score of 34 and Beck's Depression Inventory shows the results of Moderate Depression with score of 29 and Psychodiagnostic tool used in this case is Millon Clinical Multiaxial Inventory-III, outcomes of the measurements shows the high score in drug abuse, major depression and negativity.

The overall findings were indicative of the diagnosis of F13, Mental and Behavioral disorders due to sedatives or hypnotics according to International Classification of Diseases 10th Revision.

Keywords: Drug Abuse, sedative & hypnotics drugs, case report

Narrative Analysis: Role of Caregivers in Obsessive Compulsive Disorder

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ABSTRACT

Background: Family caregivers of patients with mental disorders play the most important role in the care of psychiatric patients (PPs), especially in Obsessive Compulsive Disorder (OCD) where the Quality of life (QOL) and overall mental health of caregivers are also affected. Which then has been seen to affect the patient's treatment outcome as well. These caregivers face different challenges in different cultures. We conducted this study to determine the challenges of caregivers of patients with mental disorders.

Materials and Methods: The present study is a narrative review that includes a review of all experimental studies and the review and meta-analysis studies with a matrix approach conducted by searching electronic databases, PUBMED, INDMED, Google Scholar, Shodhganga, ResearchGate, from 2011 to 2022 till date. Searched keywords include caregiver burden and QOL, family caregivers of patients with OCD, family accommodation and OCD, coping style, psychological distress, resilience, hardiness, adherence to treatment. More than 140 studies were examined.

Results: The results of the studies show that burden of caregivers is associated with their psychological distress, coping, high social stigma, family accommodation and other psychosocial variables and it also affected the treatment outcomes and the adherence of the patients to treatment. **Conclusion:** There is a need for family inclusive treatment in and through my research on the topic I will be addressing how the coping and resilience and other traits of the caregivers can be associated with lesser distress faced by them and also lead to better adherence and treatment outcomes in patients with OCD.

Keywords: Caregivers of Obsessive Compulsive Disorder, Quality of life, burden, distress, family accommodation, coping, hardiness, adherence to treatment in patients.

Presentation of Acute Schizophrenia-Like Psychotic Disorder in Indian Adolescent

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ABSTRACT

Acute Schizophrenia-like Psychotic Disorder is characterized by an acute onset of psychotic symptoms, which is frequently linked with stressful environmental events. These difficulties are mediated by personal factors impacting the psychological functioning of the individual. Psychotic disorders in adolescence are uncommon, therefore the case aims to understand detailed presentation of symptomatology of psychosis in an adolescent of 16 years and 9 months of age. The major concerns of the child included physical aggression, academic stress, fearfulness, and suspiciousness for the last one week, which were initially treated through pharmaceutical drugs. To support the diagnosis, the child was assessed with Bhatia's Performance Intelligence Test which indicated below average intellectual functioning and Brief Psychiatric Rating Scale-Child Version which indicated moderate psychotic symptoms. The case has been conceptualized based on Behavioural Analytic Problem-Solving Model by Steege. Further, a psychotherapeutic management plan has been proposed.

Keywords: Acute Schizophrenia-Like Psychotic Disorder, Adolescent, Single-case experiment

Levels of Occupational Stress among Call Centre Employees and Software Professionals: A Comparative Study

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ABSTRACT

Occupational stress is generally acknowledged as a global phenomenon with significant health and economic consequences in developed and developing countries. It refers to the ongoing or progressing stress an employee experiences due to the responsibilities, working conditions, environment, or other pressures at the workplace. In the last four decades, India has seen rapid growth in Information Technology Industry, providing employment to a bulk of its population. While software professionals have predominantly come to represent the IT industry, call centres have parallelly become a visible and concrete expression of this IT revolution. It is professed that both call centre employees and software professionals go through severe workplace stress, and several internal and external factors contribute to the levels of occupational stress among them. The present study was conducted to assess and compare occupational stress among call centre employees and software professionals. The Occupational Stress Index, developed by Srivastav and Singh, was used to measure occupational stress. A total of 100 employees from software (n=50) and call centre (n=50) companies were randomly selected to participate in the study. The mean age of the participant group was 26.24 years. Results from independent sample t-test showed that call centre employees reported a significantly higher level of occupational stress when compared to software professionals. And this was true for all the areas of occupational stress as quantified by the tool.

Keywords: Occupational Stress, Call Centre Employees, Software Professionals.

Factors Affecting Quality of Life of Women Farm Labourers: A Theoretical Perspective

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ABSTRACT

Quality of life is the perception of individuals that constitutes mental, psychological, emotional, social, religious, cultural beliefs, economical or financial condition, physical health. Quality of life can be the essential indicator for growth in society. Farm labourers are those whose major source of earning is by working on farm of others on wages. Due to paucity of evidences especially for women farm labourers living in rural area the present study endeavours to cast a glance on factors affecting quality of life of women farm labourer. Hence, with special focus on quality of life of women farm labourers this theoretical paper illustrates the factors affecting quality of life of women farm labourers on the basis of available literature on farmers like physical health, psychological health, lack of medical facility, low socio-economic status, lack of education. Further, focus is also on how working on those factors will help them in improving their quality of life.

Keywords: Quality of life, Physical health, Mental health, Socio-economic status, Women farm labourers, Rural areas, Education.

Understanding Peer Victimization and Related Coping Strategies Among Young Adults

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ABSTRACT

Peer victimization is a term used to describe an adolescent being bullied by other peers physically as well as socially which affects an individual's well being, personality and emotional functioning, their behavior etc, therefore they use a lot of coping strategies to deal with different situations. The current study understands the perspectives of peer victimization and various coping strategies used by them. A qualitative research design was used, where interviews were conducted on 10 young adults. Participants for this study were chosen using a purposive sampling method. The data collected was analyzed using interpretative phenomenological analysis in which various superordinate themes were generated. The following themes have identified the nature of peers, experiences of peer victimization, Risk factors leading to peer victimization, consequences of peer victimization, coping with peer victimization, and different ways to prevent peer victimization. The results of this study can be used to understand the problem area, its consequences and can be used to develop various strategies and measures to prevent peer victimization in society.

Keywords: Peer Victimization, Coping strategies, Consequences, Risk factors, Strategies to Prevent Peer victimisation.

Job-Burn Out of Nurses working in Private hospitals in the District of Kottayam

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ABSTRACT

The psychological wellbeing of the nurses is paramount for themselves as well as for the patients. Nurses are working in different range of settings, with high levels of individual responsibility and often they are the primary contact for the patient and relatives, coordinating care and providing compassion at difficult times. Many nurses report high levels of stress and almost one quarter of sickness absence for nursing staff are due to depression, anxiety, stress, or other psychiatric illnesses. Burn out was first coined by Freudenberg in 1974. International Classification of Diseases -11 (ICD 11) pointed it as an occupational phenomenon in all workplace environments. Initially described as including reduced personal accomplishment, depersonalization and emotional exhaustion, it is considered to be a health issue arising in the context of poorly managed workplace stress. Burnout is a prolonged response to chronic emotional and interpersonal stressors on the job, and is defined by the three dimensions of exhaustion, cynicism, and inefficacy. The present study aimed at exploring the levels of job burnout among nurses working in different private hospitals in the district of Kottayam, Kerala state. Study was conducted on 250 nurses working in private hospitals using the Job Burnout Scale developed by Dr. Zaki Akhtar. Purposive sampling technique was used. The result indicates that nurses are having job burn out from extremely low job burn out to extremely high job burn out.

Key words: Job Burn out, Nurses, personal accomplishment, depersonalization and emotional exhaustion.

Redefining the need for Parental Interventions in New India

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ABSTRACT

Parents of Children with Autism Spectrum Disorder (ASD) experience elevated stress along with unique challenges in performing their care-giving roles, often experiencing greater levels of parental stress as compared to other parents of neuro-typical children, yet parent specific interventions are sparse. In developing new India we believe that when a parent has a history of trauma of any kind, which is not yet healed or is taken care of, then they are mentally forced to live in a constant perceived danger and hence are unable to have a healthy relationship with their kids, as it is not possible to serve from an empty vessel. We don't think that any parent intentionally neglect their child, but when a parent is unavailable for whatever reason, the child feels abandoned, rejected and unlovable and hence, these feelings of abandonment can shadow all future relationships. Hence, a systematic review of the literature is done to explore the various interventions that are observed to be effective in improving parental well being among parents of children with ASD. Various types of parental interventions and their effectiveness were explored, whereas, gaps in the literature, future direction for research and implication of practice will be considered in Developing New India. This review is suggestive of several parental interventions that might help them reduce their stress, depression and anxiety while enhancing parental self-efficacy and parental outcomes. Overall, the included studies suggest that parental interventions like psycho-educational programs, CBT, mindfulness based programs and some other interventions may benefit from reduced parental stress and depression and increased self-efficacy. More research in this area is greatly needed and should be a priority for researchers in Developing New India.

Keywords: Parental Interventions, Parents of ASD, Mental Health, Wellbeing, Developing New India

Does Representation of Developmental Disorders in Hindi Cinema Impact One's Perception, Attitude and Awareness About it?

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ABSTRACT

Background: Cinema, as means of mass communication has long been a potent medium for establishing public belief systems, hence it also plays a critical role in distributing knowledge and forming attitudes concerning mental illness. Cinema are being deeply embedded connection with mental illness and has showcase various plots revolving around it. Motive of the research is to study developmental disorders in Indian context, hence Bollywood movies have been chosen. The objective is 1. to investigate the level of awareness and knowledge about developmental disorders in today's youth through the medium of cinema 2. to explore the perception and attitude of the youth about the person diagnosed with developmental disorders through the means of cinema.

Methodology: The proposed study will employ an exploratory research design. Convenient sampling is used for the present study. Review of Literature have been done using five movies manifesting developmental disorders wherein certain themes have been derived from the said movies. Based on the review done and characteristics drawn, a semi-structured interview schedule is prepared. The sample includes 7 young adults both males and females within the age range of 19 to 23 years. Few films portraying developmental disorders were identified and list was created. Participants who have watched at least 3 movies from the list were taken for the study.

Results: Clark and Brown's thematic analysis technique is used to find relevant themes from the data, which are:

1. Cinema as an effective tool for enacting positive change
2. Inappropriate projection of disorder
3. Exploitation of authentic information
4. Misapprehensions about mental disorders

Conclusion: Cinema has a huge influence on people all around the world, hence it becomes all the way important and necessary to examine its impact on the general public. The above mentioned themes indicates that it helps influence once attitude, awareness, and perception about the various mental disorders, people have become sensitive towards individuals with mental disorders and also more aware about the concept of mental health and well-being. Elicited themes also highlights the fact that how films exploit factual information just for the sake of fetching audience and generating revenue. In conclusion, it highlights that cinema plays a massive role in people's awareness and understanding of mental health none the less there is scope for cinema to have a better purview towards mental health.

Keywords: Representations, Hindi cinema, Developmental disorders

Buddy Programs as Sustainable Strategies for Prevention of Mental Health Issues: A Case Study of Private University in India

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ABSTRACT

For the majority of underdeveloped countries, prevention of mental health concerns seems far off. On the other hand, preventing mental health problems is the most effective approach to lessen the strain on the healthcare system and contribute to the country's continued development. There might be innovative ways to make use of the resources that educational institutions already have in order to close the current gap. One such innovative strategy in the Indian setting for mental health is the buddy programme. Training psychology students can help to establish a psychological atmosphere that is more secure and safe, which may help to support students who are more susceptible. A similar experiment was carried out at the first private university in Maharashtra, where the programme ran for three years in a row, from 2019 to 2022. Without any other assistance or financing, two senior psychology faculty members created the programme. The programme met the needs of many students in an effective manner. The triangulation method is employed in the current paper to assess a variety of data, including interview transcripts, coordinator feedback, training manuals, end outcome data, and time frame. The findings suggests that such program can be beneficial in preventing mental health issues which arises due to transition, lack of awareness about institutions, loneliness and perceived low social support. Catering to these needs at initial level holds a potential to prevent mental health issues among students. The result of current study shows that educational institutional should come with more creative strategies to cater the needs of students.

Keywords: Student support services, Buddy Program, Prevention of mental health, University Students

Identifying Vulnerability to School Dropout in Govt Schools in Fishermen's Colony

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ABSTRACT

This study intended to investigate the causes of students dropping out of government school in fishermen's colonies. Five hundred students, both male and female, from 8-16 years, were the participants. An in-depth individual interview was conducted to evaluate various issues faced by the students. Ravens' progressive matrices was used to assess Intellectual functioning, and Grade level assessment was used to identify any specific learning difficulties. Information was also obtained from their academic records. Data was analysed using Qualitative and descriptive methods. Individual learning difficulties, Poverty and economic status of the family, undue demands by the parents, and low motivation to learn were found to be the significant causes for dropping out of school. Approximately 34% of secondary high school students were vulnerable to dropouts against the state average of 14.8%. This study suggests that there is a considerable need for improvement in the economic status of the households and change in the social attitudes of students, parents, and society, and there is also a need for individual-specific focus. Constant encouragement, student counselling, and remedial classes can help students cope with learning difficulties and continue their education. This study, though a small attempt, is in conjunction with earlier studies which indicate that poor academic achievement, poverty, emotional and behavioural difficulties of participants played a major role in early school dropout. Further studies are needed in the future, incorporating larger samples of students from different schools to plan out intervention programs for such vulnerable students.

Keywords: School Dropout, Learning Disabilities, Qualitative Analysis, Social Attitudes, Student Counselling

Psychosocial Challenges Experienced by Female Commercial Airline Pilots in India

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ABSTRACT

Aviation is one of the most booming industries in India while also having the highest percentage of female pilots in the world. Despite this the male-female ratio is still very wide and the industry is mostly male dominated. Underrepresentation of women in a male dominated career can lead to several possible challenges. In order to pave way for more females to join aviation it becomes essential to look into the experience of any challenges by currently employed female pilots. Owing to this, the study aims to explore the psychosocial challenges that female commercial airline pilots face in India. A qualitative research design was used where 8 female commercial airline pilots were interviewed. The data collected was thematically analysed. The results found themes along the lines of health challenges, work life balance, sexism, social support and positive effort by airlines and the pilots themselves to make the work experience well balanced. The findings help in getting an insight into the experience of being a female pilot in India and how they cope with the challenges of the job. Further research directions have been discussed in the paper.

Keywords: Aviation, Female Pilots, Psychosocial Challenges, Work Life Balance, Thematic Analysis

Influences of Gender on the Therapeutic Relationship: Indian Psychologists Perspective

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ABSTRACT

The present study explores Indian psychologists' knowledge and understanding of the role gender plays within the therapeutic relationship between the practitioner and the client followed by the corresponding effects and implications. Through semi structured interviews conducted on practicing psychologists from all over India, various topics including experiences, expectations, issues and concerns with the present practices in India, the role & competencies of a therapist towards practise of gender sensitized therapy were discussed. Analysis of the interviews found several themes that reflected the therapists perspectives on the importance of clinical judgment, strategies towards building therapist competence, the several interactions between client-therapist genders and lastly, the dynamic role of the therapist. Participants' knowledge of the literature was found to be significant. In conclusion, it has been revealed that despite decades of research on genders effect on the therapeutic alliance, very little has been translated into practice. Respondents believed that the present study of influences of gender was important and that research could have meaningful implications for their clinical practice as well as for the future of gender sensitive practices in the country.

Keywords: Gender, Therapeutic Relationship, Psychologist, Therapist Competency, Therapy, Training Needs

Educational Robots and Learning Experiences in India: A Review of Scope and Challenges

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ABSTRACT

Education plays an essential role in the development of India. The education system in India dates back to ancient times and has evolved significantly over the years. India has always welcomed innovative teaching and learning practices to improve the quality of education in the country. However, the education system had not undergone major structural shifts until the pandemic. Since the pandemic, innovative online tools and media have become an integral part of the education system and the education system in India gradually shifted from the traditional model to a hybrid mode of education. This gradual shift offers space to study the potential scope and challenges of introducing educational robots into the system. Studies in countries like the US demonstrates that learning with the help of educational robots from an early age can enable children to enhance multiple capabilities. This paper titled “Educational Robots and Learning Experiences in India: A Review of Scope and Challenges” aims to analyse the scope and challenges of using educational robots in India at various levels and attempts to expand the pedagogical possibilities of this field. Based on an analysis of existing literature on the area, the study looks at the various possibilities of incorporating educational robots in the system to enhance the knowledge level, physical and psychological experiences of students in India. The study also considers the socio-cultural background of education in India to understand the challenges of including educational robots in the Indian education system. The paper also puts forth certain recommendations based on studies conducted in other countries to effectively integrate educational robots into the education system in India.

Keywords: Educational robots, holistic education, learning experience, new technology, pedagogical possibility

Spirituality and Marital Adjustment: A Multi Dimensional analysis on Indian Couples

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ABSTRACT

Spirituality has gained huge attention in the recent years especially after covid -19 when people were frustrated and were searching for mental peace and meaning to their life. Spirituality consists of different dimensions like belief in God, search for meaning, Mindfulness and Feelings of Security. There are different dimensions of Marital adjustment also like emotional, social and sexual dimension.

The current study aimed to examine the gender differences in spirituality and it's dimensions and in Marital Adjustment and it's dimensions among Couples between 25 to 45 years of age (Males =100 and Females= 100). The total sample consisted of 200 couples. Spirituality scale which was developed by S.S Haidari was used for the collection of data and Marital Adjustment Questionnaire which was developed by Kanchana Rohatgi and S. S Kumar was used. Significant differences and t-test of variables across gender was carried out. Correlation analyses were carried out in order to have a better understanding of the relationship among variable. Results indicated that there is a significant difference between male couples and female couples in spirituality and marital adjustment and female couples are comparatively more spiritual and than their male spouse. It also reveals that there is a positive relationship between spirituality and marital adjustment.

Keywords: Spirituality, Marital Adjustment, Multidimensional, Gender differences, Correlation.

Educational Aspiration of Secondary School Students in Relation to Gender and Social Category

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ABSTRACT

The present study was conducted to study the educational aspirations of secondary school students in relation to gender and social category. For this study, a sample of 480 secondary school students was drawn randomly from the Malwa region of Punjab. The educational Aspiration Scale developed by Mr. T. Pradeep Kumar (2012) was applied to collect the data. The results were statistically analysed using the 't' test. The result showed that there exists a significant difference between male and female secondary school students in their educational aspirations. Further, the results revealed that there was a significant difference in the educational aspiration of General, S.C., and B.C. category students.

Keywords: Educational Aspiration, Secondary School Students, Social category, Gender, Malwa Region

Impact of Gratitude Intervention on Aggressive Behaviour Among Adolescents

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ABSTRACT

Gratitude is the appreciation of what is valuable and meaningful to oneself and represents a general state of thankfulness and appreciation whereas aggression is the behavior that is intended to harm another individual who does not wish to be harmed. The current study aims to assess to the relative efficacy of gratitude intervention on aggression among adolescent boys. Gratitude intervention consists of things that one feel better as compared to others i.e. life, education, schooling, family, facilities. Initially children were asked to practice giving compliment at least one person daily and mean it. Secondly to maintain a gratitude journal by writing at least one or two things they are grateful for on a daily basis. The sample of the study consists of 20 adolescents boys with age ranging from 12 to 16 years. The pre and post intervention scores of aggression was compared and the post intervention scores of aggression of experimental group was compared with the control group scores by applying paired sample t-test & independent sample t-test respectively. The results indicated that gratitude intervention lead to a reduction in aggression among adolescent boys. The findings of current study have put light on the significance of gratitude exercise in managing aggression among the very crucial population of adolescents. Furthermore, the intervention of gratitude can be done on the varied sample to deal with the burning issue of aggression, which sometimes become the reason for violent & even unlawful acts by people.

Keywords: Aggression, Gratitude Intervention

Self Consciousness and Perceived Stress among NRI and Non-NRI Emerging Adults

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ABSTRACT

Self consciousness is the personality attribute related with the desire to reflect on or think about oneself. In psychological contexts, the word refers to individual variances in self-reflection rather than embarrassment or discomfort. Perceived stress is the individual's perception of their level of stress at a certain moment in time or over an extended period of time is expressed in feelings or thoughts. The present study is aimed to analyse significant difference in self consciousness and perceived stress between NRI and Non-NRI hostlers. The sample consisted of 182 emerging adults of age range between 18 -25 out of which 91 were NRI hostlers and remaining 91 were Non- NRI hostlers. The convenient sampling were used to select the sample. The tools used were Self-Consciousness Scale and Perceived Stress Scale. The collected data were analysed using SPSS. Statistical techniques used were non parametric tests such as Mann-Whitney U test and Spearman's rho correlation test. From the results it was found that there is significant difference in private self consciousness as well as perceived stress between NRI and Non NRI hostlers. Private self consciousness was found to be high for NRI hostlers while Perceived stress was found to be high for Non- NRI hostlers. It was found that there exists no significant relationship between self consciousness and perceived stress among NRI and Non-NRI emerging adults.

Keywords: Self consciousness, perceived stress, emerging adults, Mann Whitney U test, Spearman's rho correlation, hostlers, Non-NRI hostlers,

Does Having a Positive Mindset Towards Stress Reduce Parental Burnout?

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ABSTRACT

Parenthood is a phase of life which provides both pleasant and unpleasant moments. At times, parents will have to go through some hard time due to several reasons, including parental roles. Parental burnout is defined as a state of emotional exhaustion which is resulted from parental duties and responsibilities. This state is also characterized by a sense of doubt about one's own parental capacity and an emotional detachment from one's own children. The way parents perceive such difficult situations would be very different from one another. Stress mindset refers to the degree to which a person believes that stress has positive or negative outcomes. Stress mindset is explained in two ways: stress-is-enhancing mindset and stress-is-debilitating mindset. The former mindset explains stress has positive effects, whereas the latter one describes that stress has negative effects. The present study was aimed to find whether the stress mindset has an impact on parental burnout.

Data were collected from parents (n=106) age ranged from 25 to 56 (mean = 44.72, SD = 6.008) through random sampling method. Both fathers (n=52) and mothers (n=54) were taken for the study. Parental Burnout Inventory by Roskam, Raes & Mikolajczak (2017) and Stress Mindset Measure by Crum, Salovey and Achor (2013) were used for collecting data. Pearson correlation analysis and t-test were used for statistical analysis.

The results of the study revealed a positive relationship between stress mindset and parental burnout, but not statistically significant. Stress mindset was also found to have no significant correlation with any of the four subscales of parental burnout namely exhaustion, contrast, saturation and emotional distancing. This result explains that parental burnout may occur irrespective of having a positive or negative mindset towards stress (ie, stress-is-enhancing mindset or stress-is-debilitating mindset). Further analysis of the study pointed out that there is no significant difference of parental burnout in terms of gender (fathers and mothers) and family structure (nuclear and joint family).

In summary, the present study emphasizes that perceiving parental stress in a positive or negative way may not help an individual to handle the burnout experience in a better way.

Keywords: parental burnout, stress mindset, stress-is-enhancing mindset, stress-is-debilitating mindset, exhaustion, emotional distancing

Mindfulness Attention and Happiness among Instrument Players and Non-Instrument Players

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ABSTRACT

The modern lifestyle of today can be highly demanding. Making time for oneself can be challenging when you have family, friends, and job duties. There are numerous reasons why someone could get stressed. Musicians claim that by allowing them to unwind and unwind, music helps to improve their mental health concerns. Different kinds of musical instruments exist. The mental obstacles of playing an instrument help you build lifestyle traits that many people forget to work on. Playing an instrument will improve your general sense of well-being and broaden your outlook on life. The benefits of playing an instrument are quite exceptional and generally unappreciated. This study attempted to explore the mindfulness attention and happiness between instrument players and non-instrument players. In this study quantitative approach was used in which a total of 80 participants (40 instrument players and 40 non-instrument players) took part in the study. Assessment tools used in this study were Mindfulness Attention Awareness Scale and Oxford Happiness Questionnaire. The collected data were analyzed using SPSS. Mann Whitney U test and Spearman rho correlation were used to analyzing the data. The findings showed a significant difference in mindfulness attention between instrument players and non-instrument players.

Keywords: Happiness, Instrument players, Mindfulness Attention, lifestyles.

Fear of Missing Out and Problematic Mobile Phone Use as Predictors of Phubbing: A Study on Emerging Adults

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ABSTRACT

Phubbing is the phenomenon of ignoring the people around us and focusing more on smartphones. The purpose of the study was to analyse the effect of Fear of Missing Out (FoMO) and Problematic Mobile Phone Use (PMPU) on phubbing behaviour. The study employed a causal research design. One hundred and twenty participants involved in the study were recruited using a purposive sampling technique. The data were collected using FOMO-Scale (Przybylski, Murayama, DeHann, & Gladwell, 2013), Mobile Phone Problematic Use Scale (MPPUS-10; Foerster, Roser, Schoeni, & Röösl, 2015) and Generic Scale of Phubbing Generic Scale of Phubbing (Chotpitayasunondh & Douglas, 2018). Correlation analysis showed that FoMO and Phubbing ($r = .793, p < .001$) and PMPU and Phubbing ($r = .469, p < .001$) were significantly correlated. The findings showed that PMPU predicted phubbing behaviour significantly in the researched participants.

Keywords: FoMO, problematic mobile phone use, phubbing, emerging adults

Cyber Sexual Victimization of Female College Students and Its Impacts: A study in Rajasthan

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ABSTRACT

The growing technology has given enormous comfort and has broken the ties of distance but at the same time, it has posed several challenges to be dealt with. The criminological perspective dealing with increasing cyber crime & criminals has posed challenges in front of law enforcement agencies and society as a whole. One of the common forms of crime documented in several pieces of literature is the Cyber Sexual Victimization of females. Though the aspects and forms addressed are different in different kinds of literature. Cybersexual victimization leaves a victim with several adverse impacts, it snatches the rights and freedom of the victim to use cyberspace. Many victims face severe adverse and irreversible impacts that need intensive care and counseling. The research article is made from the victims chosen from five different districts of Rajasthan, selecting four colleges from each district. The article has tried to disseminate the forms and impacts of cyber sexual victimization. Additionally, it will suggest certain measures that may contribute to preventing the cybersexual victimization

Keywords: Cyberspace, Impacts, Sexual, Victim, Victimization

Role of Character Strengths in Enhancing the Well-being of Adolescents: A Bibliometric Analysis

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ABSTRACT

Adolescence is a crucial time for the development of a person's intellect, emotions, body, and sexuality, with effects that last throughout their lifetime, which are also major factors in determining whether the next generation is off to a good start. Exposure to adversity during adolescence; severe socioeconomic problems; violence especially sexual violence and bullying; quality of home life such as parenting style, relationships with other family members, communication style in the family; peer pressure to conform, and identity exploration are all factors that can contribute to stress during adolescence and can make adolescents living in such conditions vulnerable to mental health problems and can be a hindrance to a happy and well-lived life. The current bibliometric analysis has been conducted to explore the role of character strengths in maintaining well-being during adolescence in the articles published over the last eleven years (2011-2022), VOSviewer, was used to map extensive literature from various publishers or journals; some of the keywords (character-strengths, character-strengths intervention, well-being, subjective well-being, PERMA, flourishing, adolescents, adolescence, teenagers) were inserted in the software mentioned above to link research papers aimed for this study. After analyzing the articles selected, as a result, we can say that various character-strengths such as hope, zest, teamwork, love of learning, gratitude, and forgiveness if exhibited can enhance well-being during adolescence and buffer against stress and adversities, hence further preventing psychopathology.

Keywords: Character-strengths, Well-being, Adolescents, PERMA

Effect of Bed-Time Procrastination and Internet Usage on Well-Being among Adolescent Students

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ABSTRACT

The present study attempts to cast a glance at the effect of Bed-Time Procrastination and Internet Usage on Well-Being among Adolescent Students. Procrastination is a widespread and problematic phenomenon that is mostly studied in the context of academic behavior.

Procrastination may also lead to harmful outcomes in the area of health behavior, Bed-Time Procrastination is found to be an important factor related to getting insufficient sleep and consequently affecting individual Well-Being. In this study, 50 undergraduate students were selected from University of Lucknow through Purposive Sampling, Bed-Time Procrastination was assessed through self-report questionnaire by Kroese.et.al, 2014, General Procrastination scale by Lodha et.al, 2016, Internet Usage was assessed through Saini & Kaur, 2016 and Well-being was assessed through Psychological Well-Being Scale by Carol

D. Ryff, 2007. Results indicate that Bed-Time Procrastination and Internet Usage have significant effect on Well-Being among Adolescent Students. Further analysis was done domain wise and strong Gender Differences were emerged. Further some steps are discussed which will enable to reduce Bed-Time Procrastination and enhance Well-Being. This study would act as a base in future for planning interventions to reduce Procrastination among Adolescent Students.

Keywords- Bed-Time Procrastination, Internet Usage, Well-being and Adolescent Students.

Anger and Coping Strategies among University Students

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ABSTRACT

The present study endeavors to cast a glance at Anger and relationship with Coping Strategies among University students. The entrance to the university marks a period of transition for young people. Through this transition, students face a wide variety of new challenges and suffer several psychosocial and mental health problems. This makes university students vulnerable to Anger and many other mental health problems that could affect their well-being. In this study Anger has been assessed through State Trait Anger Expression Inventory- 2 (STAXI-2) by Spielberger, 1999 and further Coping Strategies has been assessed through Brief COPE Inventory by Carver, 1997. 50 undergraduate students were selected from University of Lucknow through Purposive Sampling. Interesting results came to fore that there was a significant relationship between Anger and Coping Strategies. Further analysis was done domain wise and strong Gender differences emerged. The study would act as a base to plan intervention in universities for Anger management of university students.

Keywords- Anger, State Anger, Trait Anger, Coping Strategies and University students.

Understanding Negative Schooling Patterns and their Psychological Implications on Students: A Thematic Analysis

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ABSTRACT

School forms an important basis for every individual during their developmental years. Schooling patterns allude to aspects like discipline, pedagogy, and behavioural management approaches followed by the educational institutions. These patterns are formulated with a view to produce positive outcomes in the holistic development of students. However, schooling patterns can sometimes become counterproductive. In this context, the present study aims to identify these negative schooling patterns and their psychological impact on students. The study follows a qualitative research design and purposive sampling was used to collect data from 12 participants (Female= 6, Male= 6). The data was collected from participants using semi-structured interviews, coded and subjected to Thematic analysis.

Based on the emergent themes, it was found that whether students outgrow their experiences or not, negative schooling patterns have a psychological impact on students' mental health affecting their self-esteem, self-identity, sexuality, academics, and well-being. There has not been much focus on the disciplinary attributes and their psychological implications on students which paves the way for future research exploring this arena since it is imperative for providing quality education and focusing on the psychosocial development of students.

Keywords: Schooling patterns, education, discipline, thematic analysis, psychological implications

Empathy in Healthcare Professions; A Comparison of Empathy measures among Psychology and Medical Students

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ABSTRACT

Empathy in healthcare has been believed to play a pivotal role in the patient experience. Positive patient-professional connections have long been thought to be mediated or contributed to by empathy. It is widely acknowledged as being a key principle for those in the healthcare profession. Empathy is a complex construct that has been studied in numerous fields and professions, but there is no clear consensus on how it should be defined or assessed. The purpose of this study was to compare and understand empathy measures across psychology and medical students. Essentially, these two vocations include assisting people who are in need of care, therefore, having empathy as a trait is fundamental. This study investigates the different components of empathy and analyses the domains that need to be instilled in the mentioned professions. This study uses the Perth Empathy Scale (PES), a 20- item self-reported measure for assessing the cognitive and affective components of empathy in psychology and medical students. Using the snowball method, 62 psychology students—divided further into graduates (N = 22) and postgraduates (N = 40)—and 59 medical students were chosen as participants. The PES questionnaire was given to the participants. A t-test was used to compare the measure of empathy between psychology and medical students. Further analyses on the positive and negative empathy quotients and the comparison of the components of empathy between the two fields were done using a one-way analysis of variance test. The key findings indicate that there is a significant difference in the measures of empathy scales in psychology and medical students, where psychology students showed greater measures of empathy, particularly pertaining to positive affective empathy. The findings invigorate us to better comprehend the means by which empathy is developed in the two professions as well as the obstacles that led to this divergence.

Keywords: empathy, medical students, psychology students, affective empathy, cognitive empathy

ADHD and Academic Achievement: A Comparison Study of Performance in Language and Mathematics

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ABSTRACT

Attention deficit hyperactivity disorder (ADHD) is a chronic condition that affects millions of children and often continues into adulthood. ADHD includes a combination of persistent problems such as difficulty sustaining attention and impulsive behavior. Children with ADHD may also struggle with low self-esteem and poor performance. Symptoms sometimes lessen with age. This disorder is associated with poor grades, poor reading, and maths standardized test scores, and increased grade retention. ADHD is also associated with increased use of school-based services, increased rates of detention and expulsion, and relatively low rates of school and post-secondary education. ADHD also affects a child's emotional well-being in several ways, including feelings of anxiety poorer psycho-social health, and poorer overall quality of life.

There are numerous studies existing that relate to ADHD. But there exist very limited studies that associate ADHD students and their academic performance.

This paper hence wants to tie the significant relationship between the performance of ADHD students in language and mathematics subjects.

Keywords: Neuro-Developmental Disorder, Attention Deficit Hyperactivity Disorder, Academic Performance, Inattention, Impulsivity.

Finding Challenges about Mental & Behavioural Health among Middle-aged Urban Adults

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ABSTRACT

Mental health is a major concern globally and India is not far behind in sharing this. If we evaluate the rise in awareness on mental health, the pace appears to be slow. It's important to value and give priority to our mental health and treat it the same way, we treat our body. This area is of great concern globally, and the majority of people need to know about the benefits of mental and behavioural health. At the same time, its knowledge, awareness, approaches & its implementation in their day-to-day life is equally important. In this article, I have studied the mental health of middle-aged adults (according to Oxford dictionary-men and women between 35 and 55 years of age) and their behavioural changes due to their busy routine and lifestyle. I've further identified the challenges and found how many people prioritized the health and well-being in all aspects. Secondly, I have investigated the gaps in awareness and quality of mental health leading to good behavioural health among them. This work first discusses about the basic concept of mental health and behavioural health with the intervention of psychological approach. It summarizes literature review on the topic, about the lifestyle, awareness and coping strategies. My relevance of study is to find out what middle-aged men and women are experiencing at mental and behavioural level in their day to day and busy life. The aim of my study is to understand mental health of adults and how it is affecting their behavioural health. My paper will study observable change among men and women due to their lifestyle habits, level of awareness and societal influence. For present study, a convenient random sampling of 50 middle aged men and women was done. Data was gathered using questionnaire and then analysis was done. Secondary data included online blogs, newspapers and websites. Limitations of the research includes limited size and small sample area of urban region.

Keywords: Mental health, Behavioural health, Challenges, Middle-aged adults, Urban life

Occupational Stress and Teacher Effectiveness of Secondary School Teachers: Correlation and Prediction

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ABSTRACT

Occupational stress is inevitable in today's rapid industrialization and urbanization. It is a psychophysical condition, which affects an individual's productivity, effectiveness, personal health, satisfaction and quality of work as well. The teaching profession can be stressful in this modern, challenging world. Teacher stress is a specific type of occupational stress that affects teachers' performance and effectiveness and adversely affects the student's performance and the learning environment. The study investigated occupational stress as a predictor of teacher effectiveness among secondary school teachers of District Poonch of Jammu and Kashmir, India. The study employed a descriptive survey design. The sample of the study consists of 210 secondary school teachers from Poonch districts of Jammu and Kashmir, India, that were selected through multistage sampling technique. Teachers' Occupational Stress Scale (TOSS) developed and standardised by Sajid Jamal and Abdul Raheem (2012) and the Teacher's Effectiveness Scale (TESS) by Umme Kulsum (2010) were used to collect the information. Data were analyzed using statistical techniques like, correlation and Regression. The study's results revealed a negative and significant correlation between teacher effectiveness and occupational stress among secondary school teachers. Regression analysis results show that occupational stress negatively predicts secondary school teachers' effectiveness. Thus, an increase in per unit in occupational stress may lead to a decrease in per unit in teacher effectiveness of secondary school teachers. Therefore, to improve teacher effectiveness, it is recommended that; stressing conditions be addressed and necessary controls are made available to relieve the teachers.

Keywords: Occupational Stress, Relationship, Teacher Effectiveness, School, Prediction

Parental Scripts Regarding Child Trustworthiness and its Relationship with Vulnerability to Sexual Abuse during Childhood

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ABSTRACT

This study examined the parental schemas regarding trustworthiness of children among Indian parents residing in Mumbai and other major cities with cosmopolitan exposure. The research study was done through the qualitative method of in-depth interviews with both fathers and mothers of children aged 0 to 18 years. The interview was in person, either face to face or online through video conferencing. One hundred and thirty-one (131) parents, out of whom 84 were mothers and 47 were fathers, shared their schemas and scripts. The interviews were recorded and subsequently transcribed for analysis. Thematic analyses of data was done to examine parental scripts and to place them in the light of sexual abuse vulnerability that exists for children.

The findings revealed that Indian parents did not find it easy to trust their children in general and especially not regarding reported sexual abuse in particular. A number of conditions were to be fulfilled by children before they could win parental trust. The study discusses the role of parental scripts in creating a risk for children's victimization and revictimization and in the lack of meting out punishment to the perpetrator.

Keywords: Parental, Scripts, Child Sexual Abuse, Trustworthiness.

Highly Sensitive Person- A Review

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ABSTRACT

For the longest time, part of Personality research has been dominated by the discussions of introversion and extraversion, sociability or lack thereof, thin-skinned or thick-skinned. This changed, in part, when a certain concept surfaced and gained traction. Elaine Aron, Ph.D., launched the concept of Highly Sensitive Personality (HSP) and directed researches which were, due to lack of exploration, clubbing a myriad of characteristics into one personality type. This paper aims to serve as a summary for any reader who wishes to gain a basic understanding of the ground-breaking HSP term, which, with its mere 20 year history; is far from fulfilling its true potential.

A Narrative Review Study on Spiritual Disposition Obliterates the Psychological Implications of Chronic Illness

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ABSTRACT

Spirituality means having an understanding of transcending reality from the material state to the state of oneness. The phenomenon of spirituality has been studied vastly in both life sciences and social sciences. In psychology, concepts like spiritual well-being, spiritual beliefs, and spiritual personality have been scientifically measured. Spiritual dispositions are traits one possesses that are derived from spiritual philosophy. These traits are generosity, kindness, faith, trustworthiness, self-control, etc. According to a plethora of research literature present, spirituality and health are significantly positively correlated. Another scientific model, popularly known as that supports this relationship is Biopsychosocial-Spiritual model. This model indicates how these different elements of biology, psychology, society, and spirituality are intricately related in the context of health care. Chronic illnesses are health conditions that last up to a year or more and have lifelong ramifications. Alongside these illnesses, many psychological conditions are developed in these patients. People suffering from chronic illness can develop stress, anxiety, depression, etc.,. The research paper aims to understand the relationship between how these spiritual traits elevate psychological conditions that can occur due to these chronic diseases. Three academic electronic databases, i.e. Google scholar, PubMed, and EBSCO were used for narrative review literature.

The search was conducted using keywords in various combinations along with Boolean operators. The research yielded 53 relevant empirical and qualitative papers suggesting that a relationship exists between these traits and psychological indicators. Hence the study concludes that spiritual dispositions such as faith, generosity, satisfaction, self-control, etc., help in reducing psychological symptoms like anxiety, stress, pain, depression, etc. Therefore suggesting spiritual disposition can be used as a coping intervention to inculcate Health Protective Behavior for patients suffering from chronic disease.

Keywords: Spiritual Disposition, Body-Mind, Chronic Illness, Health, Psychological Conditions

Comparative Study of Nutritional Status and Life Satisfaction Among Working and Non-Working Mother of Bhopal City

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ABSTRACT

The purposes of this study were to study the health and nutritional status of the working and non-working mother in Bhopal city. The study also aimed to find out level of life satisfaction among working and non-working mother. A total of 50 working mother and 50 non-working mother in between the age of 25 to 40 years were selected randomly and comparison was done between these two groups. Height, Body weight and body mass index (BMI) were taken as variables for measurement of health and nutritional status of the respondents. Life satisfaction scale was also used to assess the life satisfaction level among working and non-working mothers. Result shows that non-working mother group were superior in weight and BMI than working mother. There exists no significant difference on life satisfaction level among working and non-working mothers though the mean scores of life satisfaction of working mothers is higher than non-working mothers.

Keywords: nutrition, health, life satisfaction, working mother, non-working mother

Role of Adlerian Lifestyle Personality Factors in Post-Traumatic Growth of the Post-Graduate Students

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ABSTRACT

The Covid 19 pandemic is one of the most traumatic experiences that has ever happened in human history. Various research studies indicate that those who undergo crises and traumatic experiences develop a sense of positive change within themselves. These positive changes are due to exposure to life-altering situations and are defined as Post Traumatic Growth (PTG, Tedeschi & Calhoun, 1996). The extent of posttraumatic growth is influenced by several factors such as personality traits, values, and many other factors. The present study is aimed at finding out the role of Adlerian lifestyle personality factors in development of posttraumatic growth. A sample of 100 participants between the age range of 20-25 yrs., with equal number of males and females, was selected for the study. All participants belonged to families having yearly income below four lakhs. The tools used were BASIS-A Inventory (Basic Adlerian Scales for Interpersonal Success—Adult Form, Wheeler, Kern, & Curlette, 1993-97) and Posttraumatic Growth Inventory (Tedeschi & Calhoun, 1996). Results indicated that there was a significant difference between high and low ‘being cautious’ lifestyle Adlerian construct in the measure of PTG. It was also found that ‘being cautious’ was significantly and negatively correlated with PTG, whereas ‘belonging social interest lifestyle’ was significantly and positively correlated with PTG. All lifestyle personality factors significantly predicted twenty percent of the variance in PTG. Results are interpreted in terms of current conceptualisation in the area of study.

Keywords- Posttraumatic growth, Adlerian lifestyle personality factors, Post Graduate Student, COVID-19

Role of Spiritual Intelligence in Post-Traumatic Growth of Frontline and Non-Frontline Medical Students

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ABSTRACT

The COVID-19 pandemic has disturbed the lives of people across the globe. Mainly it affected the health care system and challenged the health care workers. During this period of COVID-19, many people got infected, faced loss of loved ones, stayed away from home for months, lost their jobs, faced financial crisis etc. In this time of crisis also people experienced some positive changes in their lives, which can be termed as post traumatic growth. Though some researches have been conducted on post traumatic growth of health care workers but virtually there is no study related to the spiritual intelligence and post traumatic growth. The present research was designed to study the role of spiritual intelligence in post traumatic growth of frontline and non frontline medical students. A total of 60 medical students that includes 30 frontline and 30 non-frontline students constituted the sample. Post Traumatic Growth Inventory (PTGI, Tedeschi & Calhoun, 1996) and Spiritual Intelligence Self Report Inventory (SISRI, King, 2008) were used to measure the variables in the study. Results indicated that that post traumatic growth varied significantly between groups having higher and lower spiritual intelligence; particularly in ‘personal strength’, ‘new possibilities’ and ‘spiritual change’ components of post traumatic growth. The post traumatic growth of frontline and non frontline medical students was also compared and it was found that there was no significant difference between them. However, in the spiritual change component of post traumatic growth, significant difference between the groups was found. Pearson correlation matrix carried out between components of post traumatic growth and spiritual intelligence revealed that there is a significant positive relation between the two variables. Results were interpreted with regard to current research in the area and implications were pointed out.

Keywords: post traumatic growth, spiritual intelligence, frontline medical students, non-frontline medical students, COVID-19

A Retake on Selfishness and Altruism: A Study of Personal Growth and Contentment

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ABSTRACT

Altruism is always viewed in a positive light and selfishness in a negative perspective, but the reality is far more complex and intriguing. These two paradoxical forms that are pathological altruism and healthy selfishness, have recently entered empirical domain and the current study provides an insight towards the paradoxical concept of selfishness and altruism in context of emerging adults in India. The study also aims to understand if these two paradoxical forms have any impact on an individual's future personal growth that individual has initiated and their contentment with life. The sample of the study consists of 151 emerging adults. The result of correlation analysis revealed that Health Selfishness has a significant positive relation with Personal Growth Initiative and Contentment. And Pathological Altruism has a significant negative relation with contentment. Regression analysis further revealed that Health Selfishness predicts both the dependent variable viz. Personal Growth Initiative (Adjusted R² = .317, p<0.01) and Contentment (Adjusted R² = .268, p<0.01) and Pathological Altruism only predicts contentment (Adjusted R² = .075, p<0.01). Thus it can be inferred that increase in healthy selfishness increases an individual's contentment with life and helps them initiate personal growth, but whereas on the other hand pathological altruism decreases and individuals contentment with life. Further studies in India can be done to gain more knowledge and an intervention to promote healthy selfishness can be created, as in turn it will increase an individual's contentment and personal growth initiative.

Keywords: Pathological Altruism, Healthy Selfishness, Contentment, Personal Growth

Cinderella Complex: Exploring the Psychological Dependency of the Infertile Women

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ABSTRACT

Women's fear of independence, often known as the "Cinderella complex," is an underlying need to be looked for by someone else. In the pronatalist society, a woman must be beautiful, patient, selfless, and procreate. If a woman lacks any of these feminine traits, reliance emerges as a means of coping with felt misery. Meanwhile, Infertility is a rising issue, and patriarchal society like India mandates motherhood and upbringing. Studies have revealed that failure to fulfill the expectation of society lead to stigma, individual blame, and even violence towards women irrespective of which partner is clinically infertile. Exposure to these unfavorable conditions gives rise to psychological turmoil and emotional dysregulations among childless women. This study attempt to explore the psychological dependence of women (i.e., Cinderella complex) on men through a Literature review. Seven studies that met the inclusion criteria were selected for the review. The findings of the studies revealed that women hand over the decision-making process to men and in-laws about fertility treatment and adoption. The results of this study have implications for determining the level of fragility among this group of women's mental health and for developing interventions.

Keywords: Cinderella Complex, Infertility, Women, Dependency, Mental Health

Happiness and Life Satisfaction in Practitioners and Non-Practitioners of Yoga: A Comparative Study

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ABSTRACT

An individual's search for peace, happiness, good health and a contented life is increased by growth of stress, pressure, technological advancement and rapid urbanization. Yoga increase mind-body connection, decrease symptoms of anxiety and depression, and increase life satisfaction. Yoga has been widely recognized as a discipline and practice of yoga can have preventive and therapeutic role. People have adopted yoga as a tool that keeps the body and mind fit. In present times, it is perceived as a complementary and alternative medicine. The aim of the present study was to examine, if yoga training may enhance happiness and life satisfaction in practitioners of yoga. The study aimed to assess differences in happiness and life satisfaction in practitioners and non-practitioners of yoga. A sample of 80 participants (40 practitioners and 40 non-practitioners) in the age range of 40-60 years was collected from different centers of Bhartiya yoga sansthan of Jammu city, India. The subjective happiness scale and satisfaction with life scale were used as tools. t-test was used for analysis. Results indicated a significant difference on happiness and life satisfaction. The mean scores indicated that practitioners of yoga had increased level of happiness and life satisfaction as compared to the non practitioners of yoga.

Keywords: Happiness, life satisfaction practitioners, yoga

Self-Esteem and Locus of Control as Predictors of Academic Achievement: A Study Among Graduate Students

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ABSTRACT

In this competitive world, everybody wants to face challenges bravely. For most graduate students joining MBA, the motivating factor is a strong position, good salary and respect across the various roles they may take up showing their leadership and management skills. Aim of this study is to find out the contribution of locus of control and self-esteem towards academic achievement in graduation, and across various demographic factors - socioeconomic status, family type, age, and different streams of graduation. Sample consists of MBA students (n=200) coming from different graduation streams, both male and female in the age group of 21 to 27 years. Data was collected through Rosenberg Self-esteem scale and Rotter's Locus of control. Descriptive and Chi-square test was used to analyze the data. Results showed 62% had internal locus of control, 38% had external locus of control. 41% had low self-esteem and 59% had high self-esteem. There was a significant correlation between self-esteem, locus of control and academic achievement. Self-esteem and locus of control totally predicted 41% of the variation in academic achievement, in which self-esteem and locus of control both were stronger factors to predict the academic achievement. Area (rural, urban), family type (nuclear, joint) and academic scores have strong correlation with locus of control and self-esteem. MBA students are the future leaders. For them to be successful leaders, interventions can be designed to increase self-esteem which would help them to have faith in their ability and achieve their objectives by taking responsibility for outcome of challenging situations.

Keywords: self-esteem, locus of control, MBA, academic achievement, leaders.

Gender Roles And Mental Health: An Interpretive Phenomenological Analysis of The Experiences of Married Working Women

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ABSTRACT

Gender roles are socially constructed roles, activities, attributes and behaviours that are considered appropriate in a society for men and women. The ratio of women in workforce has increased in India due to several factors such as improved economy, education and increased gender sensitivity but the idea of ideal gender roles for Indian women hasn't changed much and has been still described as a care giver and nurturer who is responsible to manage household chores along with her job that is still considered as her primary role. Such ideologies have increased the prevalence of issues like work-life balance, dual role conflict and the need to maintain the rigid gender roles that has eventually contributed in increasing the psychological distress and problem related to mental health (i.e., depression, anxiety and double burden syndrome) among women by creating double burden on them. The study explores the lived experiences of married working Indian females of early adulthood age group and their perceived psychological stress due prescribed gender roles. Semi structured Interviews were carried out using purposive sampling and interviewing selected sample of 6 females. The study explores the concept in a qualitative way, providing their experiences in depth through different themes emerged by using interpretive phenomenological analysis.

Keywords: Gender Roles, psychological stress, mental health, married women, interpretive phenomenological analysis

Online Vs Offline Mental Health Service- Perspective of Service Provider

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ABSTRACT

As the recent pandemic has caused a lot of changes in the life style and preferences, so as the attitude and approach towards mental health and service. The current study aims to know the experience and preference of mental health professionals on online and offline mental health service. Questionnaire which has questions about empathy, rapport building, flexibility, feasibility, preference of clients was circulated to 50 mental health professionals across India, who has experience in both online and offline consultation. A focused group discussion was conducted with 8 mental health service provider via video conference. The analysis was made using SPSS for descriptive and inferential analysis. The results show, the inclination of mental health service providers towards offline setting. Rapport building, empathy, and effectiveness were rated high for offline service, whereas feasibility was reported as high in online service. The travelling, physical set up of a consultation room and expense were majorly mentioned as demerits of offline consultation, whereas lack of nonverbal cues and internet-technical issues were highly discussed in the demerits of online consultation. The study concludes that there is a high interest from the part of mental health service provider towards offline setting, but the positive elements elements of online service is something that can be incorporated when and where possible.

Keywords: Online service, offline service, Mental health service

Psychological Predictors of Learning Related Enjoyment and Perceived Academic Stress among Students

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ABSTRACT

The strategies students employ to learn often determine their emotions associated with the learning process. Metacognitive self-regulation refers to the knowledge and regulation of one's own cognitive system and includes planning, monitoring and regulating. Resource management refers to management of internal and external resources like time, environment, effort, motivation and help seeking. Academic control refers to beliefs about one's capacity to guide academic outcomes. Academic stress refers to the body's response to academic-related demands that exceed the adaptive capabilities of students. The current research adopts a between groups design to study gender differences among senior secondary, undergraduate and postgraduate students with respect to metacognitive self-regulation, resource management and its dimensions, perceived academic control, learning-related enjoyment and perceived academic stress. A correlational design was used to determine whether metacognitive self-regulation, resource management and its dimensions, and perceived academic control predict learning related enjoyment. The study also aims to ascertain the influence of metacognitive self-regulation, resource management and its dimensions, perceived academic control and learning related enjoyment on perceived academic stress. Non-probability purposive sampling technique was used to select a total sample of 742 students. The sample consisted of 250 senior secondary school students (females =125, males = 125), 250 undergraduate students (females = 125, males = 125) and 242 post-graduate students (females = 125, males = 117). T-test results indicated that females perceive higher levels of academic stress than males. Findings also reveal that metacognitive self-regulation, resource management and its dimensions and perceived academic control predicted learning related enjoyment in both males and females. The results also showed a difference in the predictors of perceived academic stress in males and females, thereby implying the role of gender stereotyping in academic behaviour.

Keywords: metacognition; self-regulation; enjoyment; resource management; academic control; academic stress between groups; correlational

Helplessness and Stress Management among Adolescent Girls of Kashmir

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ABSTRACT

Stress management skills are essentially required for improving adolescents' behavior and academic adjustment. Studies have consistently shown that adolescents with better stress management skills experience less stress. This study attempts to assess helplessness and stress management among adolescent girls in Kashmir. The study also aims to examine the relationship between helplessness and stress management. The sample included 256 senior secondary school girls of Kashmir of the age group of 16 to 17 years. The data was collected using two measures, the helplessness scale developed by Mathur and Bhatnagar (2012) and the Adolescents' Stress Management Scale (2021) developed by the researcher herself. The statistical techniques used in this study were frequency distribution, percentage analysis and Pearson product moment correlation. The results revealed that the majority of senior secondary school girls were at high and very high levels of helplessness, but only a few senior secondary school girls were at high levels of stress management. The results also indicated a significant negative relationship between helplessness and stress management.

Keywords: Adolescents, stressors; stress management; coping; helplessness; passivity

Consequence of Social Media Usage on Students' Academic Performance with Special Reference to University Students

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ABSTRACT

Objective: Depression, as a common mental illness, is likely to contain subgroups with a hereditary component. Parents' tactics for guiding and disciplining their children may have an impact on their emotional well-being and may serve as a predisposing factor for depression. Dysfunctional parenting styles have also been found to be related to aggressive behavior in individuals. Therefore the present study aims to examine aggression, and parenting styles as predictors of depressive features among young adults.

Materials and method: The present quantitative study with a cross-sectional design included 100 participants without any history of past psychological or neurological disorders. Research tools included Perceived parenting style questionnaire, Aggression questionnaire (Buss and Perry, 1992), PHQ-9 questionnaire. The data was obtained via google form.

Results: The results show that aggression and depression were significantly associated with scores for authoritative and permissive parenting style. Aggression was not associated with depression. The multiple linear regression model revealed that only the scores on authoritarian parenting styles were a significant predictor of depressive symptoms.

Conclusion: The present study highlights the association of perceived parenting styles and experience of depressive symptomatology. The study brings out the need to train parents to be mindful of how their parenting is being perceived by the offspring as it can have a serious toll on their mental health.

Interpersonal Relationship During Late Adolescence

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ABSTRACT

The final stage in the development of adolescence is known as late adolescence. Puberty, which usually occurs about the age of 10, is the beginning of a period of development known as adolescence, which lasts until about the age of 24. Sometimes having certain unresolved imbalances as one enters adulthood will lead to social maladjustments that will show up in the long and medium term. The psychological well-being of adolescents can be greatly impacted by interpersonal relationships. We form significant links with our family, friends, teachers, and others in our professional network through interpersonal relationships. People feel the most happiness and fulfillment in these kinds of relationships. Positive heterosexual, family, friends, peer, student and teacher relationships are important in reducing symptoms such as suicidality, anxiety, and depression, as well as increasing resilience and self-regulation. When interpersonal relationships work well, self-identity is developed, a positive personality develops, and levels of happiness and self-fulfillment rise. However, if the needs for interpersonal relationships are not addressed, late adolescence may have behavioral issues like delinquency, social phobia, college maladjustment, antisocial behavior, anxiety, and sadness as well as psychological issues like depression, anxiety, and loneliness. The goal of this paper is to present a complete image that will enable late adolescents, who are still developing their personalities, accept themselves and their peers and foster positive interpersonal interactions.

Keywords- Late adolescence, interpersonal relationships, heterosexual, family, friends, peer, student and teacher relationships

Relationship between Techno -Stress, Occupational Burnout and Job Satisfaction among Primary School Teachers

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ABSTRACT

Objective: Technology is now frequently interwoven into every field. The government has made significant investments in this field in education, which has changed the essential capabilities in teaching. Teachers are particularly vulnerable to burnout syndrome due to the affective and emotional components inherent in their job. Negative attitudes about computers and newly developed technology are referred to as “techno-stress”. The word "job satisfaction" usually refers to how much employees enjoy the aspects of their work (Spector, 1997). Therefore, the present study aims to examine the relationship between techno-stress, occupational burnout and job satisfaction among primary school teachers, and a comparison between the less experienced and more experienced primary school teachers.

Materials and Methods required: The present quantitative study with a cross-sectional design included 93 primary school teachers without any history of past psychological or neurological disorder. Research tools included Techno-stress scale of the teacher educator, the Maslach Burnout Inventory-ES, and the TJSS (Teacher Job Satisfaction). The data was obtained via google forms. The data collected was loaded, coded and analyzed.

Result: The results show that techno- stress was significantly associated with scores for Job satisfaction and occupational Burnout. The stepwise linear regression model revealed that job satisfaction and occupational Burnout were a significant predictor for techno- stress among primary school teachers.

Conclusion: The present study highlights the association of Techno-stress, occupational Burnout and Job satisfaction among primary school teachers. The study brings out the need to understand how mental health is important among primary school teachers in order to improve their job satisfaction.

Keywords: Techno-stress, occupational burnout, job satisfaction, primary school teachers, Technology.

Rejection Sensitivity in Dating Individuals: Association with Relational Insecurity, Aggression And Relationship Satisfaction

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ABSTRACT

The cognitive-affective processing disposition of Rejection Sensitivity (RS) was studied to understand its association with Relational Insecurity (RI), Aggression, subfactors of aggression (Hostility, Physical Aggression, Verbal Aggression, and Anger) and Relationship Satisfaction. The aim sought to illustrate the role of rejection sensitivity in dating relation dynamics among young adults in India. It was hypothesized that rejection sensitivity will be positively related with relational insecurity, aggression and subfactors of aggression, while negatively related with relationship satisfaction.

The study used convenience sampling to recruit heterosexual young adults, that were currently in a non-marital committed relationship of at least four months at the time of the study (N=135, 71.1% female). Self-report measures were used for all variables and a correlational design was adopted. The results indicated that there was a small but significant positive correlation between rejection sensitivity and relational insecurity, rejection sensitivity and aggression, and rejection sensitivity and physical aggression. Further, a moderate significant positive correlation was found between rejection sensitivity and hostility, while a small but significant negative correlation was indicated between rejection sensitivity and relationship satisfaction.

Therefore, findings suggest that rejection sensitivity is linked with detrimental effects on interpersonal relationships. The limitations of the study, directions for future research and implications of these findings for individuals with rejection sensitivity, are discussed.

Keywords: rejection sensitivity, relational insecurity, aggression, relationship satisfaction, dating

Role of Parenting Styles in the Defense Mechanisms of Young Adults

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ABSTRACT

Introduction: The role of parenting styles is increasingly becoming crucial in the development of an individual's personality and defense mechanisms. Parents play a critical influence in moulding an individual's psychological growth and their response to varied situations. Despite the fact that parenting styles have been extensively studied, very little emphasis is given to the influence of parenting styles on the defense mechanisms among young adults.

Objective: The aim of this study was to explore the relationship between parenting styles and the defense mechanisms among young adults.

Materials and Methods: The present study involved a quantitative approach with a cross-sectional design, which included 100 young adults as the sample. Individuals with any history of psychological or neurological disorders were excluded from this study. The study tools included the Perceived parenting styles scale (PPSS) and Defense Style Questionnaire (DSQ 40). The data was obtained via google forms. The statistical measures such as Mean, SD, spearman's rho correlation and One-way ANOVA were computed to analyse the data. Statistical significance was considered at p value < 0.05 .

Results: The correlations reported a significant positive correlation between authoritative parenting style and neurotic factor of defense mechanism, while a significant positive correlation was observed between authoritarian and mature factor of defense mechanisms. However, the total scores of parenting styles and defense mechanisms did not report a significant correlation. There were no significant differences reported in the defense mechanisms across different parenting styles.

Conclusion: The study implied that authoritarian parenting style would bring out the most adaptable strategy among the individuals in the form of a mature defense mechanism. This study paves a different perspective on the influence of Parenting styles on defense mechanisms exhibited by the young adults. Psycho-education modules to enhance the appropriate parenting strategies can be introduced to parents of varied education, occupation to change the multiverse of child's development.

Keywords: Parenting styles, Defense Mechanisms, Neurotic Factor, Authoritarian Style.

A Comparative Study on Nomophobia, Loneliness and Sleep Quality among Young Adults and Adolescents

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ABSTRACT

Introduction: The tremendous expansion of the smartphone market has increased the anticipation of relying too much on mobile phones, by the future young generations. Establishing an understanding of the dependent and addictive behaviour, knowledge of nomophobia and an understanding of its psychological impacts such as loneliness and sleep quality may strengthen the potential techniques to curtail this influence among the young population.

Objective: The aim of this study is to evaluate and compare nomophobia, loneliness and sleep quality levels between adolescents and young adults.

Materials and Methods: The present study involved a quantitative approach with a cross-sectional design, which included 100 adolescents and 100 young adults. The study tools utilized were the Nomophobia Questionnaire (NMP-Q), Revised UCLA Loneliness Scale (ULS-20) and the Pittsburgh Sleep Quality Index (PSQI). The data was obtained through google forms circulated with friends, colleagues and through possible contacts. Statistical analysis such as Mean, SD, Spearman's Rho correlation, Mann Whitney U-test, Multiple linear regression were computed to analyze the obtained data. Statistical significance was considered at p value < 0.05 .

Results: A significant positive correlation was observed between loneliness and sleep quality among adolescents. It was indicative from the results that sleep quality was significantly better in young adults compared to adolescents while nomophobia was significantly lesser in adolescents. Though there was no statistical difference, loneliness was reported to have higher mean scores among young adults. The results of multiple linear regression yielded nomophobia and loneliness to be the significant predictors of sleep quality.

Conclusion: This study highlights the influence of nomophobia on the adolescent population while emphasizing the importance of poor sleep quality among young adults. Awareness and training programmes based on social skills and assertiveness can be provided to enhance the sleep quality among adolescents and young adults. In a prodromal phase of high nomophobia or extreme loneliness, techniques from cognitive interventions can be applied to improve the sleep quality.

Keywords: Nomophobia, Loneliness, Sleep Quality, Mental Health, Well-being.

Quality of Life, Spirituality and Personality Factors as Predictors of Minimalism among Young Adults

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ABSTRACT

The concept of minimalism, although not a very new concept, has taken greater significance over the years in contrast to a prevailing culture of high consumerism. Individuals these days, intentionally remove clutter from their lives and focus on things that truly matter to them or add meaning to their lives. Historically, eastern cultures have always promoted the idea of voluntary simplicity; however, due to decades of mass production, an opposing force of minimalism that align with green values, is causing a shift in consumer patterns globally. This study is an attempt to understand the patterns and determinants of minimalistic consumption in young adults in the Indian scenario.

Male and female participants (N=200) in the the age range of 18-25 years, belonging to different urban cities of India were recruited for the purpose of the study. WHOQOL-BREF (WHO, 1993), Spirituality Index of Well Being (Daaleman, et al., 2004), Big Five Inventory (Goldberg, 1993), and Minimalist Consumer Scale (Wilson & Belleza, 2021) were administered to the sample to assess quality of life, spirituality, personality factors, and minimalism respectively in the sample.

Multiple regression analysis with minimalism as the criterion variable and quality of life, spirituality and personality factors as the independent variables was run. Spirituality ($\beta=.265$, $t=3.682$, $p<.001$) and conscientiousness ($\beta=.216$, $t=3.048$, $p<.001$) were found to be positive predictors of minimalism. Extroversion ($\beta=-.291$, $t= -4.314$, $p<.001$), however, was found to be a negative predictor of minimalism in young adults. Implications of youth consumerism in the Indian context and from a psychological perspective are discussed.

Keywords: Minimalism, Spirituality, Personality, Quality of Life, Conscientiousness.

Effect of Conflict Resolution Behavior on Relationship Satisfaction Among Young Adults

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ABSTRACT

Objective: The present study is concerned with intimate relationships and how it is influenced by an individual's conflict resolution style. Attempts to evaluate the various individual behavioral styles associated with conflict resolution such as avoiding, competing, accommodating, collaborating, and compromising. This study aims to explore the effect of different types of conflict resolution styles and its dynamics with relationship satisfaction among young adults.

Materials and Methods: The present quantitative study with a cross-sectional design included 125 young adult participants who are currently in an intimate relationship. Research tools included the Rahim Organizational Conflict Inventory-II (ROCI-II) (1983) and Relationship Assessment Scale (RAS) compiled by Hendrick (1988). The data was obtained via google forms. The data collected was loaded, coded, and analyzed using IBM Statistical Package for Social Sciences (SPSS) Version 20.0 software.

Results: Mean, standard deviation, frequency, and percentage were used as measures of descriptive statistics. Pearson's Correlation was used to assess the possible linear association between Conflict resolution styles and Relationship satisfaction. The results showed that conflict resolution style and relationship satisfaction were correlated significantly. Relationship satisfaction was positively correlated with collaborating, accommodating and compromising styles and negatively correlated with competing. Whereas, there was no significant correlation between avoiding style and relationship satisfaction.

Conclusion: The results of this study can be very useful for understanding the nature and quality of a relationship an individual has and a deeper insight into its dynamics can help improve certain aspects of the relationship through therapy.

Keywords: Conflict resolution behavior, Relationship satisfaction, young adults, Non-married, In a romantic relationship.

**The Role of Metacognition in advancing the learning level of students in Science at the
Secondary stage**

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ABSTRACT

The learning outcomes of Science at the secondary stage have been formulated by NCERT, New Delhi, India, 2019, keeping in view the challenges and opportunities of the 21st century that demand sophisticated knowledge, competencies and higher-order thinking skills for the fast-growing globalised world. At this stage, learners' age varies between 14 to 19 years, and they reach the formal operational stage of cognitive development. Thus, at this stage, learners are expected to understand concepts, principles, theories and the laws governing phenomena of the physical world. They are also expected to acquire and use scientific skills such as questioning, hypothesising, observing, manipulating, collecting, analysing and interpreting data. Above all, they are expected to develop a scientific temper (objective and critical thinking), creativity and problem-solving ability. Learners acquire knowledge, competencies and skills through cognitive processes and regulate them through metacognition. Metacognition refers to the learners' awareness of their cognitive abilities and learning processes. Metacognitive learners are self-regulated and know how to approach a learning task, set goals, and monitor the learning progress. Metacognition is an essential element in learning. It enables learners to take charge of their learning by planning, monitoring, and evaluating the learning process, which helps them to become independent and autonomous learners (Schraw et al., 2006). Various researchers (Rickey & Stacy, 2000; Haider & Naqabi, 2008; Cooper & Sandi-Urena, 2009; Rahman et al., 2010; Kumar, 2010; Pulmones, 2007; Dori & Avargil, 2015; Cook et al., 2013; Thomas & Anderson, 2014; Bibisadiqua, 2014) have reported the positive and significant role of metacognition in advancing the learning level and higher-order thinking skills of science students. Based on the previous research findings of metacognition in science education, this paper attempts to discuss the concept of metacognition and its implication for advancing the learning level among Science students at the secondary stage. Furthermore, it discusses the instructional methods and strategies teachers may employ to foster metacognitive skills among secondary-stage science students.

Keywords: Cognition, Metacognition, Metacognitive Skills, Scientific temper, learning levels

Gender Stereotypes in Co-ed Schools and its impact on Gender Identity and Heterosocial Anxiety among Young Adults

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ABSTRACT

Gender identities could be overpowered by stereotyped gender roles that could be an outcome of schooling environments reflective of gender stereotypes. The Indian educational system is largely co-educational. Teachers and school administrative authority figures sometimes demonstrate gender stereotypes by responding to male and female students in different ways. Gender identity refers to a person's perception of themselves as a man or a woman. Sandra Bem's gender schema theory posits that children learn to sex type as they grow and develop into young people. Gender-schematic processing is derived from societal sex- differentiated practices. Heterosocial anxiety is a type of social anxiety that "arises from any real, prospective, or imagined social interaction with a member of the opposite sex," the present study aimed to address the impact of gender segregation practices in co-ed schools on gender schematicity and heterosocial anxiety among young adults (18-25 years). To assess gender schematicity, the Personal Attributes Questionnaire (Spence & Helmreich, 1978) was used and for heterosocial anxiety, the Social Phobia and Anxiety Inventory (Turner, Beidel, Dancu, & Stanley, 1989) was used. The total number of participants was 523 (N=523). The result showed that higher the level of gender stereotypical practices, weaker will be the gender identity, more prevalent gender stereotypical practices in schools will lead to higher level of heterosocial anxiety and lastly, stronger the gender identity, the higher will be the level of heterosocial anxiety in males and females.

Keywords: Gender Stereotypes, Gender identity, Heterosocial Anxiety, opposite sex, Co-Education

Self-efficacy and Perfectionism as correlates of Self-handicapping Behaviors in University Students

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ABSTRACT

Education at a university level not only provides high-level skills necessary for every career path but also the needed training required for reaching the next level in one's work life. Understanding the attitudes for success at university is thus of prime importance. Self-handicapping is a performance-debilitating characteristic, which in student populations has been associated with negative outcomes such as academic underachievement and poor psychological adjustment. A person's self-esteem is their belief in their capabilities which has an effect on the motivation for self-handicapping behaviour. The tendency to set excessively high standards of performance is the phenomenon of perfectionism. There is not much research on how these three variables are related among university students in the Indian subcontinent. This study thus aims to understand self-efficacy and perfectionism as correlates of self-handicapping behaviours. A total of 120 student participants from government and private universities in Hyderabad were selected. A comparative research study using the General Self-Efficacy Scale, The Almost Perfect Scale-Revised (APS-R) and Self-Handicapping Scale was conducted. It was found that there exists a significant difference between the self-efficacy, perfectionism and self-handicapping behaviours between students from government and private universities by conducting t-test of independent samples. It was also found that there is a negative correlation between self-efficacy and self-handicapping behaviours in the university students. The researcher suggests that the same study with larger sample size can give better scope of generalization.

Keywords: Self-Handicapping, Self-Efficacy, Perfectionism, Government and Private Universities

Parenting and Parent Adolescents' Relationship in India: A Systematic Review

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ABSTRACT

Background: As the child grows, and hit puberty, while seeking the similarities, differences arises within family due to different career choices, choice of partner, division of ancestral property etc. that demands for harmonic relationship between the parent and the grown up child. Regardless of wealth or culture, the basic aim of parenting is to develop children to be healthy, independent, well adjusted, and contributing adult members of their social group. At the age of adolescence, higher chances of getting involved in drug abuse, love relationship, and pornography are common. The parental guidance in this regard could help them to identify the right choice.

Aim: The main aim of this research is to provide a review of studies on parenting and Parent-Adolescents' relationship, in the Indian context.

Method: A systematic review was conducted using databases from Scopus, Elsevier, Research Gate and PubMed.

Result: All the selected researches were reviewed thoroughly and only researches on Indian population are collected in a synthesis table format.

Conclusion: The review has generated various issues and factors that are responsible for the relationship. Way forward: Implications of the study along with certain suggestions are provided that could be utilised to generate empirical research on the topic.

Keywords: Parents, Adolescents, Parent- adolescent relationship, review paper, parenting

**PERSONALITY AND DRIVING ANGER: A STUDY OF FOUR-WHEELER DRIVERS
IN JAMMU**

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ABSTRACT

The present study aimed to assess the relationship between Personality and Driving Anger among four-wheeler drivers in Jammu, India. In addition, it also to examined the difference between Driving Anger among young adults and middle age. A cross sectional research design was applied in this study. Sample comprised of 175 adults (119 males and 56 females) with age range between 18- 60 years (76 young adults and 99 middle adults) working in different sectors in Jammu, India. The tools administered were on self-report questionnaires using Driving anger scale (DAS) and Type A-B behavioural personality scale (TABBPS). Statistics used for analysing the data were Pearson's correlation (r) and t test. Results revealed that personality type has a positive relationship with driving anger. However, no difference was found between driving anger experienced by young adults and middle age. The findings have several implications for traffic management and for the people who drive in India.

Keywords: Driving anger, Four-wheeler drivers, Middle Age, Personality type, Young adults

Exploring the Psychosocial Experiences of Widows in Modern Indian Society

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ABSTRACT

A large body of studies suggest that widows in India face various physical, financial and social challenges. The mistreatment and lack of support from the society can adversely affect the mental health of widows. The current study aimed to explore the post-traumatic experiences of widows in modern Indian society, seeking social and financial support from family and community. The objective of the study was to explore the themes of acceptance, meaning making and changes the widows have experienced in their lives since the passing of their spouses. This was done through a qualitative study, conducted using semi-structured interview with open ended questions. A total of five participants were selected using snowball sampling technique. The findings of the study revealed that the widows experienced a lack of social and financial support from the in-laws and extended family, along with a loss of identity. However, post-traumatic growth was evident through the narratives of the widows. The findings have important implications for psychologists and counsellors working with widows.

Keywords: widows, post-traumatic growth, acceptance, experiences

Does Type of School and Marital Status Influence the Quality of Life: A Study of Female Teachers in Kashmir

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ABSTRACT

Quality of Life encapsulates general well-being and happiness, such as access to school, employment possibilities, the lack of military conflict or threats, and maintaining bodily and emotional health. It is relative, subjective, and includes intangible elements like spiritual beliefs and a sense of belonging. This study aims to examine the quality of life of female secondary school teachers by analysing the type of school they work at and their marital status. For this descriptive online survey, 218 female secondary school teachers were randomly selected. The Teachers Quality of Life Scale constructed by Para and Siddiqui (2022) was used for data collection. The overall results showed significant differences in QOL between married and unmarried female teachers. Private and unmarried female teachers' QOL was low in comparison to govt and married teachers. However, in some dimensions no difference was found. There is a tremendous need to boost the confidence of teachers. Considering their psychological and mental health is essential while handling the nation's future. Psychological and counselling programs must be implemented, and their physical, psychological, and professional health needs to be secured.

Keywords: Female teachers, Marital status, Professional happiness, Quality of life.

Maintaining Mental Health through Poetry

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ABSTRACT

Poetry is the passion which a poet possesses in genes. Through poetry, mental health and peace of mind can be maintained with pace immeasurable. The waves of passion that runs through poet's sensibility, soothes the senses of the readers. Poetry reading, writing and listening casts good therapeutic effects. Poetry provides peace, calmness, and comfort to the minds by elevating mood in distress and duress. Studies show that poetry therapy proves a boon to patients suffering from serious ailments and augment their emotional resilience and brings joy in their life. Our brains are electrified with rhyme and rhythm of the poetry to give emotional reaction to joy and sadness both. Like sweet melody of music, poetry heals our emotional hurts. The metaphors embellish the poetic lines with magical brilliance, and they glitter with astute meaning and message. Diction plays a very emphatic role in discerning poet's leanings. Reflection, perception and attachment are interwoven in diction so inextricably that they turn poet's mouthpiece, and roar and rave with perfect resonance to poetic experiences. Through the intoxicated taken-for-grantedness of the laidback reading public will take somersault by the melody of the tone and exquisiteness of diction. The paper, however, explores how poetry can be a natural tool to heal mental stress, trauma, and agony and maintain mental health well. We will examine some poetic utterances of great poets like Sylvia Plath, Anne Sexton, Emily Dickinson and Kamla Das etc. Moreover, we will too examine that how the nature can extend peace, purpose, poise to mind.

Keywords: poetry, poetic therapy, rhyme, rhythm, stress and nature.

Self-Esteem and Locus of Control as Predictors of Academic Achievement: A Study among Graduate Students

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ABSTRACT

In this competitive world, everybody wants to face challenges bravely. For most graduate students joining MBA, the motivating factor is a strong position, good salary and respect across the various roles they may take up showing their leadership and management skills. Aim of this study is to find out the contribution of locus of control and self-esteem towards academic achievement in graduation, and across various demographic factors - socioeconomic status, family type, age, and different streams of graduation. Sample consists of MBA students (n=200) coming from different graduation streams, both male and female in the age group of 21 to 27 years. Data was collected through Rosenberg Self-esteem scale and Rotter's Locus of control. Descriptive and Chi-square test was used to analyze the data. Results showed 62% had internal locus of control, 38% had external locus of control. 41% had low self-esteem and 59% had high self-esteem. There was a significant correlation between self-esteem, locus of control and academic achievement. Self-esteem and locus of control totally predicted 41% of the variation in academic achievement, in which self-esteem and locus of control both were stronger factors to predict the academic achievement. Area (rural, urban), family type (nuclear, joint) and academic scores have strong correlation with locus of control and self-esteem. MBA students are the future leaders. For them to be successful leaders, interventions can be designed to increase self-esteem which would help them to have faith in their ability and achieve their objectives by taking responsibility for outcome of challenging situations.

Keywords: self-esteem, locus of control, MBA, academic achievement, leaders.

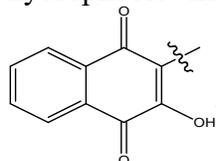
Generation of 2D-QSAR models for designing potent Atovaquone derivatives

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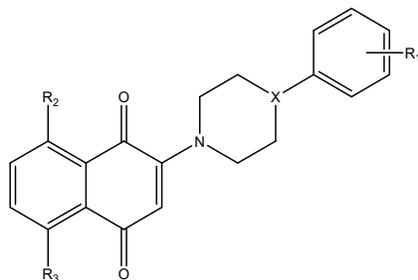
ABSTRACT

Atovaquone belongs to the class of naphthalenes and is mainly an anti parasite drug which selectively targets malarial parasite. It is structurally hydrophobic in nature therefore having poor water solubility and oral bioavailability. Chemically it is composed of a naphthoquinonyl head, a cyclohexanyl linker and a hydrophobic 4-chlorophenyl tail, which is responsible for the hydrophobic nature of this drug. Due to the presence of naphthoquinonyl head moiety



Atovaquone shows antitumor activity. The 4-chlorophenyl tail and cyclohexanyl

linker provides potential sites for structural optimization. Drug designing is a crucial step for obtaining novel drugs and requires potent methodologies. In this research work, QSAR analysis of Atovaquone derivatives was performed using a number of structural parameters. The values of different physicochemical parameters are evaluated and indicator parameter I_1 for 4-F-3-Cl at R_1 , I_2 for H at R_3 position and I_3 for CH groups at X position were used in present QSAR studies. In this work, the ratio PRESS/SSY for the equations 2, 17, 18, 41 and 42 are 0.190, 0.174, 0.190, 0.180, 0.179 respectively, which are less than 0.400, indicating that these models are reliable QSAR models. The PSE as well as S_{PRESS} are good parameters to be used for discussing the uncertainty in prediction. The lower the value of these parameters, the better will be the predictive ability of the model. Also, the highest R^2_{CV} (0.826) has been found for the QSAR model. no. 17 indicating that it has excellent overall predictive power. Thus from the results obtained it is clear that for getting the potent and efficient drug less Bulky groups having lesser vertices should be used, more polar, less electronegative group, more hydrophobic group is beneficial for the activity. Group H at R_3 position and CH at position X should be retained at R_2 position. The results are critically discussed on the basis of regression data and cross validation techniques. Poglani factor (Q) and the results of leave one out (LOO) method confirms the reliability and predictability of the proposed models that can be highly beneficial for future designing of new analogues with higher potency.



(Structure of parent molecule)

Keywords: QSAR, Atovaquone derivatives, Poglani factor (Q), leave one out (LOO), molecular descriptors

Role of Parenting style towards the Mental health and Self Esteem of Adolescents

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ABSTRACT

Our mental health is a fundamental part of our overall health and well-being. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right which is crucial to personal, community and socio-economic development.

A person's mental health is also related to his/her self-esteem. Self esteem is "how a person feels about himself/herself and what he/she does." So a person with high self-esteem can recognize his good qualities and will generally strive for a happy and successful life. Parents play a huge role in supporting a child's mental well-being and self-esteem. Nurturing, loving and caring build a strong foundation which helps children to develop the social and emotional skills they need to lead a happy, healthy and fulfilled life.

Parenting is the process of raising children and providing them with protection and care in order to ensure their healthy development from Childhood to adolescence to adulthood.

Adolescence is characterized as a time of "storm and stress," it is now viewed as a period of dynamic change. Adolescence's journey can be heavily driven by mixed emotions which can be overwhelming at times. Adolescence stage comes with a lot of big emotions – and they can sometimes be tough to handle. Emotional Meltdowns can happen a lot in adolescence. Meltdown is when a person is completely overtaken by emotion and becomes overwhelmed. These emotions could include fear, anger, frustration or something else, which if not dealt with proper care can affects the mental health and self esteem of the adolescent.

This period is also characterized by a severing of ties between parents and their children. Contemporary studies, however, show that adolescents benefit from maintaining close and connected relationships with their parents even as they move toward greater independence. So the study aims to understand the role of parenting styles on mental health and self esteem of adolescents.

In this normative survey, the researcher has selected a sample of 100 adolescents who are literate or semi literate by convenient sampling technique.

The tools used included parenting style, mental health and self esteem questionnaires to be given to selected sample of adolescents.

Keywords: Parenting styles, Adolescence, Mental health, Self esteem, Depression, Anxiety and Melt down.



PROGRESSIVE
PUBLICATIONS