



SOUVENIR



ICIAHP-2015

6 - 8 December, 2015



Organised by

P.G. Department of Psychology, University of Jammu



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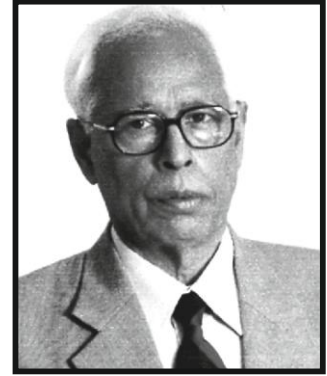
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SH. N. N. VOHRA
Governor, J&K State &
Chancellor, University of Jammu



Message

I am happy to learn that the Post Graduate Department of Psychology, University of Jammu, is shortly organizing an "International Conference on Health Psychology: Emerging Trends & Challenges".

Keeping in view the increasing ailments which are being generated by the rapidly growing pressures at the work place, all over the world, this Conference assumes high importance.

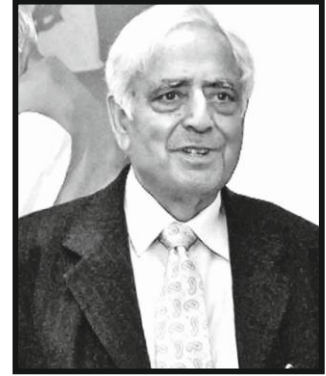
As the Conference will be attended by health psychologists, health care professionals, social scientists, educationists and policy makers, from within the country and abroad, I trust that meaningful deliberations on various problems relating to Health Psychology shall engender significant recommendations regarding the course of future action.

I congratulate Prof. R. D. Sharma, Vice Chancellor, University of Jammu, and Post Graduate Department of Psychology, for organizing the forthcoming Conference and wish fruitful deliberations to all the participants.

(Sh. N. N. Vohra)



MUFTI MOHAMMAD SAYEED
Chief Minister, J&K State
& Pro Chancellor, University of Jammu



Message

I am glad to know that the Department of Psychology, University of Jammu is organizing 1st International Conference of Indian Academy of Health Psychology from December 6 to 8, 2015 at University of Jammu, Jammu with the theme "Health Psychology: Emerging Trends and challenges".

This Conference would provide a platform to health psychologists, medical/health care professionals, social scientists, educationists and researchers to connect with countries across the world. I hope that the participants from all over the country and abroad would share their experiences and exchange views for upgrading their knowledge and skills to strengthen health psychology in India.

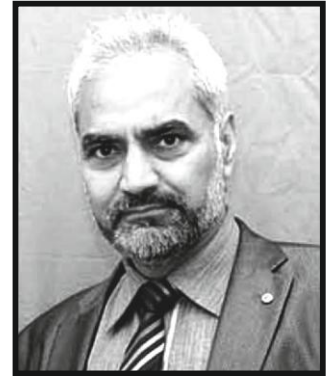
I convey my best wishes to the organizers and participants of the Conference.

(Mufti Mohammad Sayeed)



PROF R. D. SHARMA

Vice Chancellor, University of Jammu



Message

It is a matter of satisfaction and pride that the Post Graduate Department of Psychology, University of Jammu is organizing a 3-day 1st International Conference on **"Health Psychology: Emerging Trends & Challenges"** in collaboration with Indian Academy of Health Psychology from 6th-8th December, 2015 in the University of Jammu, Jammu.

The University of Jammu is one of the India's Premier Research & Teaching Universities and was rated by the National Assessment and Accreditation Council (NAAC) as an "A" Grade University. The University of Jammu came into existence in 1969 vide Kashmir and Jammu Universities Act 1969 following bifurcation of the erstwhile University of Kashmir and Jammu. The Post Graduate Department of Psychology was established in December 2001. It has a distinction to be the first Post Graduate Psychology Department of the State of Jammu and Kashmir. The educational programmes of the department are innovative and methodologically unique. The department provides quality teaching, practical experience and a unique chance to share and develop the vision; knowledge, initiative and critical thinking needed to meet professional challenges and community needs.

The Health Psychology deals with the study of psychological and behavioral processes in health, illness and healthcare. It is concerned with understanding how psychological, behavioural, and cultural factors contribute to physical health and illness. In other words, health psychologists understand health to be the product not only of biological processes but also of psychological, behavioural and social processes. By understanding psychological factors that influence health, and constructively applying that knowledge, health psychologists can improve health by working directly with individual patients or indirectly in large-scale public health programmes.

I am glad that galaxy of intellectuals and experts from India and abroad are participating in the Conference and I am sure that the occasion would provide good opportunity of interaction to the experts working in the field to come out with some important deliberations, which will become guiding force for future research in Health Psychology & other allied fields.

I extend my warm greetings to organizers, faculty members, students and participating delegates and send my best wishes for the success of the conference.

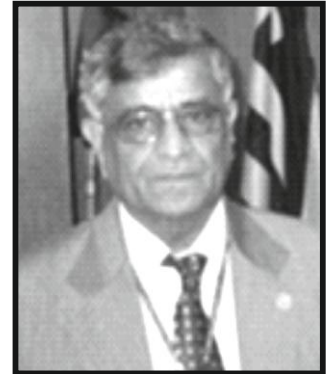
A handwritten signature in black ink, appearing to read "R. D. Sharma".

(Prof. R. D. Sharma)



PROFESSOR JITENDRA MOHAN

President: 3rd World Congress on Excellence
President: Asia Pacific Association of Psychology
Professor Emeritus of Psychology
Panjab University, Chandigarh 160014, India



Message

I have always respected history and historic events because they keep on inspiring people for times to come! The very first International Conference of Indian Academy of Health Psychology belongs to that set of events in Psychology which is significant, path breaking and creating landmarks.

Many years ago a conference of Sport Psychology Association of India was also held in Jammu. It is a remarkable coincidence that Professor Anand Kumar of Varanasi was also its President. He joins Jammu and Varanasi in a healthy way. Health is a multidimensional and multifaceted issue which combines Medicine, Psychology, Yoga, Spirituality, Sports Pharmacy and Culture to work as a team for understanding, developing insights, strategies and new perspectives for improvement in health, mitigating suffering and overall creating paths of well being and flourishing.

Humanity is creating great ways to enhance longevity and reduce morbidity on one side and at the same time facing new challenges created by speed, modernization and globalization. Within a century the face of death has changed from contagious, infectious and epidemic sources to life style diseases. Heart Attack, Cancer, Accidents, Addictions and Wars have become more of reasons for human misery and sickness.

Conferences have to become confluences of thoughts, insights and research through open dialogues and networking of the experts and the learners. I am sure Jammu will prove to be one such congregation where new ideas and strategies will emerge to lead towards healthy and fully functional and happily peaceful life styles !

Sd.
(Prof. Jitendra Mohan)



PROF. ANAND KUMAR

President: Indian Academy of Health Psychology
Head, Department of Psychology
Mahatma Gandhi Kashi Vidyapith, Varanasi



Message

I am delighted that the P.G. Department of Psychology, University of Jammu, Jammu is organizing First National Conference of the Indian Academy of Health Psychology in which more than 350 delegates are participating. The focal theme of the conference "Health Psychology: Emerging Trends and Challenges" is the most significant and important subject of contemporary world. It will provide great opportunity for health psychologists, medical/health care professionals, social scientists, educationists and researchers to learn and exchange their views and experiences on the emerging trends of health psychology with the goals of helping people improve their quality of life and addressing specific health issues focused on educating people about their health and well-being.

I am sure the eminent and learned participants in this conference will come out with certain recommendations that will act as lighthouse to explore the strategies for human happiness and well being to help people in achieving optimal holistic health.

I heartily wish the conference a grand success.

Sd.

(Prof. Anand Kumar)



DR. ARTI BAKHSHI

Professor & Head,

PG Department of Psychology, University of Jammu, Jammu

Director, 1st ICIAHP-2015



Message

I am pleased to be part of the **1st International Conference on Health Psychology: Emerging Trends and Challenges** being organized by the PG Department of Psychology, University of Jammu in collaboration with Indian Academy of Health Psychology from 06-08 December, 2015. I extend heartiest welcome to all the delegates and esteemed guests to this city of temples.

This event marks a step towards exchange of views and experiences on the emerging trends and challenges of health psychology. Coalition of various stake holders like people, scientists, government, civil societies, NGO's and private sector alone can lead us towards bringing out some of the most innovative solutions to the current problems being faced by health psychologists, medical/health care professionals, social scientists, educationists, researchers and policy makers in health psychology.

I hope that this conference will help us develop some concrete suggestions for the policy makers to facilitate development of health psychology in India.

**WISHING ALL THE DELEGATES
HAPPY AND PROSPEROUS NEW YEAR**

Arti Bakhshi

(Arti Bakhshi)

About Jammu

Jammu - The Duggar land of ancient temples and beautiful palaces nestled against the backdrop of the snow-capped Pir Panjal mountains, constitutes the southernmost unit of the state of Jammu & Kashmir. It forms a part of the transition between Himalayan range in the north and the dusty plains of Punjab in the south. Between these two extremities lie a series of scrub-covered hills, forested mountain ranges and river valleys, encompassing several micro-climatic regions that extend from Kishtwar in the north-east to Akhnoor



in the south-west, and the historic town of Poonch in the north-west to the borders of Kangra (Himachal Pradesh) in the south-east. The Shivalik hills cut across the area from the east to the west while rivers Ravi, Tawi and Chenab cut their way through the region.

It is said that, Jambu Lochan once on a hunting trip on the right bank of river Tawi, saw a strange scene in the jungle rather an unexpected one - a deer and a tiger drinking water from the same natural pond. On seeing this strange phenomenon, Jambu Lochan on inquiry found that the place excelled in virtue, hence no living creature bore enmity against another. Thus at this very site he raised his own mansion and founded the new town of Jambupura or Jambu, which later became popular as Jammu, after the name of its founder Jambu Lochan.

Today, as if in testimony to Raja Jambu Lochan's vision innumerable temples and shrines, with glittering 'shikhars' soaring into the sky, dot the city's skyline, creating the ambience of a holy and peaceful city.



The city of Jammu has come to be known as the 'City of Temples'. Temple of Maha Kali (better known as Bahu or Bawey Wali Mata), located inside Bahu fort, and considered second only to Mata Vaishno Devi in terms of mystical power was rebuilt shortly after the coronation of Maharaja Gulab Singh, in 1822. The existing fort, as well as the residential palace inside it, was rebuilt by the Dogra rulers in the first half of the 19th century.

University of Jammu

The University of Jammu, accredited as 'A' Grade University by the National Assessment and Accreditation Council of India (NAAC), came into existence in 1969 vide Kashmir and Jammu Universities Act 1969 following bifurcation of the erstwhile University of Jammu and Kashmir.



University of Jammu is spread over seven offsite campuses at Kathua, Bhaderwah, Udhampur, Poonch, Ramnagar, Reasi and Kishtwar. The University offers around 42 Post-Graduate Degree/Diploma Courses and 15 under Graduate Courses including Five-Years Integrated Law. The University hosts Faculties including Sciences, Life Science, Arts, Social Sciences, Business Studies, Education, Law, Medicine, Engineering, Music & Fine Arts and Ayurvedic Medicine. The University offers Doctoral Programmes (Ph.D.) across all the disciplines/faculties. The University has 29 Government Colleges and 110 Private Colleges affiliated to it. The University of Jammu is a Wi-Fi campus with excellent IT facilities.

The University hosts well equipped Central Library: Dhanwantri, with over 5 Lac books with EBSCO, LIBSYS Software, CD-ROM Database, INFLIBNET, RFID and Interconnected computer terminal and International Resource Centre. The University also hosts the state-of-art General Zorawar Singh Auditorium, well -equipped gymnasium and fitness/health centre, child day-care centre, canteens and cafeteria. It also provide special hostel facility for boys and girls. Besides, the University also has Academic Staff College for undertaking training of faculty members across disciplines, Directorate of Distance Education for distance learning programmes, Department of Life-Long Learning, Women Studies Centre, Centre for Strategic Studies, International Centre for Cross Cultural Research and Human Resource Management, Directorate of Quality Assurance, Centre for Museology etc.



Organising Conferences/Seminars Workshops/Youth Festivals/Cultural, Literary and Sports activities is a regular feature in the University. University is actively engaged in extension and out reach activities. Over four thousand students join the Post-Graduate courses on the campus each academic session (includes the figure for private/affiliated colleges).

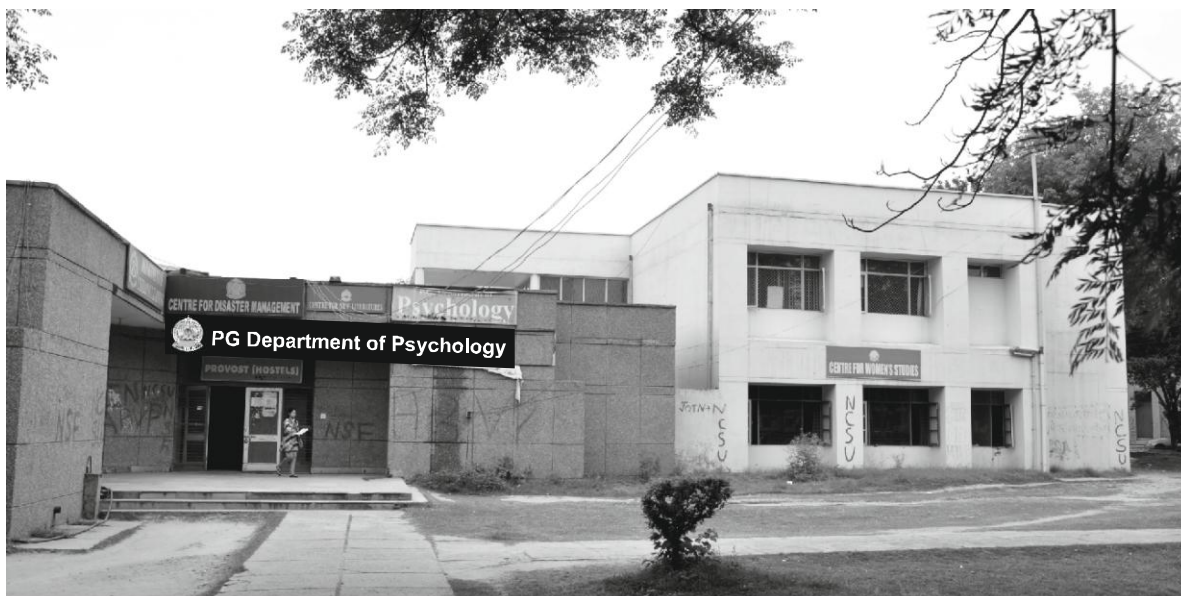
About the Department

Post Graduate Department of Psychology was established in November 2001 under the Faculty of Behavioural Sciences of the University of Jammu. It has the distinction of being the first Post Graduate Department of Psychology in the state of Jammu and Kashmir. First batch for MA psychology course was admitted in January, 2002. At present the department is functioning under the Faculty of Social Sciences and credit based semester system has been adopted since 2014. MA degree program in Psychology is a two year (four semesters) course and requires students to complete at least 84 credit hours. Specialized courses in the areas of clinical, counselling and organizational psychology are offered in the department.

The department provides quality teaching, practical experience and unique chance to share and develop vision, knowledge, initiative, and critical thinking needed to meet professional challenges and community needs. The educational programs of the department are innovative and methodologically unique.

Prof. Shams Ur Rehman Khan was the founder head of the department and at present the department is headed by Prof. (Dr.) Arti Bakhshi. The teaching staff includes one professor and three Assistant Professors. Notable strides in both teaching and research have been made by the department. Active involvement of faculty members in research is reflected in the publication of more than 90 research papers in the last five years. The department has completed three externally funded projects. It has produced over 13 doctoral scholars since inception and 15 students have qualified the NET/JRF in Psychology during last five years.

The department has experimental/testing laboratory with relevant experiment and testing equipments for providing training to the students. The department is also running its Counselling Centre for providing counselling to the students and the employees of the university. Community services are provided by the department for the general public. From time to time awareness campaigns on different themes are organized for the community at university, colleges and school levels.



Committees

FOR ICIAHP-2015

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1. Prof. Poonam Dhawan (Dean, Academic Affairs)
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15. Prof. M. Tajuddin (Head, Department of Political Sciences)
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17. Prof. Pankaj Srivastava (Dean Student Welfare)
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19. Prof. Falender Singh Soodan (Head, Department of Economics)
20. Prof. Shailendera Singh Jamwal (Head, Department of History)
21. Dr. Meenakshi Kilam (DIQA)
22. Dr. Sanjay Gupta (Director, Law School)
23. Mr. Jai Kumar Sharma (Director College Development)
24. Mr. Sanjeev Mahajan (Controller of Examination)

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3. Dr. Sarita sood (Assistant Professor in Psychology)
4. Ms. Vrriti (Research Scholar in Psychology)
5. Ms Richa Gandotra (Research Scholar in Psychology)
6. Ms. Eisha Gohil (Pre-Ph.D course work student in Psychology)
7. Ms. Divya puri (Pre-Ph.D course work student in Psychology)
8. Mr Rohit Bhardwaj (Research Scholar in Zoology)

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4. Dr. Sarita Sood (Assistant Professor in Psychology)
5. Deputy Registrar (Accounts)

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3. Mr. Rajinder Kumar (Research Scholar in Psychology)
4. Mr. Dharvinder Singh (Research Scholar in Psychology)
5. Ms. Karuna Gupta (Research Scholar in Psychology)
6. Ms. Richa Gandotra (Research Scholar in Psychology)

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3. Ms. Ifra Kak (Cultural Officer, Department of DSW)
4. Ms. Eisha Gohil (Pre-Ph.D course work student in Psychology)
5. Ms. Divya puri (Pre-Ph.D course work student in Psychology)
6. Ms. Lovely Sabarwal (Pre-Ph.D course work student in Psychology)
7. Ms. Vasundhra Sharma (Student in Psychology)

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6. Ms. Mridula Bali (P.G. Student in Psychology)
7. Ms. Shivani (P.G. Student in Psychology)
8. Mr. Harpreet Singh (P.G. Student in Psychology)
9. Mr. Baljeet Singh Sambyal (P.G. Student in Psychology)

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4. Mr. Romesh Kumar (Research Scholar in Psychology)
5. Mr. Rajinder Kumar (Research Scholar in Psychology)
6. Mr. Dharvinder Singh (Research Scholar in Psychology)

7. Ms. Adity Jamwal (Research Scholar in Psychology)
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6. Dr. Sarita Sood (Assistant Professor in Psychology)
7. Dr. Pallavi Sachdeva (Assistant Professor in DLL)
8. Ms. Syed Shehna (Research Scholar in Psychology)
9. Ms. Richa Gupta (Research Scholar in Psychology)
10. Mr. Dharvinder Singh (Research Scholar in Psychology)
11. Ms. Princy Koul (Lab Assistant/Research Scholar in Psychology)
12. Ms. Richa Gandotra (Research Scholar in Psychology)
13. Ms. Karuna Gupta (Research Scholar in Psychology)
14. Ms. Vrriti (Research Scholar in Psychology)
15. Ms. Eisha Gohil (Pre-Ph.D course work student in Psychology)
16. Ms. Divya puri (Pre-Ph.D course work student in Psychology)
17. Ms Lovely Sabarwal (Pre-Ph.D course work student in Psychology)

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2. Dr. Pawan Kumar (Associate Professor in Statistics)
3. Dr. Riyaz Ahmed (Associate Professor in Urdu)
4. Dr. Chandra Shekhar (Assistant Professor in Psychology)
5. Dr. Parmod Kumar Singh (Assistant Professor in Library and Information Sciences)
6. Deputy Registrar (Accounts)
7. Mr. Romesh Sharma (Research Scholar in Psychology)

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1. Prof. Arti Bakhshi (Professor and Head) (Convener)
2. Dr. Garima Gupta (Assistant Professor in English)
3. Ms. Mansi Mantoo (Media Officer)

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3. Dr. Ashwani Kalsi (Assistant Professor in Chemistry)
4. Dr. Rashid Manhas (Assistant Dean Student Welfare)
5. Dr. Parvinder Kumar (Assistant Professor in Human Genetics)
6. Mr. Romesh Sharma (Research Scholar in Psychology)

Programme Schedule

ICIAHP - 2015

1st International Conference of Indian Academy of Health Psychology
(December 06-08, 2015)

CONFERENCE PROGRAM (ICIAHP-2015)

05 December, 2015 (Saturday)

13:00 - 16:00 Distribution of Registration Kit Bag

06 December, 2015 (Sunday)

08:30 - 10:00 Registration and Breakfast

10:15 - 12:00 INAUGURAL FUNCTION (Auditorium)

Key Note Address Professor N. K. Chadha
President: Indian Association of Positive Psychology
Delhi University, Delhi

Special Address Dr. G. S. Saun, Member Secretary
ICSSR, New Delhi

Presidential Address Professor Anand Kumar
President: Indian Academy of Health Psychology
M. G. Kashi Vidyapith, Varanasi

12:00 - 12:30 INAUGURAL TEA

12:30 - 13:30 PLENARY SESSION – I (Auditorium)

CHAIRPERSON Professor Anand Kumar
President: Indian Academy of Health Psychology
M. G. Kashi Vidyapith, Varanasi

Invited Address 1. Professor Veena Kumari
Dy. Chairman, Department of Psychology
Institute of Psychiatry, London

2. Dr. Sarada Sreedevamma
Former Co-Director of Women Centre
San Francisco State University, U.S.A

3. Professor Gautam Gawali
Department of Psychology
Mumbai University, Mumbai

13:30 - 14:30 LUNCH

14:30 - 15:30

PLENARY SESSION – II(Auditorium)

CHAIRPERSON:

Professor Mahmood S. Khan
Professor, Department of Psychology,
Aligarh Muslim University, Aligarh

Invited Address

- 1. Professor G.P. Thakur**
Former President: Indian Academy of Applied
Psychology, New Delhi
- 2. Professor Amool Ranjan Singh**
President Elect: Indian Association of Clinical
Psychologists
Former Director, RINPAS, Kanke, Ranchi
- 3. Professor S. S. Nathawat**
Professor Emeritus,
Amity University, Jaipur

15:30 - 15:45

TEA BREAK

15:45 - 17:30

SYMPOSIUM (Auditorium)

MODERATOR:

Professor R. S. Singh
Former President: Indian Association of Community
Psychology, A. P. S. University, Rewa

Speakers

- 1. Professor K. S. Sengar**
Department of Clinical Psychology
RINPAS, Ranchi
- 2. Professor Waheeda Khan**
Professor Emeritus,
Jamia Millia Islamia , New Delhi
- 3. Dr. Mohammad A. Khalid**
Vice-President: Bangladesh Psychological Association
Dhaka, Bangladesh
- 4. Professor Radhey Shyam**
Department of Psychology
M. D. University, Rohtak
- 5. Professor Akbar Hussain**
Department of Psychology,
Aligarh Muslim University, Aligarh

18:30 - 19:30

CULTURAL PROGRAMME (Auditorium)

Followed by Dinner

07 December, 2015 (Monday)

09:00 - 10:00

BREAKFAST

10:00 - 11:30	<p>Scientific Session- I (Auditorium)</p> <p>Chair 1. Professor Rakesh Pandey - B.H.U. 2. Professor C. P. Khokhar - Haridwar</p> <p>Scientific Session- II (Seminar Hall-I)</p> <p>Chair 1. Professor Mahmood S. Khan - Aligarh 2. Professor R. N. Singh - B.H.U.</p> <p>Scientific Session- III (Seminar Hall-II)</p> <p>Chair 1. Professor P. K. Rai - Sagar 2. Professor A. V. S. Madnawat – Jaipur</p> <p>Scientific Session - IV (Seminar Hall- III)</p> <p>Chair 1. Professor K. S. Sengar – Ranchi 2. Professor Umed Singh - Kurukshetra</p>
11:30 - 11:45	TEA BREAK
11:45 - 13:15	<p>Scientific Session - V (Auditorium)</p> <p>Chair 1. Professor Amool Ranjan Singh - Ranchi 2. Dr. O. P. Sharma - Jaipur</p> <p>Scientific Session - VI (Seminar Hall-I)</p> <p>Chair 1. Professor N. S. Tung - Amritsar 2. Professor Radhey Shyam - Rohtak</p> <p>Scientific Session- VII (Seminar Hall-II)</p> <p>Chair 1. Professor S. P. Melkeri - Gulbarga 2. Professor R. Gopalakrishna - Bangalore</p> <p>Scientific Session – VIII (Seminar Hall- III)</p> <p>Chair 1. Professor Kamayani Mathur - Ahmedabad 2. Professor Shawkat Shah – Srinagar</p>
13:15 - 14:15	LUNCH
14:15 - 15:45	<p>Scientific Session – IX (Auditorium)</p> <p>Chair 1. Professor G.P. Thakur – Delhi 2. Dr. J. R. Thapa - GMC, Jammu</p> <p>Scientific Session - X (Seminar Hall-I)</p> <p>Chair 1. Professor S.S. Nathawat – Jaipur 2. Dr. Kedar Ranjan Banerjee – Kolkata</p> <p>Scientific Session - XI (Seminar Hall-II)</p> <p>Chair 1. Professor Meera Jaiswal - Ranchi 2. Dr. B.C. Kar - Allahabad</p>

		Scientific Session - XII (Seminar Hall-III)
		Chair 1. Professor Suninder Tung - Amritsar 2. Professor Zokaitluangi - Mizoram
15:45	- 16:00	TEA BREAK
16:00	- 17:30	Scientific Session – XIII (Auditorium)
		Chair 1. Professor Akbar Hussain - Aligarh 2. Dr. Sarada Sreedeviamma - Kerala
		Scientific Session - XIV (Seminar Hall-I)
		Chair 1. Professor Wahida Khan - Delhi 2. Dr. P. K. Khatri - Lucknow
		Scientific Session - XV (Seminar Hall-II)
		Chair 1. Professor R. S. Singh - Rewa 2. Dr. J. Pradhan - DRDO, Delhi
		Scientific Session - XVI (Seminar Hall-II)
		Chair 1. Professor Yama Khokhar - Haridwar 2. Dr. Shraddha Rai - Ahmedabad
18:00	- 19:00	Executive Committee Meeting of IAHP
		08 December, 2015 (Tuesday)
09:00	- 10:00	BREAKFAST
10:00	- 11:30	Scientific Session - XVII (Auditorium)
		Chair 1. Dr. Mohammad Khalid - Bangladesh 2. Dr. Sushil Sharma - GMC, Jammu
		Scientific Session - XVIII (Seminar Hall-I)
		Chair 1. Dr. Akbar Hussain - Jamia, Delhi 2. Dr. Tanmoy Mitra – Kolkata
		Scientific Session - XIX (Seminar Hall-II)
		Chair 1. Dr. Inder Singh - DRDO, Delhi 2. Dr. Manu Arora - GMC, Jammu
		Scientific Session - XX (Seminar Hall-III)
		Chair 1. Professor P. C. Mishra - Lucknow 2. Professor Suninder Tung - Amritsar
11:30	- 12:30	General Body Meeting of IAHP (Auditorium)
13:30	- 14:30	VALEDICTORY FUNCTION (Auditorium) Followed by Lunch

PRESIDENTIAL ADDRESS

HEALTH PSYCHOLOGY: EXPANDING HORIZONS

Anand Kumar

President: Indian Academy of Health Psychology

Head, Department of Psychology, M.G.Kashi Vidyapeeth, Varanasi

I am delighted that the Dept of Psychology, University of Jammu, Jammu has organized this memorable event under the Chairmanship of Prof. Arti Bakhshi which is going to discuss and debate on the most important subject of contemporary competitive world wherein every individual, irrespective of gender, race, religion, caste, class etc. is seeking health-related information and resources focused on his health and well-being because he is undergoing stress and strain due to a multiplicity of factors-specially ever growing cut throat competition in today's achieving society in which every sky is not the limit of success.

Health psychology is one of the most rapidly developing fields in contemporary psychology. It is now the sixth largest among 56 divisions of the American Psychological Association. In 2006, the Journal, *Health Psychology*, had the largest number of individual subscriptions amongst any empirical psychology journals.

In the field of physical health and psychological well-being, *health psychology* specializes in exploring biological, psychological, cultural, societal, and environmental factors of life, and how each of these affects physical health. Health and disease are the effects of a blending of biological, psychological and social factors. Biological determinants consist of genetic conditions and inherited personality traits. Psychological factors are anxiety levels, personality features and lifestyle. Social determinants consist of cultural views, family relationships and support systems.

Health psychology's roots are in the belief that everyone deserves proper medical and psychological care even when daily habits, career, or family life problems contribute to the decrease in physical health and/or psychological well-being. The bio-psycho-social model views health, wellness and illness as being a result of several different inter-related factors affecting a person's life from biological characteristics, to behavioral and social conditions.

Psychological determinants in health have been a focus since the beginning of the 20th century and results explain that people who eat regular meals, maintain a healthy weight, do not smoke, drink little alcohol, receive adequate sleep and exercise regularly are in better health and live longer. Scientists are also discovering associations between psychological and physiological processes. These include the influence of anxiety on the cardiovascular and immune systems and finding that the functioning of the immune system could be modified by training. There is also a growing awareness of the importance of sound communication skills during office visits.

Health psychology encompasses a wide range of issues — from chronic pain to terminal illness — with the goals of helping people improve their quality of life and addressing specific health issues. Health psychologists do a lot of prevention work around a range of issues from preventing obesity, maintaining a positive outlook in life, preventing anxiety and depression and trying to enhance the quality of life of individuals. They also play a big role in helping people with post-traumatic stress disorder (PTSD), life adjustment and suicide prevention.

Health psychologists work on multidisciplinary teams in integrated care settings including working with physicians, nutritionists, dieticians, and physical therapists. They are trained to know about the disease processes and physiology and how the mind and body can work together on what's going on with a specific illness in order to help that person deal with whatever issues they are being presented with. They inform

patients on a basic level about their body and their illness. If patients can understand why their body is acting or reacting a certain way, then they will be able to understand how things like stress management can help.

The world of health psychology is changing lives, and with some expert guidance and support people can experience the healthy, vibrant life that they desire, and all it takes is unlocking the secrets of the brain, the body, the mind, and behavior. A simple fact of life is that human beings are extraordinarily complex and an illness can be the result of a myriad of factors. These factors emerge from biological, psychological and environmental facets of everyday life. Most often medications alone will not provide the positive results necessary for people to achieve maximum health. Just because, medicines do not fully aid in recovery or reduce the pain, does not mean that all options for improvement have been exhausted. Health psychologists take a more effective approach by exploring the physical, psychological, and behavioral aspects, and consider the problem in a holistic fashion.

The issues and challenges for contemporary health psychology are :

Understanding chronic illness, the most serious health threat.

Promoting health and preventing disease.

Increasing knowledge of health relevant processes among understudied groups.

Re-shaping the health care system to meet future needs.

There are some international issues such that disease prevalence varies greatly by country. High incidence of acute infectious diseases is associated with poverty, lack of education, lack of health care resources, importance of understanding the significance of varying cultural norms and expectations, and non-adherence is even high in developing countries.

To realize the potential of health psychology for enhancing the health of the contemporary society, we need to take several actions including the following:

1. *Better collaboration between health psychology and health care providers* might significantly enlighten and open new pathways.

2. Health outcomes are usually measured from the perspective of the provider. A growing trend emphasizes the importance of measuring health outcome from the perspective of the patient. We need a greater emphasis on the development of methods that can capture these outcomes and can make valuable contributions to the assessment of patient-reported outcomes.

3. We need greater efforts to help attenuate the known disparities associated with social and economic deprivation and gender. Health psychology has a rich history of the study of social and economic stressors and can make important contributions in this area.

4. We need to encourage more multidisciplinary research. There are plenty of advocates for multidisciplinary collaboration. However, there are many fewer examples of successful multidisciplinary achievement.

Finally, with regard to training, the development of continuing education opportunities, such as summer institutes that provide pre- and postdoctoral scholars with information about new developments in medicine, biology, and psychology, seems essential. Policymakers also should recognize that more attention must be devoted to professional development both at the pre- and postdoctoral levels. The development of special Trans-disciplinary curricula and practicum experiences needs financial support. Continuing success in health psychology depends on a strong commitment to trans-disciplinary collaboration; striving for theoretical and research developments that cultivate the multilevel, multisystem, and multivariate nature of health processes; and the development of curriculum and funding policies for the next generation of researchers and practitioners.

This conference will address all aspects of current issues and challenges of health psychology focusing on recent developments in fundamentals and practical applications. It will provide great opportunity for health psychologists, medical/health care professionals, social scientists, educationists and researchers to learn and

exchange their views and experiences on the emerging trends of health psychology with the goals of helping people improve their quality of life and addressing specific health issues focused on educating people about their own health and well-being.

It is high time when must seriously come out with certain well tested strategies to assist people in maintaining healthy lifestyles. I am sure the eminent and learned participants in this event will come out with certain strategies and recommendations that will act as lighthouse for the people in present society to safely and securely navigate their shifts of life in the stormy oceans.

KEY- NOTE ADDRESS

WRINKLED EYES: FROM MENTAL HEALTH TO POSITIVE AGING

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Mental Health and Aging

Mental health status among the older people is an area that requires attention. Alterations in the social systems, changing neighborhood, material centered human transactions and individualistic orientations of the young adults have significantly altered the psycho-social wellbeing of the elderly. As the world changes, the human wealth of our society, the aged, are constantly faced with existential dilemma's and questions piercing their souls "Why am I in this world, at this age of disability and dependence?" The multiple layers of these interactive forces have forced the aged to internalize personal, environmental, material and value based deficiencies, which have cumulated into enormous psychological stresses and weaknesses at the level of physical, emotional and mental health.

Psychiatric Correlates of Elderly Mental Health & risk factors associated

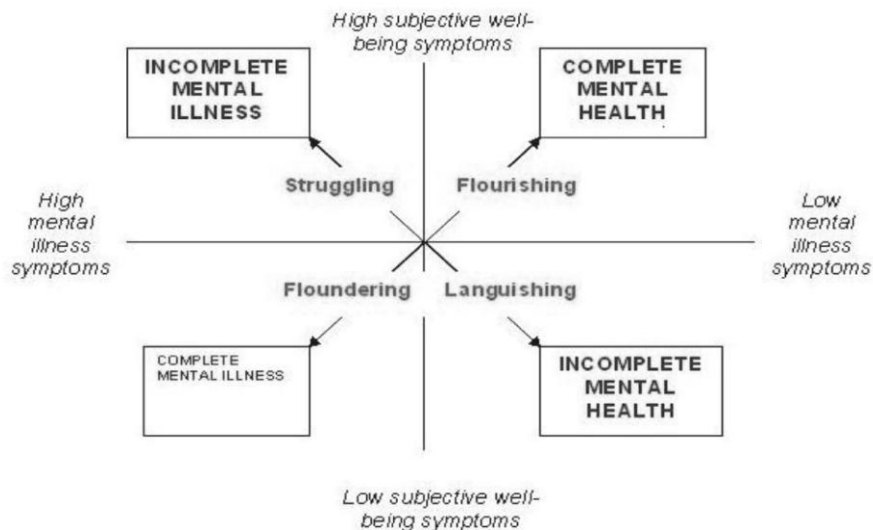
Among the older people, the most common form of psychiatric disorders are depression and dementia. Each of these is associated with an increased rate of mortality as well as greater dependency and reduced quality of life. The prevalence of depression is strongly associated with factors such as physical disability and the level of social support. This further goes well with the research finding indicating that keeping socially active, regardless of the level of physical exertion involved, and has been shown to have a positive effect on life expectancy.

Loneliness is the subjective evaluation by an individual of their quality and nature of their social engagement. Researchers of depression among elderly suggest that depressive symptoms, hopelessness, loneliness, anxiety and lowered self esteem are associated with the onset of suicidal ideation. Characteristics of elderly suicide and deliberate self harm suggest that depression, social and loss and physical illness are all risk factors. Furthermore, lack of openness to experience could also be considered as a contributing factor, apart from living alone, as adding to mental health risk.

Chronic mental illness has been found to be a significant predictor of nursing home admission. As many as 20% of older adults in the community and upto 37% in primary care settings experience symptoms of depression. Nearly 17% of older adults misuse or abuse alcohol and medications; and although the majority (87%) of older adults see a physician regularly, about 40 % of those who are at risk do not self-identify or seek services for substance abuse problems and are unlikely to be identified by their physicians. Older adult males have the highest suicide rate of any age group with a rate almost six times (65 per 100,000) the suicide rate of the general population (10.6 per 100,000). The number of older adults with mental illness is expected to double to 15 million in the next 30 years. Almost two thirds of older adults with a mental disorder do not receive needed services.

The situation in India is not different and continues to raise questions on the mental wellbeing of the aged. According to Help Age India, out of eight crore old aged people living in old age homes, five percent live below poverty line. Around two percent are living on government pension whereas majority of the old people are leading a vulnerable life due to division of joint families. Old people above 75 years of age are experiencing emotional shackles created by changes in the value systems and they forcibly take the decision of living the rest of their lives in old age homes. The stigma surrounding the receipt of mental health treatment is one significant, and key, barrier to identifying and treating mental health conditions among older men and women as the older adults often do not want to be identified with the traditional mental health system.

Towards a complete model of mental health (Keyes & Lopez, 2002)



The World Health Organization (WHO) declares that health is "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Ryff and Keyes (1995) combined many principles to define complete mental health. Complete mental health has been defined as a combination of "high levels of symptoms of emotional wellbeing, psychological wellbeing and social wellbeing, as well as the absence of recent mental illness" (Keyes & Lopez, 2009). **Emotional Wellbeing** refers to subjective wellbeing, defined as the presence of positive affect and satisfaction with life and the absence of negative affect. **Social Wellbeing** incorporates acceptance, actualization, contribution, coherence and integration and **Psychological Wellbeing** combines self acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relations with others. It further justifies the notion of 'absence of illness is not total health' as the concept of mental health goes beyond the fundamental absence of mental illness and looks for factors promoting wellbeing and positivity in an individual.

From the Worst to the Best: Positive Aging & Aging Successfully

Under the leadership of well known Psychologist, Martin Seligman, the Positive Psychology movement emerged from a reaction to almost exclusive preoccupation that psychology had given to the negative, pathological aspects of human functioning and behavior. For a long time, the overwhelming emphasis in research on mental health and aging has been on symptoms and disease. This focus was driven in part by policy considerations that scarce resources should be spent on understanding the problems faced by the people most in need, namely those suffering from diagnosable psychiatric disorders. Implicit in much of this research is the assumption that positive well-being is just the other side of the coin of emotional distress, and that if we can better diagnose and treat these problems then positive emotions will take care of themselves. A new perspective has been gradually emerging that posits a different and potentially more important role for positive emotions in the prevention and treatment of mental disorders.

A greater realization of the valuable lessons which older people can give us is vastly promoted in the fields of psychology, behavioral genetics and health psychology. The study of positive aspects of aging (referred to as positive aging, healthy aging, successful aging and aging well) is only several decades old and requires much research oriented attention from the experts and much regard from the general public, in times to come. For the scientist, the idea that a negative change is caused by a problem rather than by normal aging creates an opportunity to modify the problem. Thinking about modifiable age related problems was a sea change that launched the modern federal infrastructure of programs for research on aging. The transition from seeing

negative changes with aging as being one's own destiny to a new view of modifiable age associated problems was a huge leap in itself. The next initiative drawn was the recognition that aging could be accompanied by potential beyond problems. This view, the focus on the potential of aging, began emerging by the end of the twentieth century and reflected a second major conceptual sea change in aging.

As a new century began, **The Creative Age** (Cohen, 2000) was published as the first book devoted exclusively to creativity and aging. Not to underestimate the strength and vitality that each new development phase creates a new "Inner Climate" that allows us to reevaluate our lives and experiment with new strategies. This ongoing process results in new opportunities to gain access to and activate untapped strengths as well as new and the creative side of us. The liberating moments of self probing are characterized by an inner voice that pushes us asking, "If not now, when?", "Why not?" and "What can they do to me?"

Towards Successful Aging

The term Successful Aging was popularized by Robert Havighurst (1961) when he wrote about "adding life to years" in the first issue of *The Gerontologist*. Havighurst primed scholarly interest in healthy aspects of getting older. Rowe and Kahn (1998) summarized the findings from the MacArthur study of Successful Aging, proposed three components of successful aging

- Avoiding disease
- Engagement with life
- Maintaining high cognitive and physical functioning

These three components are aspects of "maintaining a lifestyle that involves normal, valued and beneficial activities" (Williamson, 2002). Vaillant (2002) simplifies the definition further by characterizing successful aging as joy, love and learning. University of Wisconsin Professor Dr. Gloria Sarto also stressed that the mind plays an important part in a person's ability to age well. She listed several key attitude factors: having self-esteem, exerting control or autonomy, developing quality relationships with other people and "seeing life as meaningful." The relevance and meaning of social support has also been highlighted in several researches undertaken on similar themes. Social support is most potent when it is mutual; the support given is balanced by the support received. For successful aging, two forms considered vital are, **Socio emotional Support** (liking and loving) and **Instrumental Support** (assistance when someone is needed).

Large scale epidemiological studies show low rates of nearly all psychological disorders among older adults, with the exception of dementia. The Socioemotional Selectivity theory helps in explaining how age related changes can be the basis of a more satisfying, pleasurable and hassle free life, and for stronger social support (Carstensen, 1992). Aged people have a limited perception of time and consequently become more present focused and prepare themselves for more emotion driven social goals and invest efforts in the attainment of more satisfied life. Attention is therefore on the nourishment of quality oriented social networks and support systems such as peer groups, evening walk acquaintance, retired servicemen group, social service units, hobby classes and alumni groups.

From the Best to the Better

The academic discipline of Positive Psychology is developing evidence-based interventions to improve well-being. If health services are to give primacy to increasing well-being, rather than to treating illness, then health workers need new approaches to working with individuals. For mental health services, this will involve the incorporation of emerging knowledge from recovery and from positive psychology into education and training for all mental health professionals, and changes to some long-established working practices. This section highlights and appreciates the future requirements and needs towards the creation of a more sustainable model for promoting the overall health of the aged. It points to the need for mental health professionals to support both the reduction of mental illness and the improvement of mental health. This involves development of certain skills, based on new areas of knowledge as envisaged through the process of recovery.

Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even within the limitations caused

by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness. If mental health services are to be focused on promoting personal recovery, then this means there cannot be a single recovery model for services. This is a profound point, and challenging to established concepts such as clinical guidelines, evidence-based practice and care pathways. People with mental illness who are in recovery are those who are actively engaged in working away from Floundering (through hope-supporting relationships) and Languishing (by developing a positive identity), and towards Struggling (through Framing and self-managing the mental illness) and Flourishing (by developing valued social roles).

The field of positive psychology at the subjective level is about valued subjective experiences: well-being, contentment, and satisfaction (in the past); hope and optimism (for the future); and flow and happiness (in the present). Positive psychology is specifically relevant to personal recovery. A significant framework should identify different types of good life: The **Pleasant Life**, which consists in having as much positive emotion as possible and learning the skills to prolong and intensify pleasures; The **Engaged Life**, which consists in knowing your character (highest) strengths and recrafting your work, love, friendship, play and parenting to use them as much as possible; The **Meaningful Life**, which consists in using your character strengths to belong to and serve something that you believe is larger than just yourself and The **Achieving Life**, which is a life dedicated to achieving for the sake of achievement.

Research into mental illness proceeds apace. Advances in understanding are being generated by genetic, genomic, proteomic, psychological and epidemiological studies, among other disciplines. These advances are to be welcomed, and should continue to inform clinical practice. The challenge is to also integrate and apply the evidence base around well-being, so that mental health professionals of the future inform social policy as well as treating mental illness.

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TARGETING ABNORMAL NEURAL CIRCUITS IN SCHIZOPHRENIA: EFFECTS OF ANTIPSYCHOTICS, COGNITIVE REMEDIATION, COGNITIVE BEHAVIOUR THERAPY AND MINDFULNESS

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Schizophrenia is a severe mental disorder characterised by positive symptoms, negative symptoms, and thought disorder. Cognitive dysfunction is a further dimension of impairment that is recognised as a core feature and has clear relevance to real-life outcome. Risk for schizophrenia is believed to represent an integrated function of predisposing genes as well as environmental risk factors such as birth and pregnancy-related complications, childhood abuse and neglect, and substance use. Most antipsychotics reduce acute positive symptoms, and some antipsychotics may also alleviate cognitive impairment and normalise cortical activity at least to some degree. The long-term outcome, however, remains disappointing for up to 40 % of patients who, despite remaining compliant with their antipsychotic medication, continue to suffer from one or more distressing symptoms. Additional benefits of cognitive behaviour therapy for psychosis (CBTp) have been demonstrated in about 50% of such patients. Recent findings suggest that CBTp reduces brain responses to social threat and normalises functional connectivity within relevant neural networks. Cognitive remediation training is found to enhance cognitive functioning and neural plasticity, particularly in the areas associated with working memory, executive control and emotion processing in people with schizophrenia. Very recently, studies have shown an association between mindfulness and more adaptive emotion regulation as well as the effectiveness of self-help (internet-based) mindfulness in reducing depression in schizophrenia. Further studies now need to examine the effectiveness, maintenance of effects, mechanisms of change and moderators of outcome following mindfulness-based interventions in people with schizophrenia and those at a high risk of developing psychosis.

MANAGEMENT OF PSYCHOLOGICAL HEALTH IN INDIAN OLDER ADULTS

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Older adult's population all over the world is increasing many folds and between 2015 and 2050 it is expected to be nearly double 12 to 22%, from 900 million to 2 billion over the age 60. Indian population tripled during the last 60 years with number of elderly more than four-fold. As per UN prediction, in the next 40 years Indian population would grow by 50% where as the elderly population is expected to grow another four-fold. At the moment, about 81 million older people live in India of which 11 lakh alone in Delhi. Nearly 40% of senior citizens living with their families are reportedly facing abuse of one kind or another but only 1 in 6 cases comes to light. "Grand dumping" phenomenon is common mostly in urban areas and even those living with their families facing humiliation are scared to open mouth. "Maintenance and welfare of parents and senior citizen Act" is available but less effective in practice. Emotional well being and mental health are as important in old age as at any other point of life. Approximately 15% of adults aged 60 and over suffer from some form of mental disorder of which dementia and depression are most common. Older people experience bereavement, drop in socio-economic status with retirement or disability resulting in isolation, loss of

independence, loneliness, psychological distress and are vulnerable to physical, sexual, psychological, emotional, financial and material abuse.

Services of psychologists are the need of the hour to keep the aged population healthy and happy. In the present materialistic and value changing environmental conditions only healthy mind can keep the body healthy. Aging is a multi-dimensional process with physical, psychological and social change determined by one's gene, environmental influences and life style. Attitude and how well one faces the normal change, challenges and opportunities of later life may determine optimal adjustment pattern leading to happiness. Characteristics of aging, common problems available in olds viz; dementia and depression would be discussed with prevention and intervention strategies. Growing older cannot be prevented but some of the effects of aging can be slowed down and even prevented by participating in health education, health promotion activities like Yoga, psychological process of stress reduction and thereby reducing risk of progressive disability and decline of functions, keeping in mind the goals of maintaining function, vitality and quality of life. Psychologists of the country would be advised to perform a greater role in health improvement of the older Indian adults by reducing risk of biological, social and psychological disability and decline of functions due to process of aging.

STRESS AND PSYCHOSOMATIC DISORDERS

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It is frequently asserted that stress has become a major feature of modern living, caused particularly by changes in the type of work that we do, by the breakdown of traditional family structures, and by many features of the contemporary urban environment. Stress is thought to be a principal cause of Psychological Disorders and Physical illness and millions of working days every year or believed to be lost as a consequence of this. The ability to cope successfully with stress is frequently held to be the key human happiness. Life events which cause stress include: Death of spouse, Divorce, Marital separation, Jail term, Death of close family member, Personal injury or illness, Marriage, Fired at work, Marital reconciliation, and reconciliation. Daily hassles which are likely to cause stress are: Not enough time, Too many things to do, Troubling thoughts about future, Too many interruptions, Misplacing or losing things, Health of a family member, Social obligations, Concerns about standards, Concerns about getting ahead, and Too many responsibilities. Emotional behaviour refers to extensive and intensive changes in physiological functioning that are psychological in origin. Emotional behaviour is characterized by multiple and intensive changes in psychological functioning of the autonomic factors, including increase in heart rate, alterations in stomach or duodenal movement and Gastric or Adrenal-Gland Secretion, among other activities. Emotional behaviour is related to functioning and hormonal secretion of ductless or endocrine glands. The studies conducted in this area evince that stress and emotional disturbance cause Psychosomatic Disorders. Stress, Frustrations, Anxiety, Insecurity and Emotional behaviour are the psychological factors with affect somatic or bodily conditions which include psychosomatic disorders like: Psychosomatic Cardiovascular Disorders, Psychosomatic Gastrointestinal Disorders, Psychosomatic Respiratory Disorders, Psychosomatic Skin Disorders, Psychosomatic Musculoskeletal Disorders, Psychosomatic Endocrine Disorders and Psychosomatic Sensory Disorders. The relationship between stress and Psychosomatic ailments or disorders is of great significance in the field of health psychology.

PSYCHOLOGICAL MANAGEMENT OF ALCOHOL ABUSE

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According to WHO report 2008-2012, 30% of total population of India consumed alcohol and 11% had heavy drinking or binge-drinking. Comparison of the report with report of 2003-2005 suggests increasing trend of alcohol consumption. Alcohol abuse is a multidimensional problem affecting the overall life of the individual including, problems related to physical health, personal life, family life, occupational life etc.

Psychological management is important for managing psychological problems associated with alcohol abuse, relapse prevention and rehabilitation of the individual having alcohol abuse.

Main components of treatment planning includes acknowledgement of the value of treatment planning, understanding the treatment planning process, recognizing factors that influence treatment plans, identifying client's problems or needs, strength, limitations and preferences, as well as available resources.

We should focus on addressing client's needs as related to addiction severity, client diversity, and coexisting medical psychological and social problems. Goals should be identified and should be categorized into short-term, intermediate and long-term treatment goals. Objectives of the management should be developed and outcome measures should be specified to monitor the progress. According to the goal, we should select interventions and designate services. Level of care and intervention needs to be determined, and monitoring and evaluation of the treatment programme should be planned.

At the initial stage of the treatment techniques of supportive psychotherapy are used to make the patient understand the treatment process, for motivation enhancement and also to provide a non-judgmental environment to express his emotions and feelings. Ventilation, Motivational Interview and Environmental Manipulation are most commonly used techniques. Environmental manipulation or changing the place on short-term basis, helps the individual in controlling the alcohol intake and facilitates detoxification.

Cognitive Behaviour Therapies (CBT) focus on changing the behavior and cognition related to alcohol intake. A major goal of CBT for substance abuse is to teach coping skills to resist substance use and to reduce the problems associated with substance abuse. Coping skills are developed for managing the antecedents of substance use. Antecedents are categorized into social antecedents (lifestyle changes, enhancing social support, refusal skills), environmental antecedents (cue exposure, decision-making skills), emotional antecedents (change strategies, acceptance strategies), cognitive antecedents (modifying automatic thoughts and drug-related belief, modifying conditional assumptions and core belief) and physical antecedents (distraction, urge surfing, focus on consequences). Coping skills for managing contingencies of alcohol use are contingency management and substituting alternative behaviours.

If the alcohol intake is related to underlying intra-psychic conflicts, psychodynamic psychotherapies are used according to the requirement of the individual.

Since individuals having alcohol abuse are at high risk of relapse, prevention of relapse is integral part of the management programme. Common warning signs of relapse include internal change as evident by increased stress, change in thinking, change in feeling, and change in behavior, Avoidance and defensiveness as evident by believing I'll never relapse, focusing on others instead of myself, getting defensive, getting compulsive, acting impulsively, and getting lonely. Person may get depressed as evidenced by irregular eating habits, lack of desire to take action, difficulty sleeping restfully, loss of daily structure, and period of deep depression. Cognitive problems may be evident as poor planning, and plans that begin to fail, difficulty in thinking clearly, difficulty in managing feelings and emotions, difficulty in remembering things, periods of confusion etc. he/

she may be involved in day dreaming and wishful thinking, hides or denies problems, feels helpless and has difficulty in managing stress and coping with the overall situation.

Relapse should be identified at early stage and should be managed. It focuses on identifying high-risk relapse factors, dealing with cues, social pressure for alcohol intake, dealing with emotions, facilitating balanced life style, coping with cognitive distortions and developing and using social support network.

For rehabilitation of the individual, cognitive deficits, social skill deficits, communication skill deficits, assertiveness skills deficits, adjustment problems, vocational skill deficits etc. are assessed and skill training is done for the skill deficit so that patient can function at optimal level in personal, family and occupational areas.

PSYCHOLOGICAL WELLBEING AMONG PERSONS WITH DISABILITY

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The rehabilitation process of people with disability includes physical, psychological, social and vocational rehabilitation. From psycho-social perspective the meaning of rehabilitation is to reclaim or restore human dignity. The psychological wellbeing is a state in which the individual realizes his or her potentialities, can cope with life stressors, can work productively, and is able to make contribution to total economy of our country.

Psychological well-being makes up an integral part of an individual's capacity to lead a self fulfilling life, including the ability to form and preserve relations, to educate, work or follow leisure interests, and to make day-to-day decisions about educational, employment or other choices. It has been observed that the people with disabilities in India like other socially disadvantaged groups are discriminated and deprived and denied opportunities in several dimensions of their lives and this happens mostly due to faulty assumptions that Indian society has about the capacities and competencies of these people. The rehabilitation process of people with disability is hampered more because of society's attitudinal rather than environmental barriers. Such types of disturbances to an individual's mental well-being can adversely compromise their residual capacities and choices, leading not only to reduce overall functioning at the individual level but also a significant loss to the family and to society in general. In such negative psycho-social circumstances the self-esteem of people with disability also is lowered down.

In the context of our efforts to develop and implement mental health policy, it is vital to not only address the needs of person with disability, but also protect and promote their psychological well-being. The intrinsic value of psycho-social wellbeing enshrined in WHO's definition of health as "... a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". This paper will further discuss various psychosocial problems experienced by the people with disability and suggest appropriate psychosocial and legal interventions in order to enhance their self-esteem and also promote their independence and participation in society.

LIFE SATISFACTION, POSITIVE EMOTIONS AND FLOURISHING AS PREVENTIVE MEASURES TO OVERCOME DEPRESSION IN PROFESSIONAL STUDENTS

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Recently, measures of life satisfaction, positive emotions and flourishing were considered to determine level of happiness or subjective well-being—the most significant area of research of positive psychology.

For most people, life satisfaction depends on doing well in the major areas of life. Doing badly in these areas can adversely affect their overall life satisfaction. Similarly, positive emotions just as joy appears to broaden the thought action repertoire by creating urge to play, be creative, push the limits and so on (Fredrickson, 2001). Finally, flourishing measures fulfillment, purpose, meaning and happiness. It is characterized with goodness, generative, growth and resilience.

Depression and its byproduct suicide is not uncommon in students pursuing professional courses including engineering, biotechnology, and management. More so, when their perception is negatively oriented and therefore this study was aimed at exploring the role of life satisfaction, positive emotions and flourishing in low and high depressed professional male & female students.

The study employed 2x2 factorial design to investigate differences if any in life satisfaction, positive emotions, and flourishing in high & low depressed male and female students. Furthermore, this design was employed to understand gender and interaction effect of gender & level of depression on these measures. The sample consisted of 60 male and 60 female students randomly selected from 03 schools/institutes of Amity University Rajasthan, Jaipur (viz. ABS, AIB & ASET).

Tools for data collection included Beck's Depression Inventory, Diener's Satisfaction with Life Scale, Emotional Wellness Scale and Psychological Flourishing Scale (Diener & Diener). The results revealed that students with low depression significantly entertain high life satisfaction, positive emotions and flourishing as compared to students with high depression. In general, these measures were not significantly influenced either gender or interaction of gender & level of depression. It is concluded that we can overcome depression through developing positivity in life in terms of life satisfaction, positive emotions and flourishing.

ADOLESCENT HEALTH: CONCERNS AND CHALLENGES

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Adolescents constitute about twenty percent of the population. They are the future of nations and their health or ill health will have great influence on their nations health. As adolescence is a stage of development where in a child experience a number of physical and biochemical changes concurrent with several psychological changes which requires adjustment and adaptations on several counts. It is the stage where in the adolescent transforms into an adult and several challenges he/she has to face therefore it is rightly stated that it is a stage of “ stress and storm”. It is important to note that the behavioral patterns established during this developmental period help determine their current health status and their risk for developing chronic diseases or remaining healthy in later life. Adolescents and young adults are full of energy but lacks maturity and experience. It is the time where in the adolescents may indulge in high risk behaviors and may fall prey to various life threatening diseases, accidents etc. Though it is considered as a relatively healthy time yet many later health related problems found their beginning during this and young adult stage. It is important to note

that several important public health and social problems either peak or start during these years. These include depression, suicide, aggression and violence, problems body image and eating disorders, sexually transmitted diseases including human immunodeficiency virus(HIV), sexual problems including teenage pregnancies , road rage, rash driving and road accidents, violation of traffic rules and ignoring safety measures ,substance abuse and alcoholism, smoking and indulging in other health endangering behaviors etc. it is pertinent to mention here that the leading causes of illness and health problems among adolescents and young adults are largely preventable. Health outcomes for adolescents and young adults are grounded in their social environments and are frequently mediated by their behaviors. This paper is basically focused on adolescent health related concerns and challenges and many of these are supported by findings of studies conducted by the author himself and others. Finally, the adolescent health and health problems are multidimensional and need holistic approach to deal with them.

HOLISTIC HEALTH AND MAINTENANCE OF SPIRITUAL HEALTH

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Health is a frequently conceptualized as a multi-dimensional construct that includes at least six dimensions (Bruess&Richardson, 1992); *Physical health* (efficient bodily functioning, resistance to disease, and physical fitness), *Mental health* (the ability to cope, grow in awareness and consciousness, and grow emotionally and develop to our fullest potential. *Emotional health* (the ability to control emotions and express them comfortably and appropriately). *Social health* (good relations with others, a supportive culture, and successful adaptation to the environment), *Occupational health* (feelings of comfort and accomplishment related to one's daily tasks), and *Spiritual Health* (the ability to discover and articulate a personal; purpose in life, learn how to experience love, peace, and fulfillment, and how to help oneself and others achieve full potential). Thus, any comprehensive health assessment should include measures of physical, mental, social, and role functioning along with global indicators of general health and quality of life perceptions (Ware, 1995).

Husain's (2015) holistic health scale comprised of eight dimensions of health, namely, economic, environmental, emotional physical, mental, social, societal, and spiritual. In this article I added two more dimensions of health i.e. occupational and organizational.

Spiritual Health is related to the spirit or sacred matters. Human beings do not have only body, mind, and also have soul or spirit. The spiritual health depends on our success both in this world and hereafter as well. Spiritual dimension of health is connected with religious beliefs and practices of the persons. Spiritual health is an integral part of holistic health.

Spiritual health characterizes the growth of a believer in the 'fruit of the spirit', which is *love, joy, peace, gentleness, goodness, faith, meekness, temperance, righteousness and truth*. Spiritual health includes all the efforts spent on achieving spiritual physical health. God is silent on the subject of achieving good health. Spiritual health is achieved when a person finds a balance between life, values, goals, belief systems and their relationship within themselves and with others ability to care meaningfully for others and self (Husain, 2008).

How can you improve and Maintain the spiritual health?

Husain (2011) suggested the following ways to improve and the maintenance of spiritual health:

- Identify the things in your life that gives you a sense of inner peace, comfort, strength, love and connection.
- An environment for purposeful activity such as creative art, meditation, and enjoying nature.
- Develop the feeling of belonging, and unity with Self and others.

- Having time to express feelings of Gratitude to God.
- Develop relationship with God or the Absolute.
- Select a solitary place to pray and worship in order to explore spiritual matters.
- Encouragement in deepening faith and feeling universally connected.
- Set aside times every day to do the things that help you spiritually. These may include doing community service or voluntary work, praying, meditating, singing devotional songs, reading inspirational books, taking nature walks, having quiet time for thinking, doing yoga, playing a sport or attending religious services.

What are the Benefits of Paying Attention to the Spiritual Dimension?

Husain (2011) reported the following benefits of good quality spiritual self-care:

- Improve self-control and self-esteem.
- Faster and easier recovery achieved through both promoting the healthy grieving of loss and maintaining personal potential.
- Improve relationships – with self, others and with God/nature.
- It gives a new sense of meaning, resulting in reawakening of hope and peace of mind.
- It enables people to accept and live with problems not yet resolved.
- It develops spiritual virtues such as patience, humility, temperance, love etc.

Holistic view of health encompasses a more integrated approach. This takes into account the economic, emotional, environmental, physical, mental, occupational, organizational, social, societal, and spiritual dimensions of health, and also view the person as a ‘whole, rather than a sum of his ‘parts’.

FAMILY PERSUADE ON THE DEVELOPMENT OF A CHILD’S BEHAVIOR

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Research designate that the development of a child’s behavior is strongly persuaded by his or her family ancestors. Elkin and Handel (1978) defined the family as the first unit with which children has a continuous contact and the first context in which socialization patterns develop . According to The Family Pediatrics Report (2003), the risks for emotional, behavioral, and educational problems are lower among children in 2-parent households on average. A stable, well-functioning family is potentially the most secure, supportive, and nurturing environment in which children may be raised.

Elkin and Handel (1978), explained that the father provides a basic model of masculinity for the son and that this model becomes a basis for developing their own male identity. For children of both sexes, such images are not influenced by the father’s actual conduct only, but the mother’s evaluation of him as well).

However, despite the greater exposure of the child to the outside influences, the family remains remarkably important for his or her socialization (Elkin & Handel, 1978). As children become adults, they accumulate information that shapes their perceptions of their roles as men and women, their roles as parents. The Family Pediatrics Report (2003) pointed out that children of divorced parents are at greater risk of emotional and behavior problems, which include depression and poor school performance. The Family Pediatrics Report asserted that when fathers play a visible and nurturing role in their children’s lives, the children have better emotional and social outcomes.

The purpose of the study was to determine the extent of wakefulness of family persuade on the happiness of a child. During the emergent period that child is reliant upon adults to meet their needs that their concept of the

enormity of family develops. The data collected from the 38 (thirty-eight) subjects indicated the following distribution: 64.9 percent female students and 35.1 percent male students from Age group 18 – 25 yrs. The survey instrument used in this study requested demographic data in addition to the responses to the five Likert-type survey questions.

Findings indicated that:

1. the way children are cared for in childhood influences their later relationships towards people outside their family;
2. aggressive adults have experienced abuse growing up;
3. students from single families perform well in school despite their family structure; and
4. a person is influenced by his or her parents characteristics in choosing a spouse

The findings from the survey instrument indicated that (a) the students in a private high school were persuaded by how radiant the family ancestors and (b) the values and standards of the students were shaped during the period they were reliant on their parents.

Based on the information gathered from the review of the literature and the survey instruments, it is concluded that family life affects the cognitive development of a child.

ISSUES AND CHALLENGES OF HEALTH PSYCHOLOGY: INDIAN PERSPECTIVE

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In the field of physical health and psychological well-being, *health psychology* specializes in exploring biological, psychological, cultural, societal, and environmental factors of life, and how each of these affects physical health. There are some who believe that spirituality is an essential part of health psychology but traditionally the model includes biological, psychological, and social components. While significant effects of negative emotional and environmental world where we live have significant effect on the physical health of the individuals. Health psychology's roots are in the belief that everyone deserves proper medical and psychological care even when daily habits, career, or family life problems contribute to the decrease in physical health and/or psychological well-being. Psychological determinants in health have been a focus since the beginning of the 20th century and results explain that people who eat regular meals, maintain a healthy weight, do not smoke, drink little alcohol, receive adequate sleep and exercise regularly are in better health and live longer. Scientists are also discovering associations between psychological and physiological processes. These include the influence of anxiety on the cardiovascular and immune systems and finding that the functioning of the immune system could be modified by training. There is also a growing awareness of the importance of sound communication skills during office visits.

The American Psychological Association's division 38 is health psychology focuses on understanding the relationship between health and illness. This division concentrates on examining the psychological determinants that influence health, and they contribute information to the health care policy system. Physical Health can be effected by the things that people do, by the way they process information, career choice, family dynamics

The vedic and prevedic period of Indian society is full of the evidence of scientific methods of the living life and maintaining health of the individual's which was free of sufferings. The ancient Indian laws were not only scientific rather applicable and adaptable by mankind in general for making life more easy and adjustable in all conditions. These laws/systems were not only making individual happy and healthy rather providing the

opportunity to the individual's to lead their life active and free from illnesses. Because "Health is a state of complete Physical, Mental, and Social wellbeing and not only the absence of disease or infirmity" defined by WHO (1943).

India is developing country and passing through various transition as organizational, educational, cultural, ethical and above all climatic and many more. These diversities are making time and individual more complicated. Revolutionary changes in information technology in recent few decades is significantly affecting the health by synchronizing the social and spirituals life of each and every one and biggest change observable is that people are passing their time more on virtual world than real world. This hypotheticality making people's life more stressful. Achieving the high standard target and perfectionism is causing restlessness, sleep and attentional deficits, memory problems and overall influencing the total health of the individuals. In such scenario the study and research in the area of health psychology become more significant and useful for mankind. It will be helpful to individuals to understand today's health hazards and their management. It will also develop the skills needed for healthy life span and enhance the coping of the individual.

The due importance of psychological sciences in health and organizational systems have not been bestowed in India rather it has been remained just only the subject for academic purpose. Though, gradually with passing times the applicability of different thoughts, principles and modalities are gaining the recognition not only as appropriate corrective procedures of thought, behaviours and other aspect of life of the individual rather it is gaining its recognition in habilitation, rehabilitation, productivity, organizational systems and justice system as well. The developing awareness about health and fitness and increasing life expectancy has made health psychology more significant. The biggest challenge for the launching any new/academic forum is the question of survival especially in India where all discipline related to health sector is considered only medical science. The different forums of psychology such as social psychology in 70s – 80s, applied psychology in 80s, toxicological psychology in 80s could not gain its recognition. Dr. Girinder Shekhar Bose (Kolkata) who was contemporary of Sigmund Freud, launched Indian School of Psychoanalysis but it also could not proliferated as Freudian thought. In world scenario, the Indian land is the mother of genesis of identifying the importance of psychological thought in life and sufferings of the individuals. However, in last fifty years only clinical psychology could survive because of increasing mental health problems. Though, meager amount of recognition in organizational system has also been gained. In such circumstances Health Psychology has to pass the test of timely usefulness and appropriateness India. Awareness, research, public policy work and clinical usefulness are the key tools for making successful any newer forum or relaunch of older one and Health Psychology has to pass these tests in forth coming time.

EMERGING TRENDS IN HEALTH PSYCHOLOGY

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Global Society undergoes changes in political, economic, social, cultural, technological, gender and spiritual environment. It also has its vibrations in the field of health psychology. Psychology aims at the wellbeing of individuals and groups in any society. Health Psychology is a spontaneous outcome of the need for protecting and promoting physical and mental health of the individuals and groups in our society. Mental health has to always accompany physical health to lead a quality life by all of us. They are the Siamese twins essential for survival and growth of individuals and groups. They provide us a meaningful existence.

Bio psycho social components influence Health. Biological components are genetic conditions influencing health. Psychological components are stress, anxiety, attitude, perception, motivation, personality, emotions,

thoughts, feeling and behaviour. Social components refer to values, beliefs, culture, family, and relationship. Work environment can be added as an organizational component. Bio psycho social components form the basis of intervention in Health Psychology. The term that is evolved is “HP Group Ware” like software that is developed as an operating system in the technological field. HP Group Ware is the operating system of the Health Psychology. HP group Ware undergoes updating based on changing needs in health. The emerging trend is to add organizational, gender and spiritual components to the HP Groupware to develop strategic interventions to enhance the personal and group wellbeing.

Division 38 of the American Psychological Association is Health Psychology. It focuses on understanding the relationship between health and illness. The emerging trend is to provide appropriate role to health psychology to support treatment of illness in hospital and other systems. But it needs a lot of effort from mental health professionals to get equipped in terms of knowledge, attitude and training specifically focused to integrate with hospital and other systems to offer healthcare.

There emerges the dare need to extend psychological support to community health care centers in terms of providing educated and well trained mental health professionals. Currently, ill equipped personnel from other disciplines carry the functions of mental health professionals in their roles. The emerging trend is growing awareness about meaningful participation of Health Psychology in promoting community mental health. Components such as hygiene, diet, exercise and yoga become important components in Health Psychology.

Psychology has to attain its pivotal role in health management. Now a days it is relegated to the background. Although its application is well recognized in disciplines like Management, Medicine, and Sociology, it has constraints to overcome to use its full potential in all these fields. The trend has yet to emerge to strengthen its research potential and promote more research in Health Psychology.

Mental health professionals in India are ill payed in their jobs. The emerging trend is therefore to seek other jobs that offer better pay and perquisites. This has to change. Let them be given reasonable remuneration for their invaluable work efforts.

The scope and significance of Psychology have to get promoted among students to attract them to become health psychologists. Every College and every University should have a department of Psychology that promotes education, training and research in Psychology.

The UGC has to recognize the need to develop Centers of health psychology in Universities and Colleges in India to offer psychological support to student health management. Same is the case with school systems in India. Any Work environment requires the service of health Psychologists. For example, the work environment of the software development organizations require the service of health psychologists to address issues emerging from work stress.

Considering gender issues at home and work environment, it is time to recognize the need to offer psychological support for balancing homework and paid work, managing pregnancy, child birth and child growth with paid work, addressing issues of different kinds of abuse in family, marital and social situations. Let us create new trends to give special emphasis to women and health. Let us create new trends to address issues of ageing that influence health. Let us create new trends to holistically promote health among ourselves and others.

Let us strive for staying in good health. Only then we can address the concerns of health in others. Let us unite to fast forward these emerging trends to incorporate required changes in our villages. Let us work with the government, educational institutions, and other relevant institutions to collectively address our specific roles in health management. Let us offer our concerted efforts for such changes. Let us be the trend setters and trend providers. Let us wake up and act. Let us salute the emerging positive trends in Health Psychology.

VIOLENCE EXPOSURE AND HEALTH OF CHILDREN: A GLOBAL CHALLENGE

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Everyone knows violence is bad for children and adolescents. It is harmful for them to be mistreated or abused by an adult, to be victimized by bullies, to witness serious domestic violence, or to be criminally assaulted. Many, though not all, young people who are exposed to violence react to this adverse experience by developing behavioral, emotional, or learning problems. What is less well known is that adverse experiences such as violence exposure can also lead to physical and psychological consequences for these children. Today, childhood violence exposure is a widely accepted cause of psychiatric disorder. Taken together, the evidence shows that childhood violence victimization is associated with risk for (a) many different kinds of psychiatric disorders, (b) comorbidity, (c) unfavorable course of illness, and (d) poor treatment response. It is difficult to identify a disorder to which childhood victimization is not linked (Green et al. 2010; Kessler et al. 2010; Scott et al. 2012). One key theoretical question has to do with the nature of violence exposure itself. Are all forms of victimization expected to have the same consequences for health? However, it would be necessary to explain what mechanisms allow different exposures to produce similar (or different) physiological and psychological effects. This issue becomes even more important when asking whether or not mechanisms following violence exposure differ from those arising from other adversities, such as poverty, or parental loss. To address this issue, a study was conducted in the context of violence in Kashmir (Paul and Khan, 2013). Overall prevalence rate of mental disorders was about 33% among violence affected school going children, which is really high enough to warrant our urgent attention towards exploring further the link of violence and health.

Thus, mental health problems are a public health issue affecting as many as 20% of children in modern communities. Each year, exposure to violent trauma takes its toll on the development of millions of children. When their trauma goes unaddressed, children are at greater risk for school failure; anxiety and depression and other post-traumatic disorders; alcohol and drug abuse, and, later in life, engaging in violence similar to that to which they were originally exposed. Violence is, then, undoubtedly a public health issue, and yet public health and health promotion have proved shy of addressing ways to reduce this health burden. This might be because there is a perception that violence in any society is inevitable and largely non-preventable; however, this might not be the case. But the challenge exists to promote excellent, interdisciplinary and innovative research in clinical psychology and psychotherapy and related disciplines in order to improve prevention and treatment of psychological problems and disorders in children. Dissemination of empirically supported programs to the public through a variety of delivery systems to individuals, couples, families, and institutions would also be a challenge. It is said that 'Health is everyone's business,' however, the importance of community engagement, partnerships and inter-sectoral collaboration in developing policies for violence affected children poses more specific challenge. If preserving and promoting the psychological health of children were understood to be essential for worldwide economic security, child mental-health intervention might well become a key weapon in the fight to improve quality of life over the entire life course.

ABSTRACTS

FAMILY ENVIRONMENT AND PERSONALITY TRAITS AMONG ADULT ALCOHOLICS

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Alcohol dependence and abuse is one of the most common problems in the area of substance-related disorders. Inarguably one of the most popular and easily available substances, Alcohol has slowly but surely made its way to the top of the table of highly abused and potentially lethal drugs. The authors examined the family environment and personality traits of adult alcoholics. A sample of 50 adults of the clinical population with alcohol dependency were compared on the basis of sex, the extent of use (short-term versus prolonged), age group, and socioeconomic status. This group was further divided into prolonged use alcoholics (using for more than 3 years) and short-term alcoholics (6 months to 3 years). These divisions of the clinical population were compared with non-alcoholics for differences in the family environment and personality characteristics, with the help of the NEO-FFI (Revised) and Family Environment Scale (FES). It was observed that there lies a significant difference in the competitiveness framework, organization, and moral obligations of families of alcoholics as opposed to non-alcoholics. Likewise, it was also found that individuals with alcohol dependence tend to have a higher level of neuroticism and lower levels of conscientiousness as compared to their non-alcoholic counterparts. Further details and findings are explained in detail and limitations are also noted.

Keywords: *Alcoholics, Alcoholism, Family Environment, Personality Traits*

EFFECTIVENESS OF GROUP PROGRESSIVE MUSCLE RELAXATION TRAINING IN REDUCING ANXIETY SYMPTOMS IN PSYCHIATRIC OUT-PATIENTS

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Progressive Muscle Relaxation training is a technique which aims to reduce the anxiety symptoms in the patients suffering from different anxiety disorders. But little has been studied in the literature that whether it has any beneficial effect in reducing anxiety symptoms in disorders other than anxiety. The present study aimed to assess the effectiveness of group progressive muscle relaxation training in reducing anxiety symptoms in patients who were having anxiety symptoms irrespective of their diagnosis visiting psychiatry out-patient unit. A sample of 30-40 patients suffering from different psychiatric disorder was taken for the study. From this sample of 15-20 patients was assigned to a treatment group and 15-20 patients were assigned to control group in which they were prescribed anti anxiety drugs. Along with socio-demographic and clinical details patients were assessed on Hamilton-Anxiety Scale (HAM-A), Beck's Anxiety inventory (BAI) and WHOQOL- BREF scale. Findings were subjected to statistical analysis and results will be presented at the conference.

Keywords: *Anxiety, Progressive Muscle Relaxation, Quality of Life*

INTERNET ADDICTION AND PSYCHOLOGICAL WELL-BEING AMONG YOUTH OF KASHMIR

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Objectives: This study examines the relationship between internet addiction and psychological wellbeing among youth of Kashmir. **Methods:** For this study 100 participants were selected from two districts of Kashmir with age range from 15yrs to 19 yrs. Dr. Kimberly Young's Internet addiction test (1998) was used for measuring internet addiction and Carol Ryff's 18 item scale was used for measuring Psychological wellbeing. The data was collected and is being analyzed. Appropriate statistical techniques will be applied by using SPSS (Statistical package for social sciences) version 20 for drawing results and conclusion from given data. **Results:** As per data is being analyzed result will be shown in full length paper. **Conclusion:** The study will be helpful in highlighting the effect of internet addiction among youth which is becoming a menace day by day for society.

Keywords: Internet addiction, Psychological wellbeing, Youth

DEPRESSION & LONELINESS IN OLD AGE AND THE RELEVANT FACTORS ACCOUNTABLE

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The elderly population is large in general and growing due to advancement of health care education. These people are faced with numerous physical, psychological and social role changes that challenge their sense of self and capacity to live happily. Many people experience loneliness and depression in old age, either as a result of living alone or due to lack of close family ties and reduced connections with their culture of origin, which results in an inability to actively participate in the community activities. With advancing age, it is inevitable that people lose connection with their friendship networks and that they find it more difficult to initiate new friendships and to belong to new networks.

The present study aims to investigate the relationships among depression and loneliness in old age and various factors responsible for it. Sample size of the present study consists of 60 elderly people i.e. 30 men and 30 women. Convenience sampling technique was used for the purpose of selection of elderly within Gurgaon and NCR.

The statistical procedures adopted for the analysis of data were 't'- test and Pearson correlation. Obtained findings indicate that (a) significant positive correlation exists between loneliness and depression and (b) significant correlation was found between loneliness and depression in both men and women.

Keywords: Ageing, BDI, Depression, Elderly, Loneliness, Old age, UCLA

AN ANALYSIS OF THE EFFECT OF DEPRESSION ON RESILIENCE IN COLLEGE STUDENTS

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Objective: To study the effect of depression on resilience in college going students. **Method:** The study comprised of 120 college students; aging 18-22 years. Two staged stratified random sampling was employed. The sample was asked to fill a questionnaire which comprised of Connor-Davidson's resilience scale and

Lovibond and Lovibond's Depression Anxiety Stress Scale, which was used to measure depression. **Result:** The researcher found correlation between the two variables depression and resilience. A significant negative inverse correlation was found between depression and resilience stating that if depression is high in an individual his/her resilience would be low. Though the correlation is not significant but we can safely conclude that whenever depression is high resilience tends to go even lower. **Conclusion:** We can conclude that college students have different coping techniques so that they fall in the traps of depression- in India students have a high family support in all aspects of their life. But in some cases when a young adult is not able to share, he/she always has peers to help. It is seen that when a family is not there, friends are there through thick and thin to help. In spite of India developing/advancing, females in India are still marginalised- due to family pressure, and in some under-developed region, females are found to be more depressed than males.

Keywords: *College Students, Depression, Resilience*

SELF CONCEPT AND MENTAL HEALTH OF ADOLESCENTS BELONGING TO SINGLE AND DUAL CAREER PARENTS

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Mental health problem is growing day by day and has become a serious issue particularly for the urban adolescents. Since the period of adolescents is considered to be the period of turmoil because their energy moves in different directions that push them to wrong box many times as a result their thought process get disturbed. It is observed that besides parental or family status adolescent's wrong concept of self also aggravate the problem of mental health. Present study was designed to see the self concept and mental health of adolescents of working and non-working parents. Two hundred (200) male adolescents of 12-16 years age (100 single career and 100 dual career parents) were taken from different schools located in the city of Delhi. After identification of the working status of the parents participants were taken from different government run schools and were administered 80 items Ahluwalia self concept scale and 55 items Jagdish and Srivastava mental health inventory for the assessment of self concept and mental health of adolescents. Significant differences were found between the adolescents belonging to single and dual career parents with regard to their self concept and the mental health. Adolescents from dual career parents were much superior to their single career counterparts with regard to the self concept as well as the mental health. On the basis of results it can be concluded that adolescent mental health is determined not only by their own concept but their parental status as well.

Keywords: *Adolescents, Dual Working Parents, Mental health, Self concept, Single working Parents*

EFFECT OF MINDFULNESS ON POSITIVE AND NEGATIVE EMOTIONS AMONG COLLEGE GOING STUDENTS

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Mindfulness is to be fully aware about present experience in a non-judgemental way. Persons which are mindfully aware about their present experience in a non-judgemental way have a positive attitude towards life and positive emotions also. The aim of present study is to find out the correlation between mindfulness and

positive-negative emotions. The Mindful Attention Awareness Scale (MAAS) developed by Brown, K.W. & Ryan, R.M. (2003) to measure mindfulness was used and to measure emotions Positive and Negative Affect Schedule (PANAS) developed by Dr. Lee Anna Clark & David Watson was used. Purposive sample of 60 graduate and post graduate male-female students of 18 to 22 years at MLSU, Udaipur (RAJ.), were selected for this study. Pearson Product Moment Correlation method was used to compute correlation coefficient between the scores of MAAS and PANAS. Results of this study revealed that there is a .69 positive correlation between mindfulness and positive emotions and -.79 correlations between mindfulness and negative emotions.

Keywords: *Emotions, Mindfulness*

FORCED DISPLACEMENT: UNACCOMPANIED CHILDREN AND THEIR MENTAL HEALTH NEEDS

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Forced Displacement uproots children from their cocooned zones and makes them suffer from significant conflict related exposures. During and after conflict, families and children are often exposed to multiple physical and psychological dangers. Under such circumstances, children often become acutely undernourished and prone to illness, and death. Displacement forces children to grow up too soon. Living in unhealthy and inhospitable environments increases the levels of psychological morbidity among refugee children which makes them vulnerable to post-traumatic stress disorder, depression and anxiety disorders. This paper is an attempt to explore the particular concerns for the plight of unaccompanied children affected by war. Physical and psychological vulnerability, sexual exploitation, abuse and violence, forced labor, adoption in irregular conditions, discrimination are some of the volatile ramifications of forced displacement. Another problem that is frequently faced by displaced children is that they are often deprived of their identification documents, as documents are lost, stolen or destroyed in order to escape prosecution. Subsequently, the paper unveils the stress reactions and mental health needs among refugee children also the relevant belief systems and the social relations that need to be modified in tandem with the necessary interventions and ethical considerations in research and clinical work.

Keywords: *Forced Displacement, Interventions, Psychological Morbidity, Unaccompanied Children*

FACTOR STRUCTURE OF ORGANIZATIONAL CITIZENSHIP BEHAVIOUR AMONG PROFESSIONALS OF HUMAN SERVICE ORGANIZATIONS

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The literature on organizational citizenship behavior (OCB) has mostly been developed in the western countries mainly North America and there is a dearth of studies that portray the meaningfulness & relevance of this construct in the other cultural contexts like state of Jammu & Kashmir, India. Although some studies have been conducted in India pertaining to organizational citizenship behavior but there has been a compromise on the methodological aspects like excessive reliance on co relational studies & not moving beyond that. This study investigated the dimensionality of OCB using a sample of permanent professionals from the three main human service organizations operating in Kashmir (University of Kashmir, S.K.I.M.S Hospital & J&K Bank). An exploratory and confirmatory factor analysis revealed that the factor structure of OCB consists of altruism,

courtesy, conscientiousness, sportsmanship and civic virtue. The findings reveal that the construct holds well in other international contexts like Jammu & Kashmir, India as well.

Keywords: *Factor Structure, Human Service Professionals, OCB*

EXPLORING THE RELATIONSHIP BETWEEN EDUCATIONAL STATUS, UNEMPLOYMENT, DEPRESSION AND AGGRESSION AMONG THE MALE YOUTH OF THE KASHMIR VALLEY

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Conducted in 2010, in the backdrop of the unrest in Kashmir valley, this research aimed at exploring the role of unemployment in the occurrence of depression and aggression among the youth of the valley. Target population consisted of the male youth from four major districts of the Kashmir. Selected by simple random sampling method, sample comprised of 240 participants within the age range of 18 to 35 years. Out of these 240 participants, 120 were those with educational qualification up to secondary level and the remaining 120 were those with educational qualification up to post-graduation level. In each of these groups, 60 participants were employed and the remaining 60 were unemployed. Data were gathered through self-made socio-demographic form, Beck Depression Inventory-II (1996), and Buss and Perry Aggression Questionnaire (1992). SPSS 16.0 version was used to analyze the data. The obtained results indicated that groups are differed in terms of their educational and employment status as well as presence of depression and aggression.

Keywords: *Aggression, Depression, Unemployment*

ROLE OF SPIRITUALITY IN MENTAL HEALTH AND WELL-BEING

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Spiritual thoughts and actions uphold our conscience and spiritual principles brings forth great energy from inner resources. We can utilize these potential for a vigorous, purposeful lifestyle with a determined will to make the most of our potential, such as; “*Tena Tyaktena Bhunjitha*”(Isa Upanishad-I), it suggests to use anything with detachment. In other words, it reveals that enjoy everything without ‘RAGA’ (attachment/affinity) and ‘DWESH’ (aversion/avoidance) because this is the cause of grief, sorrow depression and anxiety. Spirituality enhances our mental health by moral goodness, implementation of gospel and higher thoughts of life. Mental health is a level of psychological well-being, not only an absence of a mental illness. It is the psychological state of the person who is functioning at a satisfactory level of emotional and behavioural adjustment. Spirituality helps us to achieve the positive state of mental health and well-being. Thus, the purpose of this review is to aware the people how we maintain our mental health and well-being through spirituality in the day to day hectic and competitive life scenario.

Keywords: *Attachment/Affinity, Aversion/Avoidance, Mental Health, Spirituality, Well-being*

PERSONALITY CHARACTERISTICS OF SONS OF ALCOHOLIC FATHERS

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The present investigation has been undertaken with a view to investigate the personality characteristics among alcoholic and non-alcoholic sons of alcoholic fathers. The sample consists of 100 alcoholic sons of alcoholic fathers and 100 non-alcoholic sons of alcoholic fathers in the age range of 18-30 years. The measure used for this study is Sixteen Personality Factor Questionnaire. The results are discussed in terms of comparison of

means and discriminant Analysis. The result clearly reveals that significant differences were found on personality characteristics between alcoholic and non-alcoholic sons of alcoholic fathers.

Keywords: *Alcoholic Fathers, Alcoholic Sons, Non-alcoholic Sons, Personality*

PHYSICAL AND PSYCHOLOGICAL HEALTH STATUS AND HEALTH SEEKING BEHAVIOUR OF NOMADIC GUJJAR WOMEN OF KATHUA DISTRICT

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The present research was conducted with the objectives: 1) to study the Health Seeking Behaviour, 2) to study physical and psychological health status and 3) to find the relationship of physical and psychological health status of women in context of their developmental stage and health seeking behavior. 90 Nomadic Adult Gujjar Women of Kathua District across three developmental stages were selected as sample. Health Seeking Behaviour Checklist and Cornell Medical Index Health Questionnaire were used for data collection. Results reveal that most of the respondents show moderate level of Health Seeking Behavior, though respondents in their late adulthood show low level of Health Seeking Behaviour. Non-significant association was observed among Age and Health Seeking Behavior. With the progression of age, health problems show an increase. Most of the respondents who reported the problems were in the middle or late adulthood. Total Distress is positively significantly related to present age, age at menarche and age at last pregnancy, whereas it is negatively significantly related to occupation and age at marriage.

Key Words: *Gujjar Tribal Women, Health Seeking Behaviour, Physical Distress, Psychological Distress*

STRESS AND LONELINESS AS A PREDICTOR OF DEPRESSION AMONG EMPLOYED AND UNEMPLOYED WOMEN

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Background: Depression is a serious condition that can impact every area of a person's life. It is a state of low mood and aversion to activity that can affect a person's thoughts, behaviours, feelings and sense of wellbeing. Stress and loneliness are the common factors that may be associated with negative emotions such as feeling of depression and anxiety in women. It can affect their personal, social and occupational relationships. Comparing to other societies, women in India dedicate their major portion of life to family care. Hence, they remain unaware of their personal growth and health care needs. According to the National Mental Health Association, about one in every eight women will develop depression at some point during her lifetime. **Aim and Objective:** The study aimed to examine stress and loneliness as a predictor of depression among employed and unemployed women. **Method:** A purposive sampling of 40 employed and 40 unemployed women were selected within Raipur, Chhattisgarh, using detailed socio-demographic data sheet with inclusion and exclusion criteria of the study. The severity of stress, loneliness and depression was assessed by using appropriate standardized scales. **Statistical analysis:** By using SPSS version 16, correlation, linear regression and t test were used. The result indicated that stress, loneliness and depression has significant relationship at 0.01 level. Also, level of depression has significant difference between employed and unemployed women.

Keywords: *Depression, Employment, Loneliness, Stress, Unemployment.*

RELIGIOSITY AND MENTAL HEALTH: A STUDY OF KASHMIRI AND NON-KASHMIRI ADOLESCENTS

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Adolescents are considered to be the cornerstones of a society on which its future depends. Sound mind needs a sound body likewise a sound society needs sound individuals. Taking this perspective into consideration, an attempt has been made to conduct a study on adolescents from the point view of how much religious they are and to what extent religiosity influences their mental health. This study was framed to conduct on the samples of Kashmiri and Non-Kashmiri adolescents to examine the influence of Religiosity on Mental health. The study was conducted on the adolescents of senior secondary schools of Kashmir valley and Uttar Pradesh. Using Purposive sampling technique, 60 Kashmiri adolescents and 60 Non-Kashmiri adolescents participated in the present study. Both the groups of adolescents were examined by administering Religiosity Scale developed by Deka and Broota, (1985) and Mental Health Inventory developed by Jagdish and Srivastava (1995). The collected data was analyzed with the help of Simple Linear Regression. The first finding clearly showed the significant contribution of Religiosity towards mental health among Kashmiri adolescents. The value of 'R' was found to be .931, which indicates a significant positive correlation between Religiosity and Mental health among Kashmiri adolescents. Whereas, the second finding also revealed that Religiosity appeared as a significant predictor of mental health among Non-Kashmiri adolescents. This indicates that there is also a significant positive correlation 'R' = .838 between Religiosity and Mental health among Non-Kashmiri adolescents. Since, both the groups of adolescents were found in maintaining good mental health but the value of 'R' in case of Kashmiri adolescents was found slightly higher. So as on the basis of the obtained results, it is discussed that the Kashmiri adolescents are living in a disturbed and suffocating environment as compared to Non-Kashmiri adolescents, where they are exposed to anxiety producing and stressful situations. They may be looking to be more religious in order to cope with the prevailing situations and to heal their pains.

Keywords: *Adolescents, Mental health, Religiosity*

RELATIONSHIP BETWEEN THOUGHT SUPPRESSION AND STRESS LEVEL AMONG DIVORCED WOMEN

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Going through divorce can be extremely stressful for any person and everyone tries to cope with the subsequent negative emotions in their own unique ways. There may be a multitude of methods that a person indulges in to deal with this stress; thought suppression being one of them. In this context, the present study is an attempt to understand the effect of thought suppression on the stress level of divorced women. A sample of 50 divorced women was investigated to find out the relationship between thought suppression and stress. Using the Thought Suppression Inventory by Rassin (2003), the sample was first divided into groups viz., High Thought suppression and low thought suppression. The Perceived Stress Scale (PSS) was then administered on the participants and the obtained results were analyzed in SPSS using t-test to determine if there is a significant difference between the two groups on the level of stress. The results indicated a significant difference in the level of stress between the two groups with mean stress level of high thought suppression group being higher than that of the low thought suppression group. This suggests that divorced women who do not actively engage in anxiety provoking or potentially stressful thoughts, experience higher levels of stress.

Keywords: *Divorce, Stress, Thought Suppression, Women*

MENTAL HEALTH QUESTIONNAIRE FOR ADULTS

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The purpose of this paper is to explore the psychometric properties of the newly developed questionnaire related to mental health of adults. Mental health is global concept which includes the wellness of the individuals at psychological, emotional and social level. This questionnaire consists of twenty items related to life satisfaction, well-being at psychological emotional and social level, psychological distress, and positive orientation towards self. The sample comprises of 350 students of Banaras Hindu University engaged in higher studies. The results of reliability analysis indicate that Cronbach's $\alpha = .824$ after deleting the one item from the scale. The reliability is statistically acceptable for newly developed scale. Results of the exploratory factor analysis indicate that these nineteen items are loaded on four factors (life satisfaction, well-being at psychological, emotional and social level, psychological distress, and positive orientation toward self) and these four factors explain 65.08% of total variance in mental health construct. The items of this questionnaire are framed in such manner that this questionnaire can be also useful in assessing the mental health of normal adult groups.

Keywords: *Construct validity, Mental Health, Reliability*

HOLISTIC HEALTH: YOGA, SPIRITUALITY AND RELIGIOUS PRACTICES

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Ancient healing traditions, as far back as 5,000 years ago in India and China, stressed living a healthy way of life in harmony with nature. Socrates (4th century B.C) warned against treating only one part of the body "for the part can never be well unless the whole is well." This paper supports the premise that there exists an interface between yoga, spirituality and health in all cultures. The paper will also highlight the extent of literature on different aspects of holistic health. Holistic health is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body and spirit. The goal is to achieve maximum well-being, where everything is functioning the very best that is possible. With Holistic health people accept responsibility for their own level of well-being and every day choices are used to take charge of one's own health. The term "holism" was introduced by Jan Christian Smuts in 1926. It wasn't until 1970s that holistic became a common adjective in our modern vocabulary. Yoga is a holistic package for happy living. It provides techniques to unite the body, mind and breath, and connect to the inner core of our being—the spiritual aspect of our lives."The word yoga means skill to live your life, to manage your mind, to deal with your emotions, to be with people, to be in love and not let that love turn into hatred"—Sri Sri Ravi Shankar. The practice of Yoga and meditation prove to be a powerful combination and many enthusiasts like to round their yoga routine with a meditation. Spirituality gives inner strength to manage difficult situations and to keep smiling. Being established in the self, the inner peace of an individual spread outward, and makes a person more responsible human being full of caring, sharing and love. Spirituality can also be evidenced through concrete religious practices. Many people rely on prayer and spirituality for the benefit of health. The interface between spirituality and health is evidenced in holistic outcomes. Spiritual practice and religious ritual within specialized clinical settings shows similar evidence of holistic outcomes.

Keywords: *Holistic Health, Spirituality, Yoga*

PHYSICAL AND PSYCHOLOGICAL HEALTH OF ADOLESCENT GIRLS LIVING IN PERSISTENT POVERTY IN DODA DISTRICT OF JAMMU

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Adolescence is the period of transition from childhood to adulthood, a period of rapid biological, emotional and cognitive changes, and living in poverty can have profound impact on their Physical and Psychological health. Poverty is defined as lack of access to necessities such as food, shelter, and medical care. Poverty is highly related to increased risks of negative health outcomes for young children and adolescents. The present research work aims to assess the physical and psychological health among early and late adolescent girls living in persistent poverty in Doda district of Jammu and Kashmir (J&K) State. Random sampling technique was used to identify the sample. The sample consisted of 60 adolescent girls in the age group of 11-18 years, among whom 30 early and 30 late adolescent girls were selected respectively from BPL enlisted candidates of Bhaderwah block of Doda district of J&K. To measure physical and psychological health Cornell Medical Index Health Questionnaire (CMIHQ) was used. Mean, standard deviation, 't' test and correlation were calculated for the analysis of data. Mean values on CMIHQ show an overall good health status on all the dimensions. 't' values shows significant differences among early and late adolescent girls in the area of Musculo-Skeletal System, Nervous System and Inadequacy. The findings further reveals that mean scores of early adolescent girls is higher in physical distress whereas late adolescent girls show high mean scores in psychological distress and total distress. Significant differences were also observed on the dimension of physical distress among the early and late adolescent girls. No significant correlation among age, education and health was observed among early adolescent girls. For late adolescent girls, negative significant correlation was observed among physical distress, psychological distress, total distress and education. Non significant correlation was observed between parent's education and respondent's physical and psychological health. The schemes for promoting education and health for the adolescent girls living below poverty line must be advocated so that more adolescent girls are aware about these because education has an important implication for late adolescent girls' health.

Keywords: *Physical Health, Poverty, Psychological Health.*

GUIDED MEDITATION: A THERAPEUTIC APPROACH FOR MENTAL HEALTH

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Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content. Guided meditation is a process in which meditation is done through the instructions given by some concerning expert, when it is aimed to achieve the healing then it is called therapeutic meditation. This technique aims to obtain a state of consciousness which is contended to promote healing whether from physical illness or mental illness. **Objective:** To study the role of Guided meditation as a therapeutic approach in treating mental disorders and attaining mental peace. **Method:** Analysis and review of existing studies, research findings and other available secondary sources by practitioners and therapist across the nation, culture and tradition. **Results:** Various studies and findings suggest that guided meditation is worth fully a significant therapeutic approach in treating various mental disorders and works as one of the best alternative approach in promoting healing process. University of Wisconsin study saw increased electrical activity in regions of the left frontal lobe, an area that tends to be more active in optimistic people, after eight weeks of training in

meditation. Studies also documented that meditation loosens the connection between cravings and addictions. It also helps in relieving the mental distress, anxiety, PTSD, and other psychological disorders. **Conclusion:** Meditation creates a deep understanding about inner self and helps in gaining the insight and experience of oneness from the whole. So it can be used as the best alternative therapeutic approach by experts, therapists and even by self to attain a stable mental health and peace.

Keywords: *Guided Therapeutic Meditation, Mental Health*

IMPACT OF STUDENT'S SATISFACTION AND PERCEPTION OF UNIVERSITY STRUCTURE AND SUPPORT ON MENTAL HEALTH OF UNIVERSITY STUDENTS

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The objective of the present study was to examine the relationship between students' perception of university structure and support, student satisfaction and mental health among university students. A total of 213 participants were selected using simple random sampling from University of Jammu, India. The sampling frame comprised of the lists obtained for students in third semester from all the departments following choice based credit system. Students' Perception of University Structure and Support Scale, Students' Satisfaction Scale, and General Health Questionnaire-28 were administered. Product Moment method was used for analyzing the data. The results show that there is positive and significant correlation between students' satisfaction, and perception of university structure and support. Negative and significant correlation was found between two dimensions of mental health (depression and social dysfunction) and perception of university structure and support. Multiple regression analysis using the enter method found perception of university structure and support as the significant predictor of mental health. Understanding of the determinants of the mental health of students is critical for creating congenial environment and hence in enhancing their mental health.

Keywords: *Mental Health, University Structure and Support, Student Satisfaction, University Students*

GENDER BASED VIOLENCE AND GENDER INEQUALITY: HIV RISK AMONG WOMEN

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Aim- This paper is an attempt to look at the impact of gender-based violence (GBV) and gender inequality in relation to the HIV risk among women. **Method-** The present paper is a theoretical endeavour to understand the ways in which gender-based violence and gender inequality is resulting in an increased risk of acquiring HIV infection in women. For the purpose of understanding this relationship, relevant research literature was explored. This paper is organised into five subsections: understanding the linkages between GBV and HIV, GBV as a risk factor for HIV, HIV as a risk factor for GBV, GBV and HIV testing and disclosure, GBV and HIV in Indian context. **Outcomes-** Literature reveals that women are more vulnerable to HIV infection due to biological, cultural and social factors. Research from around the world suggests that violence and gender inequality is a major cause of increased risk of HIV infection among women, particularly in the context of low and middle income countries. This risk is through direct and indirect infection; directly through rape and indirectly as a result of women's unwillingness to obey men. Differences in socio-economic status, lack of awareness, and power differences in the society further complicate the situation. Researches show a direct link between gender-based violence and HIV infection. In the Indian context focus of discussion is risk among

abused wives and female sex workers. **Implications-** An analysis of gender-based violence and HIV infection in women would suggest further directions for research and intervention for HIV prevention.

Keywords- *Gender-Based Violence, Gender Inequality, HIV*

HYPNOPLASTY FOR MIGRAINE HEADACHE - A CASE STUDY

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Migraine headache is a type of headache, which may have both organic and psychological causes. Even if it does not have a psychological origin, psychological factors like stress, anxiety and frustration have a tendency to aggravate the condition many a times. Thus the psychologists and the medical practitioners both have a role to play in the management and the treatment of the migraine headaches. This paper is a case study of hypnotherapy, more specifically Hypnoplasty with an adolescent girl who came with a problem of Migraine Headaches. She was given two sessions of Hypnoplasty and one of Age-regression with Therapeutic – interview and one of Positive Suggestions. After these four sessions, two follow-up sessions, first after a time-period of fourteen days (two weeks) and second after a fifteen days gap were also conducted , during which she reported a remarkable decrease in the frequency and intensity of the Migraine Headaches. Her primary expectation of getting a drug-free treatment for her migraine problem was fulfilled to a great extent as she stopped taking medicine, when she got 60% decrease in the intensity of the pain after the session of Age-regression with Therapeutic-interview. According to her verbatim report, she was able to perform better academically as due to the decrement in the intensity and the frequency of the headache, now she is better able to concentrate during studies and also finds studies more interesting.

Key words: *Drug-free treatment, Hypnoplasty, Hypnotherapy, Miagrain headache*

COGNITIVE REPRESENTATION OF ILLNESS, COPING AND WELLBEING IN PATIENTS WITH CANCER

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Cancer can have substantial psychological consequences, but there has been a fewer researches in India looking at patients' beliefs about their condition and how they relate to psychological well being and quality of life (QoL). Hence, the present endeavour had tried to investigate the relationships between cognitive representation of illness, coping, psychological well being and QoL in patients getting treatment for either mouth/neck cancer or breast cancer. In total, 120 individuals with [60 mouth or neck cancer patients (all male) and 60 breast cancer patients (all female)] had participated (Mean age=47.70 years). Participants completed questionnaire comprising the Revised Illness Perception Questionnaire, WHO Quality of life (Qol) scale, Ryff Psychological well being questionnaire and the brief COPE. The findings indicated significantly different illness perception and use of coping strategies by two types of cancer patient groups. Furthermore, these groups had been differently evaluating their well being. The results of stepwise multiple regression analysis showed that four components of illness perception scale i.e. timeline ($\beta=-.277$), consequences ($\beta=-.624$), emotional response ($\beta=.362$) and ($\beta=-.350$) as well as three coping strategies i.e. positive reframing ($\beta=-.285$), emotional social support ($\beta=.374$), and acceptance ($\beta=.328$) had been emerged as best predictors of psychological well being and emotional response ($\beta=-.362$) and illness perception ($\beta=-.350$) had been emerged as best predictors of QoL. The cognitive representation of illness had negative impact on well being. The strong relationships found between patients' beliefs about their condition and well being suggests that health

professionals should recognize the psychological impact of cancer and address negative beliefs and emotions surrounding the condition in treatment programmes.

Keywords: *Cancer, Coping Strategies, Illness, Perception, Psychological Well being*

ADOLESCENT'S PERCEPTION OF HEALTH HAZARDS AMONG MOBILE USERS

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In the past decades humanity has moved into a digital era where billions of people are connected via an ever advancing technology boom. The phenomenon of technology usage has taken today's youth culture by storm. As technology shows no signs of slowing its expansion into every facet of our lives, these changes are becoming more prominent affecting our lives in every aspect. The paper focuses on the adolescents' perception of health hazards among mobile users. The study was conducted on 100 adolescents in the age group of 13-18 years of Jammu city. The results reveal that all the sample adolescents were using mobile phones. The data on awareness about the health and ill effects of mobiles shows 59% of the adolescents were aware of the health and ill effects of mobiles. More late adolescents (84%) than early adolescents (34%) were aware of these ill effects and between the two sexes, females (64%) were found to be slightly more aware than males (54%). They all knew that the radiation from the mobile are harmful for the human body and when the cell phone is used for the prolonged duration it can lead to various health diseases. Most of the adolescents were aware that diseases like heart problems, cancer and headaches were caused due to extended usage of cell phone. Most of them were aware about these diseases through media (internet, articles, newspapers, etc.) also from friends and parents. Most of the sample adolescents did not suffer from any health problems. Yet, some of them faced minor headaches, irritation, and mood swings on constant use. Further, it was suggested that the precautionary principle should be voluntarily be adopted to control usage of mobile phones.

Keywords: *Adolescents, Health, Mobile Usage*

MENTAL HEALTH STATUS, STRESS AND COPING AMONG STUDENTS IN DIFFERENT PROFESSIONAL COURSES

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Mental health is the level of psychological well being or an absence of a mental disorder. Stress, anxiety and depression are prominent features which are related to coping strategy used by an individual. Student of professional courses faces different situations like difficult academic demands, high expectation of family and the coping with the new environment. All these factors may be stressful to the students and may lead to anxiety, depressive episodes and burn out. Some students may have poor coping strategy which may lead to substance abuse, behavioral disturbances and even suicidal attempt. In this context aim of the present study is to find out mental health status, stress and coping among students in different professional courses. Methodology: 100 students (25 each of MBBS, B.TECH, MBA and BA LLB) were selected from Jaipur and divided into four groups. They were assessed on the General Health questionnaire- 12 (GHQ), Depression Anxiety and Stress scale (DASS), and Coping strategy Inventory. Finding suggested high anxiety and depression in MBA students, where as stress was found more among law students. Moreover, MBBS and B. Tech group students used more problem focused engagement as compared to emotion focused engagement and problem focused disengagement.

Keywords: *Anxiety, Coping Strategy, Depression, Stress*

PREVALENCE OF MALNUTRITION AMONG DOGRA ADOLESCENT GIRLS

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Nutrition is the intake of food, considered in relation to the body's dietary needs (WHO, 2015). Malnutrition refers to impairment of health due to imbalance of nutrients in body. It is the end result of multiple overlapping and interacting factors especially dietary intake, low physical activity, availability of food and peer pressure. The present study was focused on 100 Dogra adolescent girls (16-18yrs) studying in CBSE schools and residing in Urban Jammu. Purposive sampling technique was used to select the sample. The tools used for the study included anthropometric measurements (height, weight and waist hip circumference), 24 hour dietary recall method , seven day global physical activity questionnaire developed by WHO. Results revealed that the sample girls were short for their height when compared with standard height for age. When compared for weight, majority of sample adolescents were having healthy weight though they were consuming diet less than standard RDA. When looking at physical activity aspect, sample girls were mostly following sedentary lifestyle. The occurrence of sedentary behaviours, physical inactivity and unhealthy dietary habits among adolescents is a major threat for NCDs today. It affects health in terms of growth and development leading to generalised functional impairment. The study has implications for policy makers, programme planners and professionals working in the area of adolescent health.

Keywords: *Adolescent, Dogra, Health, Malnutrition, Nutrition, Youth*

DEPENDENCY OF SELF CONCEPT AND ALTRUISM OF SCHOOL STUDENTS ON THEIR NUMBER OF FAMILY MEMBERS

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This study has tried to explore the dependency of self concept and altruism of secondary school students on their no. of family members. For the collection of data, Self- Concept Questionnaire prepared by Saraswat (2011) and Altruism Scale prepared by Rai and Singh (2004) were administered on 100 students of secondary school classes. Results showed that the students belonging from high or low no. of family members have more or less same level of self concept while the altruism increase significantly as the no. of family member increases.

Keywords: *Self-Concept, Altruism, Number of family members*

SOMATISATION AND QUALITY OF LIFE OF ELDERLY PEOPLE LIVING IN OLD AGE HOME AND IN FAMILY SETUP

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According to United Nations Population Fund India is facing a elderly population time bomb. According to 2011 censuses total elderly population in India is between 6.0 to 8.0 percentage. After spending their whole life for family most of them have only one option that is old age homes as nobody is there to take care of them. In the present scenario we can observe that number of old age homes are increasing in India. Now-a-days old age people are facing problems like lack of care, emotional support and economic support from their family so most of the parents are now deciding to live in old age homes rather than living with their children. **Aim &**

objective: The aim of the present study to find out general health, presence of psychosomatic symptoms, quality of life of elderly people who stay with their family and those who stays in old age homes. **Methodology:** Total 120 old age people of both sexes, were selected for the study following purposive sampling technique from different parts of Kerala. Total sample were divided into two groups; 60 were living with their family and 60 were in old age homes. **Goldberg** General Health Questionnaire, WHOQOL-Brief for measuring quality of life and subscale of psychosomatic symptoms from Cornell Index were administered to conduct this study. **Results & Conclusion:** Findings suggest that low psychosomatic symptoms and better general health are in elderly people who live in old age home. However, better quality of life is found in people who stay with their family.

Keywords: *Elderly People, General Health, Psychosomatic Symptoms, Quality of life*

SPIRITUAL EXERCISES AMONG MALE AND FEMALE STUDENTS

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People of different religious traditions involve in many practices. An individual's religious orientation is now viewed as a useful adjunct to traditional forms of therapy in bringing about desired therapeutic outcomes. The main objectives of the present study are to examine difference between the percentage scores of Male and Female students on spiritual exercises and to examine difference between the percentage scores of professional and non-professional students on spiritual exercises. Result percentage revealed that female students scored significantly higher than male subjects on Believe God Forgives You, Believe in and Receive God's Love, Love to God, Prayer and Meditation, Obey God, Surrender to God, Have faith and trust in God, Confess your sin, Forgive, Attend Mosque/Temple to Worship/Prayer, and Love and serve others spiritual exercises.

Keywords: *Female, Male, Non-professional Students, Professional Students, Spiritual Exercises*

EFFECT OF PERCEIVED EMOTIONAL SUPPORT, RETIREMENT ANXIETY AND SPOUSAL BEREAVEMENT ON HYPOCHONDRIASIS AMONG OLDER ADULTS

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Hypochondriasis as a disorder is characterized by excessive fear of or preoccupation with a serious illness, despite medical testing and reassurance to the contrary. It is most commonly featured in older adults with varying degrees of intensity. Literature indicates that the presence of certain factors such as the anxiety related to one's socio-emotional environment may have an impact on the existence of hypochondriacal thoughts and preoccupations. In this context, the proposed study is an attempt to determine and understand the various factors that may facilitate hypochondriasis among older adults. The study will be conducted on a purposive sample of 30 older adults between the ages of 55-70. The Illness Attitude Scales (IAS) by Kellner (1986) will be used to measure Hypochondriasis, whereas Social Components of Retirement Anxiety Scale (SCRAS) by Fletcher et al., and the Perceived Emotional Support Scale (PES) developed by Sarason et al., (1987) will be used to assess retirement anxiety and the level of perceived emotional support respectively. The data will be analyzed in SPSS using regression analysis. The results will indicate the degree to which the aforementioned variables (perceived emotional support, retirement anxiety and spousal bereavement) influence hypochondriasis among older adults both individually and together.

Keywords: *Anxiety, Bereavement, Hypochondriasis, Support*

ROLE OF WORK ROLE STRESS IN MENTAL HEALTH: A COMPARATIVE STUDY OF DUAL CAREER TEACHER COUPLES

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The purpose of this study is to examine the role of work role stress in mental health of dual career teacher couples. Mental health plays an important role in well-being of dual career couples. It equally affects the teacher's professional (involvement in job, productivity, job satisfaction and so many other things) and personal life (family satisfaction, etc.). This study was conducted on 250 dual career teacher couples from the two cities of Uttar Pradesh i.e. Varanasi and Lucknow. The samples were taken from universities and their affiliated colleges situated in Varanasi and Lucknow. The results indicate that work role stress was found to be significantly and negatively correlated with mental health. The results of t-test reveal that mental health was found high in low work role stress group as compared to high work role stress group. Therefore, findings of the results indicate that if teachers have low work stress they will be mentally healthy and when they are mentally fit and fine, their family and professional life will be more balanced and they will be more positive in their functioning. It is most important that teachers with sound mental health will produce better students, better researchers and most importantly a good human being for the nation.

Keywords: Dual Career teacher couples, Mental health & Work-Role Stress

SOCIAL NETWORKING: IDENTITY ILLUSION AND EFFECTS ON MENTAL HEALTH

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Over the years, internet has successfully taken over our lives and has been a one-stop shop for all our queries. The United Nation Children Fund reported that India has 137 million internet users, taking the third place in global ranking, out of which 60 million people are users of different social networking sites (SNS). As the youth of today struggles to create an identity for themselves, they are increasingly drawn to and influenced by the world of social media. With the growing popularity and frequent usage of SNS about 86% of the adolescents are drawn towards this virtual reality. Away from the stressors of daily life, this virtual world creates a kaleidoscopic view of life with endless possibilities. The overuse of SNSs however, can create an illusion of identity to fulfil their psychosocial needs. This paper attempts to review the existing literature on social networking and its effect on adolescent identity illusion and mental health. Research on adolescents using SNSs indicates that they tend self-present and self-express themselves in a socially desirable way that creates a mirage of their true identity. Furthermore, evidence suggests that excessive use of SNSs may negatively impact one's mental health resulting in low self esteem, inhibited interpersonal interactions, hampered emotional regulation, impulsivity and narcissism.

Keywords: Adolescents, Identity, Mental Health, Social Networking

IMPACT OF PERSONALITY ON DRIVER BEHAVIOUR AND DRIVING ANGER IN STUDENTS RIDING TWO-WHEELERS

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This study was conducted with an aim to find out the relationship between big five factors, driver behaviour and driving anger. Data were collected from 150 students studying in master's degree programmes in

University of Jammu. The male two-wheeler riders participated in this study. Only the license holders were taken into consideration. Big five inventory, Deffenbacher driving anger scale, and extended driver behaviour questionnaire were administered. The data were collected within the period of two months. The data were subjected to statistical analysis using Product moment method and linear regression. The obtained results are discussed with its implications.

Keywords: *Big five factors, Driving Anger, Driver Behaviour, Two-wheeler Riders.*

COGNITIVE MECHANISM UNDERLYING SPORTS PERFORMANCE

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Recent research in the field of sports psychology has focused on cognitive processes such as attention, perception and working memory their role in skill acquisition, sports performance and training. Very few studies have looked at the general vs specific cognitive mechanisms that may underlie the performance in two different sports. The study aimed to examine the cognitive mechanisms that mediate the differences in perception-action interface among football and basketball players. Twenty participants with at least 5 years of professional experience at National/State level with football, twenty with basketball and twenty with no formal/substantial experience with any sport participated in the study. Measures of vigilance, orienting, visual search, executive control, working memory and motion perception were employed. Results showed some general effects in terms of the performance of sports persons as compared to the control group and some specific effects in terms of the comparisons between the two groups of sports persons. Both football players and basketball players showed better accuracy for perception of motion at short distances/short ISIs on motion perception task and greater efficiency of the alerting network on the Attention Network Task (ANT). Basketball players were better with respect to serial processing (visual search task), attentional facilitation and disengagement (cueing task), and also showed greater efficiency in the orienting and executive control networks. Football players were better with respect to spatial working memory. Overall, sports persons show an advantage with respect to cognitive abilities particularly vigilance, voluntary orienting, visual search, and executive control as compared to the control group. Football players had an advantage with motion perception (speed). These findings suggest general effects on cognitive performance among sports persons as well as cognitive mechanisms specific to a particular sport.

EPIPHYSIS BRAIN SAND (CORPORA ARENACEA)

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The existing knowledge about certain parts of a human organism is quite limited due to the several reasons. Thus epiphysis brain sand (acervuli, corpora arenacea) can be named among insufficiently explored body structures. Several reports confirmed that children and schizophrenia patients may lack brain sand in their bodies. Its formation is associated with epiphysis involution (as the result of the apoptosis of secretory cells - pinealocytes - and glial cells - astrocytes) and pineal calcification. Histo-chemical and phase-contrast microscopy studies have led to the detection of organic and inorganic substances' presence in the structure of brain sand: epiphysis hormones, apoptosis pinealocytes and neuroglia vs hydroxyapatite, carbonate-apatite, calcite, calcium phosphate and hydrophosphate. It's worth noting that the mixture of organic substances and

inorganic salts in the brain sand content provides it enhanced density which can be compared to the density of certain industrial alloys. Acervuli crystals, if looked at through phase-contrast microscope, have spiral-like bluish glow which proves brain sand's neuroglial nature. Moreover some noticed magnetic properties might indicate the presence of iron oxides in the structure. There is a theory that pineal sand might have magnet-recipient function. The mechanism of epiphysis sand formation is yet not clear, but, judging by the chemical content, this process can be linked to the involution of pineal gland and nearest brain parts. Produce of corpora arenacea may be can associated with electromagnetic exposure of neurons on the surrounding structures (blood cells, micro-fragments of calcifications, neuroglia), provoking the accumulation of susceptibles to the magnetic attraction of the fragments near the neurons and their further coalescence and the formation of brain sand. We know that acervuli absent in patients with schizophrenia and have magnetic properties; this speaks in favor of this hypothesis. Neural processes under schizophrenia can be considered of the abnormal, it can be assumed that the brain sand has not formed because of some abnormalities in the functioning of the nervous system, in particular the violation of the electromagnetic properties of cells. Epiphysis hormone - melatonin - has anti-stress, sedative effect on the body while serotonin has the opposite stimulant nature which shows itself in such symptoms as delirium and inadequate behaviour in schizophrenia patients.

This fact and the observation that schizophrenia patients (with the increased level of serotonin) lack brain sand might indicate the deficit hormonal function of epiphysis synthesizing melatonin from serotonin. Brain sand can be viewed as an indicator of hormone synthesis activeness in pineal gland and normality of the electromagnetic properties of nerve cells, but not the result of epiphysis and adjacent parts involution. Actuality of the study of the magnetic properties of brain sand, it that revealing the nature neural disorders, Summing it up it's necessary to say that at the current stage brain sand is viewed as a derivative from neuroglia, which contains mineral salts and hormones of pineal gland, reveals magnetic properties, high density and has connection with certain illnesses. The more thorough investigation will enable scientists to prove existing data about brain sand formation, and either approve or reject all the current theories on its functions.

SELF-REGULATION IN HEALTH BEHAVIOUR: APPROACHES AND ISSUE

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Good health is of critical importance to many people while they are generally aware that their behaviour plays an important role in achieving and maintaining physical well-being. Self-regulation broadly refers to the processes of goal setting and goal striving, and includes dealing with a range of challenges that individuals may face when trying to achieve something that is important but, almost difficult to attain. Health behaviour research can benefit from a self-regulation approach as this explicitly frames health behaviour as a process of investing in long-term goals that require the control of immediate needs, which is one of the most important and difficult self-regulatory tasks. Self-regulation approach opens new perspectives for the study of complex health-related behaviours, and applying a self-regulation approach to critical issues in health behaviour will result in a better understanding of approaches so far have been discussed. Overview of self-regulation approaches to health behaviour adopt a broad view that highlights important basic processes of self-regulation of health behaviour, notably those involved in flexible goal setting and tenacious goal striving. This paper will address different approaches to self-regulation, highlighting the cybernetic control approach (e.g., carver & Scheier, 1998), strength perspective of self-control approach (e.g., Muraven & Baumeister, 2000), and

behavioral enaction strategy approach (e.g., Gollwitzer, 1990), respectively. This paper will also highlight critical issues related to the self-regulation of health behaviour.

Keywords: *Coping, Goal Setting, Health Behaviour, Self-Control, Self-Regulation*

STRESS AND OPTIMISM AS CORRELATES OF RESILIENCE AMONG ADOLESCENTS

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This study has been conducted to identify and assess the relationship between resilience, stress and optimism in school going adolescents residing in urban areas. Further an attempt has been made to find correlation between academic achievement and resilience, optimism and perceived stress as well. A sample of 359 adolescent boys and girls studying in English medium schools with an age range of 13 -16 yrs participated in the study. They were administered the 25 item Resilience Scale by Wagnild & Young, 1993 to assess their resilience. The 10 item Perceived Stress Scale: PSS-10 by Cohen & Williamson, 1988 to assess the level of stress felt by the students. Optimism is measured with the Life Orientation Test-Revised: LOT-R (Scheier & Carver, 1994). LOT-R is a 10-item measure of optimism versus pessimism. Academic achievement is a very important measurable construct in the lives of school going adolescents and the academic achievement of the students is also recorded in order to analyze whether resilience, perceived stress and optimism are in any way related to the academic performance of students. Pearson's Correlation was calculated among these variables. The results are indicative of resilience being positively and significantly related to the academic achievement of the students whereas optimism and perceived stress are not significantly related to the academic performance of the students in this sample. Also, resilience and perceived stress exhibited significant correlation amongst this sample of students. Perceived stress was also found to be inversely and significantly related to optimism. The implications of the study reside in preparing psychotherapeutic interventions to augment those personal attributes that would subsequently result in making and keeping our adolescents resilient towards the academic as well other challenges of life.

Keywords: *Academic achievement, Adolescents, Optimism, Perceived Stress, Resilience*

STRESS AND COPING MECHANISM IN PARENTS: COMPARATIVE ANALYSIS

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The most difficult time of one's life would be seeing their children in the most critical condition admitted in the intensive care unit (ICU) and praying for their health. This kind of pressure and stress can be very difficult for their parents to handle. Studies have indicated the occurrence of stress related problem in parents who are going through this crucial phase of life. The aim of the current study was to identify the Stress and Coping Mechanism of both Father and Mother of children admitted in the Intensive Care Unit. 10 families of children were taken for the current study which were further grouped into two: 5 Families whose children were admitted due to diseased condition; and 5 Families whose children were admitted due to accidental condition. Both parents were taken under study for measuring the level of stress and coping mechanism in such circumstances and with such incomparable pressure. Stress scale and Coping Mechanism scale was used for recording the stress and coping mechanism of the subject. Self-devised questionnaire was the main tool for collecting the primary data. The research analysis was carried out by percentage evaluation method and t-test

was used to see the significant difference between two groups. The results showed that parents whose children were admitted due to accidental cases have significantly high stress with lower coping mechanism in comparison to parents whose children are admitted due to diseased condition.

Keywords: *Children admitted in ICU, Comparative Analysis, Coping Mechanism, Parents, Stress*

RELATION BETWEEN MINDFULNESS AND PERCEIVED STRESS AMONG UNDERGRADUATE STUDENTS

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Background: Mindfulness is the intentional, accepting and non-judgment focus of one's attention on the emotion, thought and sensation occurring in the present while not focusing on past. Mindfulness is an essential ability required for all, especially for students. Present life is full of stressful events; success only depends on how someone perceives those events. **Objectives:** The present study was designed to explore relation between mindfulness and stress among undergraduate students along with gender difference. **Sample:** The study was conducted on 40 undergraduate students of Rajasthan. The participants were selected through purposive sampling. **Materials and Methods:** Mindfulness attention awareness scale (MAAS) developed by Brown & Ryan, Perceived stress scale (PSS) by Cohen et al., was used. Mean, SD, Pearson correlation and t-test were used to analyze the data. **Result & Conclusion:** Findings related to the study and implications pertaining to the study will be discussed in full paper.

Keywords: *Gender, Mindfulness, Perceived Stress*

SPIRITUALITY WORKS AS DYNAMIC SYSTEM BETWEEN HEALTH AND QUALITY OF LIFE: A SCIENTIFIC PHENOMENON

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This review paper explores the role of spirituality and their spiritual-positive change towards life & health. Human being is naturally spiritual entity and this spirituality is related to all aspect of a person like physical, mental, emotional, and social and its advantages. It is multi-dimensional and works as dynamic system between health and quality of life. It has also an important role in person's life to understand his intrapersonal relations, to deepen relations, to understand human aspect to join nature and environment, to move towards the best and to face the truth in life. It becomes necessary to understand spirituality to save the humanity and continuity of health because it plays an important role in a human's life from birth to death. This paper is an assessment of dynamic role of spirituality in human health and to improve their quality of life. The study is based on a conceptual frame work of earlier studies and theories by scholars associated with primary and secondary source of data for a broad social and academic purpose.

Keywords: *Dynamic system, Health, Quality of life, Spirituality*

COGNITIVE AND CONSTRUCTIONAL PERFORMANCE IMPAIRMENTS IN ENCEPHALITIS AFFECTED CHILDREN

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The study investigated various cognitive function impairments and constructional performance impairments in encephalitis affected children of North Eastern region of Uttar Pradesh. Encephalitis, an inflammation of the brain is usually caused by virus, by problems with the immune system and, less commonly, by bacterial or fungal infections. The inflammation can affect one or different areas of the brain and, can range from mild to severe. Constructional ability involves several complex functions. Mild forms of brain dysfunction will also result in impaired constructional performance. Sample consisted of a total of 30 children aged between 6-11 years, amongst them 15 were encephalitis affected and 15 were matched control group of children. Four cognitive tests i.e. Picture Completion, Picture Arrangement, Block design and Object Assembly measured by WISC; Bender Visual Motor Gestalt test and neglect task were administered to measure various visual – spatial functions and constructional performance impairment. Results indicated that on all four tests of WISC encephalitis affected children have performed very poorly. Damages in constructional and visual-spatial function in this group were also found. Results have been discussed on the basis of available research in the area. Issues of implication and training have been discussed.

Keywords: *Brain Inflammation, Cognitive Functions, Encephalitis, Training, Visual Spatial Ability,*

PERCEPTION OF BODY SHAPE, DIETING BELIEFS AND SELF ESTEEM IN UNDERGRADUATE FEMALE STUDENTS FROM JAMMU CITY

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This study was conducted with an aim of finding out difference and relationship between perception of body shape, dieting beliefs and self esteem of college going female students. Using the purposive sampling, data were collected from 127 under graduate students from two government women colleges in Jammu city. Body Shape Questionnaire, Dieting Beliefs Scale and Self Esteem Scale were administered. The height and weight of participants were obtained and Body Mass Index was calculated and classified as per World Health Organization guidelines. The differences between underweight, normal weight and overweight students were assessed using one way ANOVA. The results revealed significant differences in body shape perception of the female students. No difference emerged with respect to dieting beliefs and self esteem. Further, Tuckey's Post Hoc test confirmed the differences in the body shape perception of the three groups. For correlation analysis Pearson's correlation was applied. Significant correlation was found between body shape, dieting beliefs and self esteem at 0.05 level. The findings reflect that irrespective of differences in body weight, the concern of female undergraduate students for their self esteem and dieting beliefs are similar. The relationship between the variables raises the concern of the health professionals which is discussed in the study.

Keywords: *Body Mass Index, Body Shape, Dieting beliefs, Self esteem.*

PARENTAL ATTACHMENT AND PSYCHOLOGICAL WELLBEING AMONG ADOLESCENTS

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Adolescence is a period of transition during which an individual moves from the relative security of childhood to the privileges and responsibilities of adulthood (Mogler, 2009). Parents prove to be of lasting importance for the wellbeing of their growing children. For adult children, the parental bond appears to be as important for their wellbeing as having a partner or a best friend (Wel et al., 2002). Because of the important role of parents in the wellbeing, adjustment and performance of adolescents, the present study examined the relationship between parental attachment and psychological wellbeing of adolescents. Sample was collected from 200 adolescents studying in various schools of Jammu block. Inventory of parent and peer attachment-Revised (IPPA-R) by Armsden and Greenberg(1989) was used for measuring parental attachment in adolescents. The psychological well-being of the adolescents was assessed by using Psychological wellbeing scale by Ryff (1989). Data were subjected to statistical analyses. Results were interpreted in terms of their implications and significance.

Keywords: *Adolescence, parental attachment, psychological wellbeing*

PSYCHOLOGICAL CAPITAL, SOCIAL SUPPORT AND MENTAL HEALTH OF ADOLESCENT ORPHANS IN JAMMU

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The aim of the study was to assess the relationship between psychological capital, social support and mental health in adolescent orphans in Jammu. Differences between short stay home and home based orphans were also assessed. Using optimism, hope, resilience, self-efficacy, mental health and social support scales, data were collected from 95 (54 short stay home and 41 home based orphans) adolescent orphans in Jammu. Using Purposive sampling data were collected within period of one month. Cronbach's alpha reliability was calculated for assessing the internal consistency of all scales for this sample. Pearson's product moment method and Independent samples t-test was applied for statistical analysis of the data. Significant correlation has been obtained in the study variables. Significant differences emerged between the adolescent orphans staying in short stay homes, and community settings. Findings of this study can be used for developing certain interventions to enhance mental health of the adolescent orphans. Implications will be discussed in the study.

Keywords: *Mental Health, Orphans, Psychological Capital, Social Support*

A STUDY ON PERSONALITY DIMENSIONS OF MUSICIANS AND NON- MUSICIANS- A COMPARATIVE STUDY

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The overall aim of this study was to examine the differences between musicians and non-musicians in their personality dimensions. The more specific aims were to examine the differences in emotional adjustment, social concern, assertiveness, value orientation leadership qualities, communication skills, self-awareness, self-confidence, interpersonal relation and stress management between the two groups (musicians vs non musicians). As there were two types of groups to be studied, two different samples were chosen: purposive and random (100 each). A semi structured interview schedule and a personality index was used to collect

required data. Analysis of variance was done among the four groups (male musicians, female musicians, male non musicians and female non musicians) which revealed significant difference in communication skills. t- test conducted between the musicians and non- musicians revealed a significant difference for the personality dimensions of communication skills, interpersonal relations and leadership qualities. t- test conducted between the male musicians and male non musicians revealed a significant difference in communication skills. t- test conducted between female musicians and female non musicians revealed significant difference for value orientation. Psychology and music are two serious disciplines. Music holds a key position in regulating orderly expression of the emotional forces. Thus all the deep seated urges of human beings find their outlet through music. Time and again, findings of the research has revealed that music has a creative expression covering Freud's concept of sublimation. Education to be comprehensive, it must not only care for the physical and intellectual needs, but also to the emotional and aesthetic needs for harmonious development of the personality.

Keywords: *Creativity, Discipline, Mental Health, Music, Personality Development, Relaxation, Stress Management*

LIFE EVENT STRESS AMONG WOMEN IN DIFFERENT OCCUPATIONS

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The aim of the present study is to know the life event stress among the women belonging to different professional groups. It also aims to know the interrelationship of the life event stress experienced by the women in each profession namely women in government sector, in primary schools, in banks and in hospital as nurses. The sample constituted total 280 women (35 each, 8 groups). For data collection Indian adapted of SRRS (Holmes & Rahe) devised by Dr. Gurmeet Singh, M. Dalbirkaur and Mrs. Harsharankaur was used. The scale consists of 51 items. The test was administered and scoring was done. 'F' test was used. The results show that (I) Calculating F, it shows that there was significant difference found in the mean scores of life event stress among the women in these four occupational group namely government employees, primary teacher, bank employees and nurse (II) There was no significant difference found in the mean scores of women above 40 years and below 40 years and (III) The interactive effect shows there is no significant difference found in life event stress.

Keywords: *Life Event Stress, Occupation, Stress*

GENDER, EDUCATIONAL STREAM AND MENTAL HEALTH

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The present study was designed to study the independent and interactional effect of gender and educational stream on mental health of college students (age group 15 to 20 years). To test the hypotheses, a sample of 390 students (195 male and 195 female) from Art (130 students), Science (130 students) and Commerce (130 students) stream were selected for the study. The Mental Health Battery (MHB) developed by Dr. Arun Kumar Singh and Dr. Alpana Sen Gupta was used to collect the data. 2×3 factorial design was used to test the hypotheses. Results showed that there was no significant difference ($F=2.23$) between mental health of male and female students. There was a significant difference ($F=3.99$, $p<0.05$) among mental health of art, science and commerce stream students. Gender and Educational Stream were cumulatively influence the mental health of college students. F-value (13.29) was found significant at 0.01 level of significance. Further analysis revealed that there was a significant difference between mental healths of art stream students. Male students have better mental health as compared to female students. No significant differences were obtained between

mental health of commerce and science stream students. Post Hoc analysis showed that there was a significant difference in mental health of science and commerce & art and commerce stream students, while there was no significant difference in mental health of art and science stream students. Findings of the study throw light upon the holistic approach of mental health of college going students.

Key words:- Educational Stream, Gender, Mental Health

THE STRESS LEVEL AND COPING STRATEGIES IN WOMEN TEACHERS AT THE HIGH SCHOOL LEVEL: A PILOT STUDY

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Teacher stress is a real phenomenon. It is considered to be one of the major contributors of teacher burnout. Teacher stress affects various aspects of teacher health and may influence how effective teachers are in the classroom, with potential consequences for their students' behavior and learning. Research has emphasized that a certain degree of stress at the workplace is healthy, but going above the threshold minimizes the output. Survey was done to collect the data from a private urban higher secondary school to study the overall stress level of women teachers teaching of class 9th and 10th. The tool used for the data collection was a modified version of the stress scale prepared by Mishra and Pandey. The results indicated that the high school teachers experienced moderate to high levels of stress in individual, home, school and social areas. The greatest level of stress was experienced at their workplace i.e. school while performing teaching and other related activities. Most of the teachers observed less stress in the area of home as they felt the support of the family in performing different activities including domestic chores. Different positive stress coping strategies were used by these teachers to reduce stress such as yoga, meditation, walking, sharing with family and friends etc. Similarly, some teachers observed negative stress coping strategies, which included taking drugs, lying, over eating etc. The study discusses various suggestions and recommendations for reducing stress at different fronts, especially at the workplace.

Keywords: Coping Strategies, High School Level, Professional Stress, Teacher Burnout and Women Teachers,

PROBIOTICS: THE WAY TO GOOD HEALTH

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The human gastrointestinal tract (GIT) is inhabited by trillions of microbial species including >1000 different bacterial species that represents both health beneficial (good) as well as potential harmful/pathogenic bacteria (bad) which live in a symbiotic relationship with the host, and play key role in maintaining good health. Under certain conditions like lifestyle issues viz. obesity, malnutrition and stress, diet, systemic diseases (diabetes and chronic inflammatory bowel diseases), or prolonged usage of antibiotics/other medications, the delicate balance between good and bad bacteria gets altered and shifts in favour of harmful/pathogenic bacteria (dysbiosis) that leads to deterioration of health. One of the most promising approaches to restore healthy gut microbiota is by administering good bacteria i.e. live microbial additives, called probiotics. Probiotics are single or mixed cultures of live microorganisms that when applied to animals or humans beneficially affect the host, and include different lactic acid bacteria, *Bifidobacterium*, among several others. Numerous health benefits have been claimed by consumption of probiotics such as alleviation of gastrointestinal infections, improvement in lactose metabolism, prevention and treatment of allergies, prevention and treatment of diarrhoeal diseases, reduction in serum cholesterol, better utilization of nutrients, normalization of intestinal motility, immune system stimulation, anti-mutagenic properties, anti-cancer effect, anti-diarrheal properties, osteoporosis prevention, stabilization of the gut mucosal barrier etc. However, more evidences and *in vivo*

studies are required to be conducted to fully claim the potential of probiotics in treating/managing various diseases.

Keywords: Diseases, Gut microbiota, Health, Live microbial additives, Probiotics

HOLISTIC HEALTH THROUGH YOGIC WAY OF LIFE

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In the present materialistic, scientific, competitive and globalised world, people are running in the race of acquisition of wealth, power, status and sensual pleasures. Due to this attraction, they are separated from true source and in ignorance facing stress, disorders, depression, illness and misery in life despite the fact that everyone aspires for sound health, peace, happiness and perfection in body, mind and life. In fact, human being composed of different parts viz., physical, vital, mental, psychic and soul but these parts are not properly arranged, trained, controlled and developed leading to physical deformities and mental disorders. This paper is an endeavour to explore the possibilities of holistic health through the yogic way of life. The Yogic way of life involves proper discipline, asana, pranayama, pratyahara, concentration, meditation and contemplation for bringing harmony, perfection and order in various parts of the being in the form of strong physical, calm mind and pure vital under the influence of the eternal self. All must adopt yogic way of life as it unveils the hidden soul and through the influence of soul transforms the mind, vital and physical for gaining holistic health, eternal peace, and everlasting bliss. The present study is descriptive in nature as it is based on secondary data but the upcoming research can empirically explore and validate the findings.

Key Words: Being, Holistic health, Mental, Peace, Physical, Yogic life

DOES EMOTIONAL INTELLIGENCE IMPACT MENTAL HEALTH OF TEACHERS? : AN EXPLORATORY STUDY

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The study is an attempt to analyze the impact of emotional intelligence on mental health of secondary school teachers. Descriptive method of research was used. The sample of the present investigation was drawn from Govt. and private schools of Jammu Province by making use of simple random sampling technique and comprised of 600 Teachers (300 Male and 300 Female). Emotional intelligence inventory developed and validated by Dr. (Mrs) Subra Mangal and RCE Mental Health Scale developed and validated by S.P. Anand was used in the study. Data analysis involved the use of statistics like mean & analysis of variance (Three way) to investigate the effect of emotional intelligence gender and type of school. Significant differences were found in the mental health scores of secondary school teachers for the main effect of emotional intelligence, gender and type of school. The finding of the study reveals the positive impact of emotional intelligence on teachers' mental health. Male teachers were found to have better mental health than female teacher. Private school teachers depicted poor mental health than govt. school teacher. First order interactions between emotional intelligence and gender, emotional intelligence and type of school & gender and type of school indicated significant differences in mental health scores of secondary school teachers. Emotional Intelligence training can be incorporated in the curriculum of secondary teacher education programme to enhance the emotional intelligence skills of teachers. The study has implication for managements of private school.

Keywords: Emotional Intelligence, Mental Health, Secondary School Teachers.

ANALYSIS OF THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND STRESS: A STUDY OF FMCG SECTOR IN USA

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Emotional intelligence is one of the biggest factors that contribute to the success of individuals who assume various tasks and roles in modern life. It is also important in determining how individuals cope with the stress that can potentially limit their emotional relationships, decrease their efficiency, and reduce the pleasure of life. The main purposes of this study were to consider the concepts of emotional intelligence and stress and to conduct an applied study of the relationship between these two variables. This study subjects were managers from US FMCG sector, and examining the relationship between stress and emotional intelligence in the profession, which is a people-oriented profession that requires sensitivity from its practitioners, highlights the importance of this study with respect to both the FMCG sector and the international literature. The managers from the FMCG sector in USA were considered for the purpose of the study. The emotional intelligence levels were measured with the Emotional Intelligence Scale, and the Job-Induced Stress Scale was used to determine the stress status of the participants. To determine the basic or the interaction effects of the variables, the reliability analysis of the scales was performed with t tests and one-way analysis of variance (ANOVA). A simple linear regression analysis was also performed to determine the relationships amongst the variables. The present study found a statistically significant relationship between emotional intelligence and job stress. Indeed, a participant with a higher emotional intelligence level turned out to have a lower level of job stress. However, no significant differences between the emotional intelligence and the stress levels of the managers were found according to their genders. The study is confined to FMCG sector in USA only. Besides few limitations this study could provide the empirical evidence of relationship between emotional intelligence and stress.

Keywords: *Emotional Intelligence, FMCG Sector, Job Stress, USA.*

ALZHEIMER'S DISEASE, ITS CAUSES AND TREATMENT

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Alzheimer's disease is a neurological disorder in which the death of brain cells causes memory loss and cognitive decline. It is the most common cause of dementia in people of 65 years and older. It affects 10% of people over the age of 65 and 50% over the age of 85 years. Approximately 4 million Alzheimer's patients in the United States and the annual treatment costs = \$100 billion. It is the fourth leading cause of death in the United States. The total brain size shrinks with Alzheimer's - the tissue has progressively fewer nerve cells and connections. There is no known cure for Alzheimer's disease - the death of brain cells in the dementia cannot be halted or reversed. Along with an aim to improve research into prevention and treatment, the goals of the plan also include measures for present interventions. Expand supports for people with Alzheimer's disease and their families, and enhance public awareness and engagement. Enhance care quality and efficiency. There are no disease-modifying drugs available for Alzheimer's disease but some options may reduce its symptoms and help improve quality of life. There are four drugs in a class called cholinesterase inhibitor approved for symptomatic relief in the US i.e., Donepezil (brand name Aricept), Alantamine (Reminyl), Rivastigmine and Tacrine (Cognex). A different kind of drug, memantine (Namenda), an NMDA receptor antagonist, may also be used, alone or in combination with a cholinesterase inhibitor. As with other types of dementia and neurodegenerative disease, a major part of therapy for patients with Alzheimer's comes from the support given

by healthcare workers to provide dementia quality-of-life care, which becomes more important as needs increase with declining independence.

Keywords: *Alzheimer, Cholinesterase, Dementia, neurodegenerative*

SIGNIFICANCE OF ALLIED PSYCHOLOGICAL STATUS IN DETERMINATION OF QUALITY OF LIFE AMONG PATIENTS WHO UNDERWENT TOTAL KNEE REPLACEMENT SURGERY

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The objective of the present research was to study the significance of total knee replacement surgery (TKRS) on the patients' depression, social support, coping style and Quality of Life (QOL) in their pre and post-surgical conditions. Psychological measures were administered on a total of 400 patients equally divided gender wise, aged 51-70 years belonging to the higher and middle socio economic strata using purposive sampling technique. The data was statistically analysed by One way repetitive ANOVA, correlation and step-wise Multiple Regression (enter method). The results indicated that by employing One way ANOVA it revealed that TKRS was a significant factor to alter the patients' level of depression ($F=5936.614$), QOL ($F=26785.80$), perceived social support ($F=3597.88$), Approach coping style includes Logical Analysis ($F=394.47$), Positive Reappraisal ($F=449.44$), Cognitive Avoidance ($F=389.95$) and Acceptance or Resignation ($F=337.74$) and Avoidance coping style entails Seeking Guidance and Support ($F=467.480$), Problem Solving ($F=436.41$), Seeking Alternative Rewards ($F=556.54$) and Emotional Discharge ($F=316.216$). The introduced fluctuations due to TKRS were not reported to remain for a long time. Furthermore, in regression analysis, depression ($r^2 = 0.44$), social support ($r^2 = 0.053$), emotional discharge ($r^2 = 0.026$), and positive reappraisal coping style ($r^2 = 0.010$) of the patients emerged as the most significant factors to predict the patients' QOL in their before TKRS. Whereas after surgery 15.4, 8.2, 3.4, 5.5 & 1.1 percent (%) variance in the patients' QOL were reported from their depression, Positive Reappraisal, Seeking Alternative Rewards, Logical Analysis, strategies to cope and social support respectively.

Keywords: *Coping style, Depression, Quality of Life, Social support, Total Knee Replacement Surgery*

DOES PSYCHOLOGICAL MORBIDITY PLAY A ROLE IN DERMATOLOGICAL DISORDER VITILIGO?

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Objectives— Pigment disorder—vitiligo is progressive loss of pigmentation and is a debilitating condition which causes social discrimination and has a tremendous psychological impact. Present study aims to investigate the vulnerability of the vitiligo patients who suffers more due to some personality pattern, perceived health concept, illness attribution and underlying anxiety or depression. Further how psychotherapy can help these patients to fight the psychological impairment has also been studied. **Methods** – Subjects (N=126) attending the Dermatology OPD of local Medical College & Hospital for vitiligo were assessed for related psychological attribution and psychopathology. The tests used were Illness Behaviour Questionnaire (IBQ), Locus of Control (LOC), Depression, Anxiety and Stress Scale (DASS 21), Fear of negative evaluation (FNE), Health Survey (SF 20) and Familial Disposition Measure (FDM). Half of the above subjects went through psychotherapy (mixed cognitive behavioural and supportive) for 12 weeks. **Results** – Patients with

higher skin depigmentation or patches in uncovered areas were having more emotional dysfunction. External locus of control were found to be related ($p=0.05$) to psychological stresses and thereby poor treatment compliance. Parental and family health and environment stresses affected those patients significantly ($p=0.05$). Measures of disease conviction and general hypochondriasis were having significant impact with treatment conformity. **Conclusion** – External locus of control, fear of negative evaluation and some illness behaviour dimensions had significant role as predictor of treatment outcome and were related to higher socio cultural rejection. Younger female patients with covered areas of depigmentation were found to suffer more. Psychotherapy was indicated to help in alleviation of neuroticism and thus improve patient compliance and treatment outcome.

Keywords: *Anxiety, Depression, Locus of Control, Treatment Outcome, Vitiligo*

COMPARATIVE ANALYSIS OF ANTIOXIDANT POTENTIAL OF TEA WITH AGGRESSION LEVEL BASED ON PSYCHOLOGICAL TESTING (J&K)

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The present study aimed at revealing the correlation between the antioxidant potential of different types of tea i.e Lipton Tea, Dandi Chai, Coffee, Kehwa and its effect on aggression levels of the users. Tea is an aromatic beverage. The drinking of tea became such an established feature of Indian social life that we find youngsters around exam time always manage to schedule enough tea breaks to keep them within their sanity. Whilst revising for exams students can experience an unhelpful level of stress which can be easily managed by having regular cup of teas'. In this study, we have tested the aggression levels (based on aggression scale by Mathur and Bhatnagar, 2004) of different males and females of J&K who consume different types of tea based on their choices. Antioxidant assay of all the five types of tea showed remarkable antioxidant activity whereas synergistic effect of Lipton tea and Dandi Chai showed higher potential. The subjects were categorized into two groups with a total of 45: Out of 45, 12 Male Drinker (those who drink tea) and 21 male non-drinker (those who do not drink Tea) similarly 4 female drinkers and 8 non-drinkers. The hypothesis suggests that aggression level of the users is directly related to the consumption of tea although results obtained were non-significant based on aggression scale.

Keywords: *Antioxidant, Aggression, Beverage, Synergistic*

PROGRESSIVE LITERARY WRITINGS: EXPLORING THE UNCONVENTIONAL SENSITIVE ISSUE ON WOMEN'S HEALTH

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From 1930s, the progressive writers' association established the importance of literature as a tool of social awakening and cultural transformation. The objective of this paper is to highlight the radical works of progressive writers, especially Dr. Rashid Jahan, a medical practitioner, communist by ideology and one of the founder members of association. Her short Stories and one Act plays in the anthology titled *Angare* explored with boldness the taboo subject on women's health which was not discussed earlier. The works depicted the mores of the Muslim community, focused on the deplorable condition of women, and explored the evils of

feudal patriarchy where sickness and health of a wife would no meaning for husband. Her story *Behind the Veil* depicts woes of women's marriage at an early age, poor health, unwanted pregnancies, anxiety about losing looks and the threat of divorce. These literary works lifted the veil from the private sphere and depicted the realism prevailing in the society. As an experienced medical practitioner, her series of write-ups spread consciousness and attempted to educate native women of the benefits of western scientific medical knowledge. These themes also explored gendered domestic disharmony, alienation and tried to develop a habit to bring women out of seclusion, enabling them to participate in the remaking of the world around them.

Key words: *Alienation, Domestic Disharmony, Seclusion, Unconventional Sensitive Issues.*

STRESS AND MANAGEMENT STRATEGIES IN ISLAM

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The present paper deals with stress and management strategies from Islamic perspective, as it is generally observed in the modern world that a common man has the wherewithal thrust which can be considered as one of the major ingredients of stress. Stress is a common factor that influences every human being throughout his life time, People often suffer from depression because they do not understand the events in their lives and tend to push themselves a little too much. Lack of self-awareness with respect to demanding situations can put one in a depressed state of mind. The way people handle it depends to the stress retention level and the way they managing the stress. Some time the stress and its management is taken very lightly, whereas in some cases stress becomes too pressurize, uncontrollable and damaging. In this paper an attempt has been made to highlight how the researching into Islamic views and practices able to materialize the Islamic way in managing stress. The role of religiosity no doubt plays an important factor in stress management. Therefore, the focal point of discussions throughout this paper fortifies on belief and religiosity factors which proven as substantial remedy in Islam. The paper accommodates concept of stress, its diversified aspects, warning signs, causative conditions, stress prone areas, and coping strategies for stress management from Islamic perspective that contained the Taqwa, spiritual development, researching evidence based on Quranic verses and Prophetic traditions, essences that stress are manageable in a better way. In order to fulfill the purpose, the paper has been embarked upon the exploratory research design that includes review of literature relevant to the stress and its management, experienced survey contains informal interaction with experienced persons and analyses of insight stimulating cases, a few compilations of Quranic verses and Prophetic traditions with specific addresses the issues for managing stresses in socio- cultural and economic life of human being.

Keywords: *Religiosity, Stress Management Strategies, Stress Retention Level, Spiritual Development, Taqwa, Quranic Verses and Prophetic Traditions,*

THE EFFECT OF SUPERVISORY AND COWORKER SUPPORT ON STRESS, EMOTIONAL EXHAUSTION AND JOB SATISFACTION IN CALL CENTRE EMPLOYEES: MODERATING ROLE OF SELF-EFFICACY

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The present study investigated the effect of supervisory and coworker support on stress, emotional exhaustion, and job satisfaction. Further, the study also examined moderating role of self-efficacy on the relationship of supervisory and coworker support, and stress, emotional exhaustion, and job satisfaction. The sample included

269 (Male=195; Female=74; Average age=23.55; SD=3.26) call centre employees from seven call centres in India. Direct effects showed that supervisory and coworker support affects stress, emotional exhaustion, and job satisfaction. Moderating effects of self-efficacy was carried out by median-split method. Correlation results showed that supervisory and coworker support significantly correlated with perceived stress ($r = -.32, p < .00$; $r = -.20, p < .05$, respectively) and emotional exhaustion ($r = -.25, p < .00$; $r = -.21, p < .01$, respectively) in low self-efficacy group, but not in case of high self-efficacy group. Results of stepwise regression analyses showed that supervisory and coworker support significantly predicted emotional exhaustion ($\beta = -.24, p < .00$; $\beta = -.20, p < .01$, respectively) only in low self-efficacy group; but not in high self-efficacy group. Further supervisory and coworker support predicted both dimensions of job satisfaction, i.e. social-intrinsic and extrinsic-intrinsic in low self-efficacy group, but only one dimension in high self-efficacy group. Overall regression analyses showed that self-efficacy played role of a significant moderator on the relationships of supervisory and coworker support and stress, emotional exhaustion and job satisfaction. The findings were discussed in light of previous research in the literature. Implications of findings for occupational health in human services were also discussed.

Keywords: *supervisory support, coworker support, self-efficacy, stress, emotional exhaustion*

PARENTAL STRESS IN WORKING MOTHERS OF ADOLESCENTS AGED 13-17 YEARS

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All parents experience parenting stress to some extent regardless of their educational level, the income and social support available to them. Not all work is alike, and the effect of mother's work on herself and her children will in part depend on what the work is like. Balancing work and family roles has become a key personal and family issue for many working mother's lives. The need for studying parental stress and time management in working mothers now a day, in relationship to adolescents is getting on the peak day by day. The present research work was carried to study parental stress in relation to time management among mothers working as college professors and bank employees having at least one adolescent child aged 13-17 years. Sample of 120 mothers' from three degree colleges and three public banks were selected by purposive sampling technique from Jammu city. The tools used were - Stress Index for Parents of Adolescents (SIPA) developed by Sheras et al. (1998) and self-devised interview schedule for time Management. Findings revealed working mothers spend 6-10 hours outside home according to their occupation. Mothers working for longer hours (10 am. - 5pm) were on borderline stress than those working from 9am- 3pm. Mother's of male adolescent showed higher stress in comparison to mothers of female children. Higher percentage of college professor had borderline parental stress than bank employees. It can be concluded that none of the working mother had severe parental stress which is due to time management efficiency & strong personal bonding with their children and better educational and socio economic status.

Keywords: *Adolescents, Parental Stress, Time Management, Working Mothers*

PSYCHOLOGICAL CORRELATES OF HYPERTENSION

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Biopsychosocial model emphasizes on the influence of psychological and social factors along with biological factors in the process of disease and illness. Physicians focus on the biological aspect of ailment. Hypertension has qualified as the most potential risk factor which results in heart disease that is why it is also known as

silent killer. **Objective:** Present study aims to investigate the role of psychological factors in hypertension. **Method:** An equal sample of 50 each in hypertensive and normotensive male bank managers were selected for the study. Criteria for placing a person in either group were blood pressure measurement and a short interview. Measures used were aggression questionnaire by Dr.G.C.Pati and Hardiness scale by Kobasa. Through the interview it was tried to match the two groups on working condition. **Design:** Ex post facto design was used. **Data analysis:** Data was analyzed using t test. **Results:** Data analysis revealed that aggression scores of hypertensive group are significantly higher in comparison to normotensive group. For factor hardiness significant difference between the two groups was not found. **Conclusion:** Various psychological factors seem associated to hypertension. In the present study aggression was found to be related to hypertension while there was no significant difference on the criterion of hardiness among hypertensive and normotensive. Implications for psychological factors in hypertension are discussed in the paper.

Keywords: *Aggression, Hardiness, Hypertension*

PARENT ADOLESCENT COMMUNICATION RELATED TO PUBERTAL ISSUES

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The present study was undertaken with the objective of investigating the nature of parent adolescent communication regarding pubertal issues, as research evidence has suggested its association with healthy development of ideas related to sexuality and family life. Menarche marks a turning point not only in the lives of girls but also in the lives of their parents. Relatively normal and healthy adolescents tend to come from homes where there is reasonably good communication between the two. The sample of the study comprised 100 girls in the age group of 15-18 years drawn from Jammu city of J&K state by random sampling. An in-depth self devised interview schedule having items related to experience of puberty and communication with parents was administered on the selected sample girls. The findings suggested that majority of adolescent girls did not communicate freely about the pubertal issues with their fathers and other male members of the family because of hesitation, shyness, societal norms and various stigmas. They reported that they felt embarrassed about discussing these issues with them. On the other hand, the girls felt free to discuss the issues related to puberty like development of secondary sex characters, menarche, and menstruation with mothers owing to the feeling of belongingness and gender specific compatibility. They followed the traditions and norms imposed on them by their family without questioning. The study points to an imperative call for sensitization and guidance of family members and others to open up communication with adolescents and provide them with vital and correct information about pubertal and other life related issues.

Keywords: *Adolescent Health, J &K, Parent Adolescent communication, Puberty*

BENEFICIAL EFFECTS OF YOGA TRAINING ON THE PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS

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The present study is designed to examine the effects of yogic practices on the psychological well-being of adolescents. The study was conducted with 100 male participants aged 15-19 years by using psychological well-being scale and introducing them an intervention program. The participants were divided into two groups (experimental and control groups). Both groups were exposed to pre and post-test. The intervention program was scheduled for 12 weeks and 5 days in a week. Yogic practices were introduced to the participants

approximately over 1 hour and 30 minutes in the morning. All the participants were encouraged to attain the session regularly. The yogic practices have been taught by the experts. Results of the present study reported that beneficial effects of yoga training on the psychological well-being of adolescents. It was concluded that regular yogic practices can promote health and well-being among adolescents by strengthening their body and mind.

Keywords: *Adolescents, Effect, Intervention, Psychological well-being, Yoga*

EFFECT OF SAMVEDI DHYAN KRIYA –AN INDIAN MEDITATION TECHNIQUE AND AUTOGENIC TRAINING – A WESTERN TECHNIQUE ON AUTONOMIC NERVOUS SYSTEM IN NORMAL ADOLESCENT FEMALES

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During stress our sympathetic nervous system dominates our parasympathetic nervous system showing marked effects on our autonomic nervous system. Samvedi Dhyan Kriya: Meditation technique is one of the two most easy and widely used relaxation technique in our Indian medicine and spiritual science to reduce this stress. On the other hand, the western science rely more on autogenic training for dealing with stress. In the present study we compared the effects of the two techniques from entirely opposite science systems to find the one which is most effective on autonomic variables (Respiratory rate, Heart rate, Systolic blood pressure, Diastolic blood pressure and Galvanic skin response). The study was done on 45 normal adolescent females, divided equally into three groups and during study two subjects dropped out from each group (n=13). On applying paired t-test, Unpaired t-test, One way Analysis of Variance (ANOVA), Post hoc analysis by Schiffe's test, no significant difference was found between the two techniques and the value of GSR showed marked difference. Thus we can conclude that the present study shows that both the treatment regimens were equally effective in including relaxation by effecting some parameters (RR, HR, GSR). Hence it suggests that we can include our Indian meditation techniques in the treatment protocols for treating patients with stress and related disorders. The other coincidental finding from the study revealed that GSR is better parameter to measure autonomic nervous system activity.

Keywords: *Autonomic Nervous System, Autogenic Training, Meditation, Samvedi Dhyan Kriya, Stress*

A STUDY OF STRESS AND COPING OF WORKING AND NON-WORKING WOMEN

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Stress has been the hand maiden of modern hi-tech era. Stress is part and parcel of every human life. Women are facing stress in the different arenas of life. Working and Non-working women constitute total of 50% of population, stress has negative emotional experience from mismatch between the individual appraisals to the stressful situation, whereas humans do not succumb to the stressors. They have the capacity to manage stress by adopting different coping mechanisms and hence, accommodate in the existing conditions. The present research study is directed towards understanding the stress of the working and the Non working women and what mechanisms they adopt to manage stress.

Keywords: *Appraisal, Coping Mechanisms, Emotional Experiences, Stress*

SUSTAINABILITY AND HEALTH

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The term health has been long defined from the epidemiological perspective “as the state of being free from illness or injury”. However, the concept of health has undergone a transition from absence of illness to better and healthy life for oneself and for future generations. This requires promotion and protection of not only our body system but also natural environment that surrounds us. The interlink between Health and Environment has begun to be recognized with the beginning of understanding on sustainability and sustainable development. Hence, there is a present need to look at health from epidemiological perspective to ecological perspective which would make the entire human kind sustainable. The present paper discusses the indiscernible cycle of sustainable environment- development- health from multiple levels- individual, family, and community as a whole. While sustainable healthy behavior at the individual level should be understood from the interactions of beliefs and behavior and action, families and communities should encourage health-promoting environments for sustainable communities and neighborhoods. The paper discusses various challenges of sustainable environments towards health at the various levels.

Keywords: *Health and Environment, Sustainability*

HEALTH AND TREATMENT SEEKING BEHAVIOUR AMONG WOMEN (35-65 YEARS) OF JAMMU

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The present study was conducted in urban, rural and tribal areas of Jammu and Kathua Districts of Jammu with the objectives: To study women’s knowledge and beliefs about health in context of wellbeing and illness and 2) To study the treatment seeking behaviour of women. The total sample size was 600 nomadic Gujjar women. The results show that the respondents from Jammu visualise health holistically as physical, mental, emotional and social well-being whereas respondents from Kathua lay more stress on mental health. Both District as well as ethnicity wise significant differences in the opinion were observed among the respondents regarding knowledge and beliefs about wellbeing and illness, importance of health and present state of their health. Very few respondents from both the Districts believed and rated their present state of health as very good or excellent. Most of the respondents from the tribal areas rated their health as poor as compared to the respondents of urban and rural areas who rated their health as good. Majority of the respondents from urban and rural areas of Jammu and Kathua prefer treatment in government hospitals but tribal respondents prefer treatment by nearby Registered Medical Practitioner (RMP). Respondents from the tribal areas face more difficulties in accessing medical facilities and are more dependent on medicines for their routine work as compared to urban and rural areas of both districts. The findings are part of UGC- MRP.

Key Words: *Health Seeking Behaviour, Treatment Seeking Behaviour, Wellbeing,*

MAINTENANCE AND WELFARE OF PARENTS AND SENIOR CITIZENS: A CRITICAL EVALUATION FROM HEALTH PERSPECTIVE

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The present day world is like a cocoon. Everything and everyone seems to be so much accessible in these modern times. The onset of globalization and revolution in the information technology has bridged the gap in

terms of time and distance but has widened the gulf between relations and hearts. The emotional content has been subdued by the constant and insatiable thirst for improving the materialistic living. The virtues and ethics of co-existence have been replaced by the canons of individualism. The warmth of relationships has mellowed down and the family as an institution has received a major jolt. With fractures erupting, the senior citizens, the apex inhabitants of this institution have been left to fend for themselves. In the wake of modernization, the age old pattern of survival has been altered and has transcended the traditional methods of economic, educational, emotional and psychological support system. This approach is patently responsible for the destitution of the elders who are robbed off their strength and hard earnings of prime youth. This loss causes serious psychological effects on the elders wherein they invariably become pessimist and agitated. The constant isolation takes heavy toll on their physical and mental health and becomes primary cause of their early demise. Although taking care of the family members is an ethical and moral issue, the law provides for the mechanism via which the desired human behavior and human action can be achieved. The paper forms a case for the protection of the senior citizens, dwelling deeper into the causes of their destitution, the impact it has on their psyche, their expectations and the legal framework that can help them get their due. In the final section, a critical appraisal of the “Maintenance and welfare of Parents and senior citizens Act, 2007” has been discussed.

Keywords: *Causes, Elders’ Psyche, Family System, Impact, Legal Framework*

OCCUPATIONAL STRESS AS DETERMINANT OF BURNOUT AMONG HAEMODIALYSIS NURSES

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Occupational stress and burnout is a growing occupational health problem of haemodialysis nurses characterized by frequent ongoing contact with patient who have complex care requirements due to chronic kidney disease. Taking these views, this research was carried out with the following objectives:

- (a) To examine the relationship of occupational stress with burnout in the nurses in order to examine the specific job stressors associated with burnout.
- (b) To examine the relative important of various occupational stressors predicting the burnout among nurses.

Design: A correlational research design has been carried out to detect these interrelationship as well as the various occupational stressors which better predict the various domains of burnout in HD nurses. **Methods:** The present study was conducted on a sample of 100 female HD nurses practicing in Government and private hospital of Varanasi city with age range of 20 -50 years. The participants of the present study were purposively sampled Nurses work related stress inventory (Yadav and Dwivedi 2002) and Maslach’s Burnout inventory (Yadav and Dwivedi 2002) were administered to nurses individually as well as in a small groups (3 – 5). **Findings:** The findings indicate that there is a significant and positive correlation between occupational stress and burnout among HD nurses. Further the findings indicates difficulty in caring the problematic patients and work overload emerged as a best predictor of burnout in HD nurses. **Conclusions:** On the basis of overall findings this study indicates that several factors have been indentified both in occupational stress and burnout for HD nurses. These include difficulty in caring the problematic patients, workload, difficult interrelationship with physician, facets of patients care, violence and abuse from patients and their attended directed at nurses.

Keywords: *Burnout and Haemodialysis Nurses, Occupational Stress*

MATERNAL AND PATERNAL EMOTIONAL INTELLIGENCE AND THEIR ATTITUDE TOWARDS PARENTING

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The present research was conducted to assess the relationship between maternal and paternal emotional intelligence and their parenting attitude. The sample for the present study comprised of 100 dual earner couples, (50 fathers and 50 mothers) having at least one child in the age group of 6-12years. Two scales were used for the data collection namely, (i) Mangal and Mangal (2004) Emotional Intelligence Inventory Scale and (ii) Geraed (2010) Parent Child Relationship Inventory, (PCRI). The results reveal that the mean age of the fathers is 42.02 ± 6.06 years and mean age of mothers is 37.08 ± 5.98 years and most of the parents were qualified up to post graduation. Most parents had average level of intrapersonal awareness, interpersonal awareness and interpersonal management of emotional intelligence. Only in one dimension namely intrapersonal management most parents scored 'good'. There was significant difference between fathers and mothers only on the dimension intrapersonal awareness, with fathers showing higher level of it than the mothers. Results on parental attitude indicate that most parents had high level of parental support, communication, limit setting and autonomy, low to high levels of satisfaction with parenting and involvement, and moderate level of role orientation. Significant differences were found between fathers and mothers on three dimensions namely parental attitude, involvement and limit setting. Findings of the study highlighted that some dimensions of the emotional intelligence tend to have significant correlation with some components of parental attitude.

Keywords: *Parental Emotional Intelligence, Parenting Attitude, Children*

A STUDY OF SOILD WASTE GENERATION AND MANAGEMENT OF JAMMU CITY

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Purpose: Solid waste is the unwanted or useless solid material generated from the combined residential, industrial, and commercial activities. Since the beginning, humankind has been generating waste, be it the bones and other food or the wood they cut to make their carts. With the progress of civilization, the waste generated became more complex in nature. At the end of the 19th century the industrial revolution saw the rise of the world of consumers. Thousands of tons of solid waste is generated daily. Most of it ends up in open dumps, and wet lands, contaminating surface and ground water posing major health hazards. The growth of the Jammu city has witnessed a great increase in the process of urbanization. The dumping of solid waste can be witnessed in and around the city. Therefore, the given study tries to identify the different types of waste and the ways to manage it. **Objectives:** The objective of the study is to assess the different types of solid waste coming from the different sources. The study also aims to examine the type of disposal activities in the study area. **Methodology:** The present work is mainly based on the primary data collected on the basis of designed questionnaire about the information that pertains to the different kind of solid waste coming from different sources. The secondary data were collected from books, reports, journals, existing literature reviews. The descriptive statistics were used to analyze most of the data. This involves the use of % and frequency counts, presented in tabular form and was used to achieve the objectives of the study. The different cartographic techniques would be used in the study. **Findings:** The study aims to identify the different types of solid waste in city. It also tries to quantify the different solid waste and on the basis of the type of waste the possible waste management measures would be suggested.

Keywords: *Commercial Waste, Domestic Waste, Environment, Residential Waste, Solid Waste*

WOMEN AND THEIR MENSTRUAL EXPERIENCE

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The study brings to focus the various symptoms faced by the women during menstrual period. For this purpose the menstrual distress questionnaire prepared by Moas (1995) was used. This questionnaire included eight group symptoms like pain, concentration, behavioral changes, autonomic reactions, water retention, and Negative effects. Arousal and control. Under each symptom a set of peculiar characteristics has been narrated. The sample size was of 100 women which were randomly selected. Out of them 50 was unmarried and 50 were married. These women were taken from Ahmedabad city. Out of 100 72 women were non working and 28 women were working. Their educational status ranged from 5th standard to post graduate level. The questionnaire was personally given to each candidate asking them to tick mark particular characteristics under each symptom depending on what they experienced during menstruation. The result analysis shows that most of the women experienced the symptoms of pain and concentration. Even a few characteristics of the symptom Autonomic reaction and water retention were experienced. The effect at the negative symptom and behavioral changes found to be highest as many women during their menstruation while that arousal and control symptom were found to be the least.

Keywords: *Pain, Concentration, Autonomic Reactions, Behavioral Changes, Menstrual Distress, Negative Effects, Water Retention, Women-Menstrual Experience,*

RELIGIOUS INVOLVEMENT AND WELL-BEING OF THE ADOLESCENTS OF SHIMLA CITY

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Chronic deprivation is more often associated with a sense of learned helplessness and hopelessness and has been most consistently allied to poor socio-emotional well-being. Earlier researches which have reported on the relationship between the duration and timing of poverty to children's development have mentioned that the chronically poor families that provided poor child rearing environments to their children in these families showed lower adjustment and poor Social-emotional Well being among them. In the past decades there has been growing recognition regarding the religious involvement on both physical and psychological well-being. However, lower adjustment and poor Social well-being interferes with both individual and social functioning and causing persistent problems in healthy human development, social relationships, and empowerment. Attention to the healthy effects of religious involvement on the Social and emotional well-being among different groups is still in its inception. This article examines the relationship among religious involvement, overall wellbeing, personal well being and social well being of the adolescent of Shimla City in both experimental and control group separately and as well the difference between experimental group and control group on these variables. The result showed the higher levels of religious involvement were positively and significantly associated with the persons, social and overall well being of the participants and the experimental group outperform the control group on their well being scores.

AWARENESS, STRESS, ANXIETY AND DEPRESSION AMONG HYPERTENSIVE PATIENTS ATTENDING CARDIAC OPD IN SUPER SPECIALITY HOSPITAL

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Background: Hypertension is a major risk factor for Cardiovascular Disease and its association with negative emotions may increase their risk for the development of mental health disorders particularly anxiety, depression and stress. **Aim of the study:** To assess the awareness, stress, anxiety and depression among hypertensive patients attending Cardiac OPD . **Study Design:** - A cross sectional study. **Materials and methods:** - Hypertensive patients, who attended the outpatient clinic during one month period of 1st July to 31st July, 2015 were given a questionnaire regarding socio demographic profile, risk factors and awareness for high blood pressure and prevalence of stress, anxiety and depression was assessed using a structured validated questionnaire DASS-21 (Depression, anxiety and stress scale-21). **Results:** There were 180 hypertensive patients out of which 108 were males, 72 were females, 63.9 % were in age group of 41- 60 years and from rural areas, 80% of them were married, 75% knew that it is a lifelong disease with 72.2 % knowing that treatment is lifelong. 87.7% and 63.8% had awareness of symptoms and complications respectively. Regarding psychological symptoms, mild to severe depressive symptoms were present in 10 %, anxiety in 70% and stress in 10 % of patients. **Conclusion:** Overall awareness in hypertensive patients was good but detecting depressive, anxiety and stress related symptoms in these patients is critical and the study findings highlight the need of psychiatric evaluation, counselling and support services to be made available to these patients.

Keywords: *Anxiety, Awareness, Depression, Hypertension, Stress.*

VULNERABILITY FOR SOMATIC DISORDER: INVESTIGATING ASSOCIATION BETWEEN ILLNESS BEHAVIOUR, LOCUS OF CONTROL, FAMILIAL AND ENVIRONMENTAL DETERMINANTS

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Objectives: Many psychiatric patients who come to hospital or clinic often present with distressing somatic symptoms along with preoccupying concern, feelings and behaviours in response to those symptoms. Several contributing factors as biological, genetic (familial), learning, social exposure, pain sensitivity, familial and childhood experiences etc. may act as contributors towards vulnerability for these patients. Present study aims to investigate some contributing factors as pain sensitivity (biological), childhood attention (experience and learning), personality, comorbidity (anxiety, depression), stress in the clinic patients presenting with somatic symptoms. **Methods:** Total 146 patients who came to the above clinic for treatment had been selected for the study. Initial evaluation and diagnosis had been made by staff psychiatrist. Patients with psychotic symptoms, primary depressive disorders, OCD etc. were excluded. Psychological tests used were Illness Behaviour Questionnaire (IBQ), Depression, Anxiety, Stress Scale (DASS21), Locus of Control Scale (LOC), Health Survey (SF20), and Familial disposition measures (FDM). **Results:** The illness behavior dimensions (Disease Conviction, General Hypochondriasis, Denial) were found to be correlated with increased somatic symptoms. Higher stress score and anxiety score were also significantly correlated with somatic symptoms. External locus

of control had been found to be associated with elevated symptom anxiety. Childhood exposure to trauma and familial health concern seemed to have roles in development of somatic symptoms. **Conclusion:** As subjective health complaints are often reported more in the south eastern part of the state of West Bengal and significantly affecting the daily functioning of the individuals as well as limiting their productivity, this study can probably help in understanding the underlying problems and can take some measures to rectify those.

Keywords: *Illness Behavior, Locus Of Control, Somatic Disorder, Stress*

MEDIATING ROLE OF EMPLOYEE ENGAGEMENT IN THE RELATIONSHIPS BETWEEN JOB CHARACTERISTICS, WORKPLACE SOCIAL SUPPORT AND PSYCHOLOGICAL HEALTH AMONG INDIAN BANKING EMPLOYEES

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The present study was aimed to explore the mediating role of employee engagement in the relationship between job characteristics, workplace social support (perceived organizational support and perceived supervisor support) and psychological health among Indian banking employees. Data were collected from (N=110) managerial and clerical employees of various public sector banks located in Varanasi (UP). The data of the present study were analyzed using Pearson's correlation and hierarchical mediated regression analysis. The results of the correlational analysis indicated significant positive relationships between job characteristics, workplace social support (perceived organizational support and perceived supervisor support) and psychological health and employee engagement. Similarly, employee engagement correlated significantly and positively with psychological health. Results of hierarchical regression analyses indicated that job characteristics, perceived organizational support and perceived supervisor support significantly positively predicted psychological health and engagement of employees, when the effects of socio-demographic variables were controlled. The demographic variables of the study included age, gender, marital status, salary, designation, education, working hours, and total work experience. The procedure developed by Baron and Kenny (1986) was used to test the proposed mediating effect of employee engagement. The results of mediated regression analysis revealed that employee engagement fully mediated the relationship between job characteristics, workplace social support and psychological health. The findings of the study implicated that organizations should understand the importance of employee engagement and it should be viewed as a broad organizational and cultural strategy to enhance psychological health of Indian Banking employees.

Keywords: *Employee Engagement, Job Characteristics, Perceived Organizational Support, Perceived Supervisor, Support, Psychological Health*

GENDER DIFFERENCES IN QUALITY OF LIFE AND DEPRESSION AMONG PATIENTS WITH TYPE I DIABETES

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Diabetes mellitus is a group of metabolic diseases characterized by elevated blood glucose levels (hyperglycemia) resulting from defects in insulin secretion, insulin action or both. The present study aimed to

assess gender differences in quality of life and depression in patients suffering from type I diabetes. Sample encompassed 70 participants (44 male and 26 female) in the age range of 40-80 years collected from Jammu region. WHO Quality of life questionnaire and Beck's Depression inventory-II were used as tools. Results indicated a significant difference on physical and psychological dimensions of quality of life and on depression across gender. The mean scores indicated that female participants had increased levels of depression than male participants. No significant differences were observed between males and females on social and environmental dimensions of quality of life.

Keywords: *Depression, Diabetes, Gender, Quality of life.*

WOMEN HEALTH IN RURAL JAMMU AND KASHMIR: A CONCERN

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Health is not just related to our physical fitness rather it is over all well being, that means along with physical fitness mental as well as social fitness is also important. We could not say that health is everything but we could say that without health, everything else is just nothing. India has 17.5% of the world's population and its 70% of the population resides in rural areas and males significantly outnumber females, an imbalance that has increased over time. At present Indian Rural health care faces a crisis and if we consider a state in India like Jammu and Kashmir, the status is much more deteriorating. There are so many programs and policies launched by Government of India in the state and also by Government of Jammu and Kashmir to achieve the objective of "Health for All" so that one who is in need of urgent medical service could get the benefit. Slowly and gradually the status of health in the state is improving, but rural health with respect to women, in comparison to urban areas is still under concern. If we think about women health in rural areas, it is of utmost importance and a considerable issue, which should be on priority, to discuss. The present paper focuses on the same issue and highlights the important policies and programs enunciated by the state government for women. It also includes the status and awareness of these policies and programs to rural women in the state, actually.

Keywords: *Rural Health, Health, Women*

PSYCHOPATHOLOGY AND EMOTION REGULATION

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The review attempted to spell out the role of emotion regulation in the origin, development and maintenance of psychopathology especially involving dysregulation of emotions. The review indicated that the study of emotion regulation started in last decade of 20th century and became a popular psychological construct among researchers around the globe. The emotion regulation has been reported to have great implications in explaining many aspects of human behaviour viz; memory and cognitive processes, social and interpersonal behaviours, depression, anxiety, eating disorders, substance-related disorders and other sorts of mental illness. Recent findings have argued that difficulties in emotion regulation are at the center of the fundamental symptoms of depression and other disorders in which the individuals display recurrent use of maladaptive emotion regulation and difficulties effectively implementing adaptive strategies leaving the question unanswered what underlies these difficulties in emotion regulation. The review also showed that there is a dearth of studies uncovering the mechanisms involved in explaining the behaviors by emotion regulation including psychopathology of various kinds. The nature and types of emotion regulation are yet to be completely unearthed. The detailed discussion has been carried out in the light of process theory of emotion

regulation (Gross, 2007, 2014) and its recent modifications in the theory along with the relevant researches carried out in the field which have been advanced to explain the relationship of emotion regulation and psychopathology. The review ends with the suggestions for the future scientists to carry out researches on this emerging issue.

Keyword: *Anxiety, Depression, Eating Disorders, Emotion Regulation, Psychopathology*

PSYCHOLOGICAL IMPACT OF MILITANCY IN KASHMIR

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There is a lot of empirical evidence that processes of militancy and subsequent militarization has deeper, larger and wholistic impact on the society of Kashmir. In fact, it engulfed the entire societal dynamics in its inferno and made its impact felt in all sectors and on all sections of society. These implications were deeper because all social institutions, inter-relationships, processes, and all fields of life got involved and were effected directly and indirectly. Militancy resulted in the breakdown of normal life and stigmatized the individual and social growth of the people of Kashmir. It made people functionally defunct, badly affected their mental well-being and wrought havoc on their collective psyche by increasing depression and anxiety to ever highest mark. The number of the widows and orphans living in pathetic and miserable living conditions increased manifold due to militancy. They faced mass depression and other psychological problems as the feeling of helplessness and insecurity prevailed at all walks of their life. This paper aims to focus on the Psychological Impact of Militancy in Kashmir.

Keywords: *Anxiety, Depression, Militancy, Psychological Impact*

HEALTH PROMOTING BEHAVIORS AND BODY IMAGE CONCERN IN ADOLESCENTS

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The present research aimed to study health promoting behaviors in relation to body image concern among adolescents in the light of model of Health Promoting Behavior proposed by Nola Pender (1982) which mentions 'Aesthetics' as one factor to inculcate in health promoting lifestyle. The sample comprised of 106 adolescents (Males=69, Females=37) in age range 14-17 years. They were purposively selected from grades 10th and 12th of a public school in the city of Amritsar. The subjects were administered Adolescent Health Promoting Lifestyle Profile-AHLP (Pender, 2006) and Body Image Concern Questionnaire (Littleton, 2005) to assess health promoting behaviors and body image concern respectively. Correlational Analysis of the data revealed that Health promoting Behavior is not significantly correlated with body image concern. Among the six individual dimensions of AHLP i.e. nutrition, social support, health responsibility, life appreciation, exercise, stress management; only the dimension of 'exercise' could correlate significantly with Body image concern. Correlational analysis even revealed slight gender differences in the above attributes. The results will be further discussed in the light of evidence available.

Keywords: *Adolescents, Body Image, Health Promoting Behaviors*

GUJJAR WOMEN AND REPRODUCTIVE HEALTH: STUDY IN JAMMU DISTRICT

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Reproductive health is an essential component of the long drawn process of the empowerment of women. Even though safe motherhood has always been featured predominantly in the Indian programs and policies, the situation today remains discouraging. A variety of socio-economic factors together with the poor responsiveness of the public healthcare system stands as a major barrier to the utilization of reproductive health facilities. Women's poor reproductive health in India is affected by a variety of socio-cultural, biological, economic and environmental factors. Underlying poor reproductive health among Indian women is the poor overall status on the one hand and an inadequate delivery system to cater to the needs of women on the other. The present paper attempts to understand and identify various factors affecting Gujjar women's reproductive health, the levels of utilization of the reproductive health services and analyze their quality from the perspective of women. The aim was to study the problem of women during their reproductive period. The study brought out very clearly the factors like social, economic, environmental which were responsible for women's declining health status. The study emphasized on the understanding of relationship between social structure and status of women. The theoretical discussion on the relationship between social structure, women and reproduction indicated definite linkages, not only between the trios but also with other conditions in which the human beings live. Methodologically, it is therefore assumed that in understanding reproductive health, the analysis of social, cultural and economic dimensions of a society and the group under study, are not only desirable but constitute an essential condition. Since women are central in the process of reproduction and they live under specific social and cultural conditions underlying the social structure, their social status and behavior is conditioned by the value structure of a society.

Keywords: *Gujjar Women, Reproductive Health, Social Structure, Women*

WELLBEING AND COPING STRATEGIES AMONG MENTAL HEALTH PROFESSIONALS

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Clinical work in mental health may be considered stressful for a variety of reasons. While dealing with patients with mental disorders, they face stress which affects their wellbeing. There have been few studies concerned with wellbeing of mental health professionals and the coping strategies they adopt to deal with stress. The present study is aimed to explore and assess mental health professional's well being and coping strategies. The research included 30 mental health professionals who were working in clinical settings and 30 general population. Friedman Wellbeing Scale (Friedman, 1992) and Ways of Coping Questionnaire (Lazarus and Folkman, 1981) were used as data collection tools. The obtained results are discussed in the light of theoretical rationale and suggestions are also given.

Keywords: *Coping strategies, Stress, Wellbeing*

VIRTUAL BUDDY: AN AGENT FOR RESHAPING THE PRESENT GENERATION

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The mankind has gone through enormous transformations and empowered humans with the potential for growth, integration and well-being along with the vulnerability of intra and inter psychic conflicts and ill being, what transit from best to beast and vice versa. The best within have mastered them in enhancing and utilizing their choices, imbibe positive virtues, attributes and strengths, and enjoy healthy, integrated and creative lives. However, the beast within misguides and misdirects their choices and push them towards maladaptation, disintegration and ill being. The modern technology driven world, fast paced general life, negative competition and narrowing down social fibre have alienated the present generation in terms of poor communication and interpersonal relationships. Lack of opportunities to emotional catharsis further worsens the scenario. To address above issues, the virtual buddy is being conceptualized. The virtual buddy is a simulated agent to address the vulnerability and refurbish the present generation towards heightened capabilities and unified functioning. The application of virtual buddy concept, in its interactive modus operandi would enable a person to redefine choices in order to inculcate positive virtues, vitality, better capabilities and functioning. This virtual buddy can interact like a cybernetic parent, spouse, friend, counsellor, professional, and so on. This simulated agent can be instrumental in emotional catharsis and resolve interpersonal issues, intra psychic conflicts, complexes and communication to a great extent. Its applicability includes interactive engagement with recreation, education, training, psychological assessment and intervention. Ethical adherence and confidentiality will make this system trustworthy and result oriented.

Key Words: Cybernetics, Virtual Buddy

HEALTH PROBLEMS ENCOUNTERED BY ADOLESCENTS USING SOCIAL MEDIA

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Introduction: - Using social media is among the most common activity of today's adolescents. Social media refers to the means of interaction among people in which they create, share, and exchange information and ideas in virtual communities and networks (Kaplan, 2010). **Objectives:** - To study: 1) Background variables of adolescents using social media 2) Their usage of social media 3) Health Problems suffered by adolescents using social media 4) Correlation of time spent for using social media with health problems suffered by these adolescents. **Method:** - The sample for the study was 400 adolescents, out of which there were 200 boys and 200 girls in the age group of 16– 18 years. The sample, which was identified by screening, was selected using multistage sampling technique. Self Devised Questionnaire was used along with some probing on certain issues. **Results and Conclusions:** - Results reveal that majority of adolescents accessed Social Media on their mobile phones, followed by Computer, Tablet and 'I' phone. Majority of the adolescents use Facebook and WhatsApp more continually than any other site. They spend 5-6 hours in a week for social media usage. Adolescents report that they have health problems due to their usage of social media such as backache, neck ache, wrist ache, anxiety, and delay in sleep. Boys show high mean scores on the items such as backache, neck ache, wrist ache, whereas girls show high mean scores on anxiety and delay in sleep. Time spent for using social media is positively significantly correlated with irritation in eyes, back ache, neck ache, wrist ache, anxiety, depression, delay in sleep, appetite, headache and restlessness.

Keywords: Adolescent, Health Problems, Social Media.

RESILIENCE AND QUALITY OF LIFE IN PATIENTS WITH BREAST CANCER

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Background: Breast cancer is the most common cancer diagnosed in women worldwide with over 1.3 million new cases per year. Breast cancer is massively rising in India. The world health organization defines quality of life as a subjective perception that an individual has of his position in life, in a cultural setting and in a set of values in which he lives, in relation of his aims expectations and worries. Resilience is the ability to recover readily from the illness. Cancer detection always has a lot of stress and nervousness, which apart from physical injuries will affect quality of life. *Aims and Objective:* The aim of the study is to investigate the relationship between quality of life and resilience in breast cancer patients. *Methodology:* Purposive samplings of 30 patients who are diagnosed with breast cancer were chosen from the inpatient department of Sanjeevani Cancer Hospital, Raipur. *Measures:* Socio demographic data sheet, WHO quality of life Questionnaire and Resilience scale were administered after taking the consent from patients. *Statistical analysis:* Appropriate statistical analysis was done by using SPSS 16 and results will be discussed at the time of presentation.

Keywords: Breast cancer, Quality of life, Resilience

RELATIONSHIP BETWEEN HARDY PERSONALITY AND COPING IN ADOLESCENTS

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Hardiness is a positive attribute of personality that functions as a resistance resource in the encounter with stressful situations. This research investigates the relationship between Hardiness and Coping strategies among the sample of 50 tenth grade students with the age ranging from 14-16. The sample was measured on Ways of Coping Questionnaire (Susan Folkman & Richard S. Lazarus, 1981) and Hardiness scale (Kobasa, 1985). Correlation analysis and Factor analysis were applied on the obtained data. The correlation analysis revealed the significant correlations among the dimensions of hardiness (control, commitment, challenge) and different strategies of coping. The results will be discussed in the light of evidence available.

Keywords: Adolescents, Coping Strategies, Hardy personality

STUDY OF STRESS LEVEL AND COPING STRATEGIES OF MANAGEMENT OF WOMEN TEACHER TEACHING AT SECONDARY SCHOOL LEVEL OF JAMMU DISTRICT

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The present study was carried out to assess the extent of stress faced by secondary school women teachers in government and private schools of Jammu districts and also to study their coping strategies. In the study, stratified random sampling technique was employed. The researcher stratified the sample of two hundred secondary school women teachers, out of which hundred were teaching in Government schools and hundred were teaching in Private schools of Jammu districts. The tool used for the data collection was a modified version of the stress scale of the original tool prepared by Dr. K.S. Mishra and Dr. S.P. Pandey. The tool consisted of 55 statements on four areas of Individual, Home, School and Social for measuring stress. The results of the study show that Secondary School women teachers experienced moderate to greatest levels of

stress at their workplace i.e. school, while performing teaching and other allied jobs related to their profession as a teacher. The teachers as per the findings experienced least stress in the social area. It shows that women have been accepted as working professionals by their family, friends and society at large. It was found that some women teachers used effective coping strategies while most of women teachers used average coping strategies. Women teachers used both positive and negative coping strategies to reduce their stress levels.

Keywords: Coping, Education and Women, Management Strategies, Stress

A COMPARISON OF EATING ATTITUDES AMONG ADOLESCENTS

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Eating attitudes can be defined as beliefs, thoughts, feelings, behavior and relationship with food. These attitudes can influence people's food choices and health status. Thus, identifying faulty eating attitudes can be the first step in identifying and predicting eating disorders e.g. anorexia nervosa, bulimia nervosa and binge eating. Upon establishing the risk of having or developing an eating disorder, a person can be referred to a health professional for further evaluation and treatment. Early intervention can act as a preventive measure against eating disorders especially among the adolescent population. The Eating Attitudes Test EAT-26 was administered on a sample of 120 school adolescents (60 from private and 60 from government). Out of the 60 students from each school, 30 were from 9th standard, 30 from 11th standard and from every standard (9th and 11th), 15 were males and 15 were females. The weight and height of every student was also measured along with the test administration in their respective classrooms. A comparison of the means of EAT-26 scores indicated a significant difference at 0.01 level between government and private school adolescents and a comparison of BMIs of the government and private school adolescents also indicated a significant difference at 0.01 level.

Keywords: BMI, Eating Attitude, Eating Disorders, Health Status

A STUDY ON THE ROLE OF DIET AND PSYCHIATRIC MORBIDITY IN A CLINICAL POPULATION OF KOLKATA

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Objectives: We have experienced that diet sometimes has an effect on our mood. In Indian context, people have various diet preferences which sometimes are noticed to bring certain mood changes or development and exacerbation of certain intrusive thoughts or repetitive uncontrollable behavior. Can diet play a significant role on our psychological status? It might be worth to investigate any probable connection between diet, mood status and obsessive-compulsive behaviors. Thus, this present study examines the association between dietary patterns with Depression and Obsessive Compulsive Disorder using an overall diet approach. **Methods:** This was a clinical study conducted in the clinical setting of National Institute of Behavioral Sciences (NIBS), Kolkata. A total of 116 patients were included in the study. Nutritional status was assessed by using anthropometric measurements; self reported questionnaire and a health survey were conducted using Short Form-12 Health Survey. Presence of Depression and Obsessive Compulsive Features were assessed using Burn's Depression Checklist and Yale Brown's Obsessive Compulsive Scale respectively. **Results:** A significant positive correlation was found between Depression with unhealthy eating patterns i.e. Binge eating ($p < 0.05$) and Skipping meals ($p < 0.01$). Significant positive correlations were yielded between BMI and Body Fat; BMI and Weight and Weight and Body fat ($p < 0.01$). After adjusting the various health behaviors like

addiction, binge eat, exercise etc, it was found that food preference ('Processed food) is significantly correlated with Depression and OCD ($p=0.01$). **Conclusion:** The results of the study demonstrated that food choices and dietary patterns were significantly associated with depression and obsessive compulsive behaviors.

Keywords: *Binge Eating, Depression, Diet, OCD, Processed Food*

THE HARMFUL EFFECTS OF STRESS ON HEALTH ARE NOT INEVITABLE

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The purpose of this study is to provide a highly refreshing alternative to the idea that one must pursue happiness at all costs, drawing on extensive scientific research and real life examples. There is much to be learned from the experience of negative emotions, and from stress. Reviewing the efforts and findings of many scholars and psychologist, the study concludes that harmful effects of stress on health are not inevitable. Despite the bad reputation that stress has long held, there is a growing appreciation that pressure has its perks. Stress is taught to be bad and to be avoided, but research shows that in moderation and with the proper resources, not all stress is bad. Understanding the benefits of our body's stress response can help us perform under pressure. The article attempts to describe the upside picture of stress as something that fosters growth and reviews the various attempts in the past to illuminate the role of stress in living out a purposeful and satisfying life. Being stressed can pay off in terms of improving memory, creativity and relationships. The study begins with the physiology of stress and proceeds to analyze as to how stress can make one healthier and social. One can gain more from accessing the full range of one's emotions. Discomforts need not be avoided to live a meaningful and engaging life. In fact, a bit of occasional anxiety or stress can propel one to do great things. The article ends on a note that there are moments where allowing oneself into some negativity can help achieve better results in one's life, at work, and in relationship.

Keywords: *Social, Stress, Healthier, Physiology*

A STUDY ON ASSOCIATION OF 5-HTT LINKED POLYMORPHIC REGION (HTTLPR) POLYMORPHISM WITH CARDIOVASCULAR DISEASE AND DEPRESSION

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Background: Heart patients often develop depressive behavior and depression itself acts as a strong predictor of cardiovascular diseases. The genetic link between depression and CVD is suggested by insertion-deletion variation of 44bp DNA sequence in serotonin receptor gene (5-HTT) which codes for the serotonin transporter protein and maintains serotonergic neurotransmission. 5-HTTLPR is a polymorphic region within the 5' upstream region of 5-HTT gene that consists of either 14 (S) or 16 (L) repetitive elements. The S-allele is associated with decreased transcriptional activity, decreased serotonin uptake and longer duration of the serotonergic activity. These biological events related with S-allele have been shown to predict depression in the presence of stressful life events including chronic illness. **Objective:** To study association of 5-HTTLPR polymorphism with CVD and depression. **Methodology:** For the study purpose a total of 385 individuals were enrolled (125 depressive CVD cases, 130 non-depressive CVD cases and 130 healthy controls without

depression). The trait depression was measured with the help of questionnaire designed from *Diagnostic and Statistical Manual of Mental Disorders, IV edition, Text Revision* (DSM IV TR) of American Psychiatric Association (2000), to assess depressive symptoms in the study participants. Data and blood collection was done after having an informed written consent from each study participant. Genotyping of 5-HTTLPR polymorphism was done by PCR technique. **Result and Conclusion:** OR analysis showed that the S-allele was significantly associated with post-CVD depression (OR =1.74, p=0.003). However, no difference was observed on comparison among post-CVD depressive patients and CVD patients without depression.

Keywords: Association, Cardiovascular Diseases, Depression, PCR.

STRESS AND COPING STRATEGIES AMONG PARENTS WITH HEARING IMPAIRED CHILDREN: A LITERATURE REVIEW

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Hearing impairment is an exceptional circumstance that restricts the child's ability to communicate verbally. Deafness is the 2nd most common disability and is largely invisible. WHO (2011) estimated that more than six hundred million people across the globe live with disability of various types. There are around 42 million people with hearing loss; with approximately 3 in every 1000 children born have a hearing loss. According to 2011 census, in India 5,071,007 people were suffering from hearing impairment. Rearing a child with special need is associated with increased parental stress and it affects the well-being of parents. A number of studies demonstrated that parents of special children experience higher levels of stress requiring some additional coping resource. Most previous studies are based on listing out personal factors causing stress. The focus of the present paper is to provide a summary of existing literature concerning parental stress and coping strategies adopted by them. Through a literature review the objective is to highlight factors contributing to increased levels of parental stress and understanding and exploring the corrective or remedial action for reducing the incidence of stress.

Keywords: Coping Strategies, Hearing Impairment, Parental Stress.

LIFE SATISFACTION IN PATIENTS UNDERGOING KIDNEY DIALYSIS

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The kidneys are bean shaped organs that serve several essential roles in humans. The most important function of the kidneys is to remove wastes from the body. When the kidneys do not work as well as they should, the wastes in the body are not removed and its effect are very harmful for the body. This condition can be treated by dialysis wherein accumulated waste is removed from the patients' body either by Hemodialysis (HD) or peritoneal dialysis (PD). On an average 2, 53,050 patients undergo dialysis every month in India (Indian Society of Nephrology, 2009.). The present research investigated upon the impact of dialysis on life satisfaction of 120 patients selected through purposive sampling technique who were further equally divided gender wise aged 18 – 55 years undergoing HD or PD from the Institute of Kidney Diseases and Research Centre in Ahmedabad, Gujarat. The Life Satisfaction Scale (LSS) had six dimensions viz. Health, Personal, Economic, Marital, Social and Job satisfaction {Alam and Srivastava, 2001.} was administered to the patients. The results were statistically analysed using a 2x2 ANOVA design, findings of the current research indicated that PD patients had significantly higher health satisfaction as compared to HD patients. The males exhibited higher overall life satisfaction compared to females. The PD patients had higher overall life satisfaction

compared to HD patients. It was observed that significant interaction effect existed between gender and type of dialysis with regards to overall life satisfaction. More research is required in this field.

Key Words: *Dialysis, Haemodialysis, Kidneys, Life Satisfaction, Peritoneal Dialysis*

HEALTH CARE AND HEALTH STATUS AMONG NOMADIC GUJJAR BAKKARWAL TRIBAL WOMEN IN JAMMU AND KASHMIR

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Gujjars and Bakkarwals are the twin tribal nomadic communities living in the state of Jammu and Kashmir. Majority of them are nomadic tribes but for the past few decades, some of the Gujjar population has become sedentarized. These nomadic tribal communities undertake long seasonal journeys (annual migrations) to the lower and middle mountain areas and Pir Panjal pastures in the summer with their flock of sheep and come back to the plains in the winters. The Bakkarwals undertake very long seasonal journeys which stretch even up to two months and take them to the higher reaches of even Dras and Kargil. The Gujjar and Bakkarwal women who are part of such long arduous journeys are faced with major challenges with regard to their health. The health status of such nomadic tribal women is very bad. Such women do not have access to proper and adequate health facilities. They also lack education and have very less awareness about health programs in their tough nomadic lives. These Gujjar and Bakkarwal women in Jammu and Kashmir have been central in the upbringing of children, grazing their goats and sheep's and managing domestic affairs. The proposed paper seeks to explore the health care and health conditions among the tribal Gujjar and Bakkarwal women in comparison to the non-tribal women. The paper would discuss the health status of these tribal women in relation to sex ratio, age at marriage, fertility, mortality, life expectancy, nutritional status, maternal and child health care practices, sexually transmitted diseases, etc. The paper would also recommend measure to improve upon the health conditions of these women in J&K.

Keywords: *Bakkarwal, Gujjar, Health Care, Non-tribal, Tribal, Women*

SELF-CONCEPT AND QUALITY OF LIFE AMONG DIFFERENTLY ABLED PEOPLE

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Disability is as old as human race, but this issue and experiences of differently abled people have received little consideration in general academic circle and research. Self-concept is a general term used to refer how someone thinks about or perceives oneself (Mcloed, 2008). Quality of life is a broad ranging concept incorporating, in a complex way, an individual's physical health, psychological state, level of independence, social relationships, personal beliefs and his/her relationships to salient features of the environment. The aim of the present study was to examine the self-concept and quality of life among differently abled and abled people. The sample consisted of 60 differently abled and 60 abled people with age ranging from 21 to 65. Self-concept of the participants was assessed by using check list cum rating scale by Saraswat (2004). WHOQOL-BREF by WHO (1996) was used for measuring the quality of life of the participants. Data were subjected to statistical analysis. Results were interpreted in terms of their implications and significance.

Keywords: *Differently Abled, Quality of Life, Self-concept.*

A COMPARATIVE STUDY OF STRESS, COPING AND PSYCHOLOGICAL WELL BEING IN ADULTS WHO ARE REGULARLY PRACTICING YOGA AND NON PRACTITIONER OF YOGA

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Background: Yoga has been originated in India thousands yours ago and benefit of yoga, meditation, pranayama for living hhealthy life is well known. Now days more people are interested in natural remedies/treatment for health issues and prefer alternative therapy/treatment. Practicing yoga and/or meditation has its own health benefit not just physical but psychological too. And such activities are considered an effective method for improving health in addition to prevention and management of diseases. Hence the present study focuses on assessing mental health, stress, coping and well being in adults who are regularly practicing yoga and non practitioner of yoga. **Objective:** To compare stress, coping, and psychological wellbeing in adults who are regularly practicing yoga and those who do not practice yoga. **Method:** Cross sectional between group designs. The sample consisted of 60 adult people (30 yoga practitioner and 30 non-yoga practitioner) Tools used for the present study are (1) Perceived Stress Scale (Sheldon Cohen, 1994), (2) Coping Strategies Inventory (David L. Tobin, 1984), (3) Psychological Wellbeing Scale (Oliver et. al.1970-71). **Result:** Presently data collection is going on. SPSS- 20 computer program will be used for data analysis and result will be discussed during presentation.

Keywords: *Adults, Coping, Psychological Wellbeing, Stress, Yoga*

PSYCHOSOCIAL SUPPORT: CYBERSPACE

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In the real world people are so much involved in their individual lives that they merely know each other, they didn't have the personal time, and they have allotted maximum hours from each day to their professional life. The families arc now being changed from joint to nuclear. The individual is now losing the bonding among their own blood relatives family friends. Now a days bonding and attachment to the relative and friends is far away question, it is being passing through a difficult phase for child parents also. Many of the persons adapt to these changes, which are being continuously happening, some persons are not able to cope up with these changes and their psychosocial health is adversely affected. The cyberspace can be used as an aid for improving the psychosocial health of the individuals, where individuals interact and have different world where everybody can express and have a say and also the interaction is possible much frequently and anytime without boundations and boundaries of distance, religion, caste and colour etc. The cyberspace can be utilised in a controlled environment and specific design to improve the psychosocial health of the individuals. This paper explores the cyberspace and use of cyber-psychology as an aid for enhancing psychosocial health.

Keywords: *Cyberspace, Cyber-psychology, environment, professional, psychosocial health.*

THEATRE: MASK AND SELF PRESERVATION

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Are self, identity and personality the same? Self is mostly mistaken with identity and identity with personality. Identity is when one finds truth about one's self whereas, self is the cognitive representation of one's identity or the subject of one's own experience but personality is formed with the help of self and identity. Our emotions, behavior, experience, perception and thoughts are directed by self. We inherit self or it is governed by the environment? We all must have observed that every individual is different, how does it happen? It happens mainly because some are able to shape their environment's learning in their self in a better way than others. Heath Ledger and Robin Williams portrayed many iconic roles during their respective careers but both of them were unsuccessful to keep their own self at a distance from their movie characters. How do some actors manage to divorce their feeling and emotions from their movie character and maintain their own true self? The theatre artists help us see life with a different perspective altogether. It helps us see how difficult life appears but can be handled easily with the help of acting. I believe that they are better beings who live in different types of selves but still somehow manage to preserve their own self. It is ironic though that they still manage to do it! That's what makes them different from others and hence, my paper is attempting to understand how they do it. The paper will demonstrate how self is formed in every aspect of life. And I will be discussing several articles based on the same theme and how constructive paradigm helped me as a methodology.

Keywords: *Cognition, Constructive Paradigm, Emotion, Psychodrama, Psychology, Self, Self-Construction, Theatre*

EFFECT OF TOBACCO SMOKING AMONG FEMALE SMOKERS ON THEIR AGGRESSION, IMPULSIVENESS AND FRUSTRATION

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The objective of this research was to find out the level of aggression, impulsiveness and frustration among female tobacco smokers. The number of female smokers in India has more than doubled — from about 5.3 million to 12.2 million in last three decades. The Journal of the American Medical Association (JAMA). The total sample comprised of 60 females smokers who were selected by the purposive sampling method. The frequency of smoking in a day (none in a day, 1 to 10 & 11 to 20 in a day) and duration of smoking (below 1 year, since 1-2 years & above 2 years) were considered. The Aggression Inventory (Sultania, 2005), The Barratt Impulsiveness scale (Barratt, 1959) and Reaction to Frustration Scale (Dixit and Srivastava, 1987) were administered to the subjects. Student's 't' test was used to analyze the data statistically. In the test of aggression, on the dimensions of indirect aggression, irritability, resentment, suspicion and guilt and also on the overall aggression, the results were found to be significant among the female smokers with regards to their frequency of smoking in a day. Also on the dimensions of negativism, resentment, verbal aggression and also on the overall aggression, the results were found to be significant among the female smokers with regards to their duration of smoking. On impulsiveness, the results differed significantly on the frequency and duration of smoking among the female smokers. In the test of frustration, on the dimension of regression, significant differences were observed among the female smokers with regards to their frequency of smoking in a day.

Also on the dimension of fixation and over all frustration, significant differences were observed among the female smokers with regards to their duration of smoking.

Keywords: *Aggression, Female Smokers, Frustration, Impulsiveness, Tobacco Smoking*

WOMEN AND HEALTH

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The level of adjustment, achievement and peace of mind or mental satisfaction of the individual greatly depends on the quality or the level of his physical and mental health. Moreover, success or failure of an individual in life is also determined by the quality or level of his physical or mental health. Thus, maintenance and Improvement of the physical and mental health of all the members of the society in general and female members in particular is one of the major challenges before the society. Health in general can be defined as a state of complete physical, mental and social well being and not merely the absence of disease and infirmity. There are number of factors responsible for causing health problems for the people in general and the women in particular. These factors are like: Poor economic condition of the family, illiteracy of the people, malnutrition, discriminatory attitude of the parents towards the girl child, early marriage of girls, on seriousness about personal health, superstitions among people, lack of medical facilities in rural areas, and Lack of female doctors particularly in rural areas and so on. As we believe that the woman plays more important role in the well being of all the family members than that of the male members, but she pays less attention and improvement to the maintenances or improvement of her own health. The physical and mental health of the female is very important for maintaining the physical and mental health of all the family members in general and the young children in particular as it is a well acclaimed fact that if the mother is physically and mentally quite healthy during the period of conception and the period of nourishment of child in the initial period of his life, the physical and mental health of the child will remain normal and better than that child whose mother was mentally and physically unhealthy due to some disease or malnutrition. Moreover, if the woman is physically and mentally healthy, she can pay necessary time and take requisite actions for maintaining the physical and mental health of other family members. On the other hand, if the woman becomes a victim of any disease, all the family members in general and the young children in particular will suffer from mental stress and the problem of adjustment in the home. Hence it is the social and moral duty of the Govt., NGOs, health workers and educated members of the society to understand these factors and take necessary steps towards the maintenance of the mental and physical health of the women in the society.

Key words: *Achievement, Adjustment, Discriminatory, Infirmity, Malnutrition, Stress.*

PROGRESSIVE LITERARY WRITINGS: EXPLORING THE UNCONVENTIONAL SENSITIVE ISSUE ON WOMEN'S HEALTH

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From 1930s, the progressive writers' association established the importance of literature as a tool of social awakening and cultural transformation. The objective of this paper is to highlight the radical works of progressive writers, especially Dr. Rashid Jahan, a medical practitioner, communist by ideology and one of the founder members of association. Her short Stories and one act plays in the anthology titled *Angare* explored with boldness the taboo subject on women's health which was not discussed earlier. The works depicted the mores of the Muslim community, focused on the deplorable condition of women, and explored the evils of

feudal patriarchy where sickness and health of a wife would have no meaning for husband. Her story *Behind the Veil* depicts woes of women's marriage at an early age, poor health, unwanted pregnancies, anxiety about losing looks and the threat of divorce. These literary works lifted the veil from the private sphere and depicted the realism prevailing in the society. As an experienced medical practitioner, her series of write-ups spread consciousness and attempted to educate native women of the benefits of western scientific medical knowledge. These themes also explored gendered domestic disharmony, alienation and tried to develop a habitus to bring women out of seclusion, enabling them to participate in the remaking of the world around them.

Keywords: *Alienation, Domestic Disharmony, Seclusion, Unconventional Sensitive Issues*

INFLUENCE OF INTERNET ADDICTION ON INTERPERSONAL RELATIONSHIPS AMONG COLLEGE STUDENTS

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Background: Information technology has added additional burden to the transition of college students from adolescence to adulthood along with the academic and peer pressure. Internet addiction with limited rational control of time and content has aggravated the stress level among college students. At the same time it has created social/interpersonal distance in them and grossly affected their social support system. **Objective:** The objective of this study was to evaluate the influence of internet addiction on interpersonal relationships among college going students. **Method:** The research was conducted on a sample of 200 college going students (n=200) from various colleges within the age range of 17-25 years. The variables were studied using Internet Addiction Test (IAT) by Young (1996) and interpersonal relationship inventory (Tilden, Nelson and May, 1990). The data was analysed using t-test and regression analysis. **Results:** The results of this study indicate that interpersonal relationships are negatively predicted by internet addiction. It was further revealed that there is significant gender difference existing in case of both internet addiction and interpersonal relationships. **Conclusion:** The findings of this study support the results of some previous studies stating that individuals with excessive internet use are prone towards having weak interpersonal relations with family and peers.

Keywords: *Internet Addiction, Interpersonal Relationships*

RELATIONSHIP BETWEEN SELF CONFIDENCE AND ACADEMIC ACHIEVEMENT AMONGST ADOLESCENTS

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To examine the relationship between Self-Confidence and Students' Academic Performance amongst the second year undergraduates of MBBS. The data were collected on a sample of 200 undergraduate (100 boys and 100 girls) MBBS students of RNT Medical College in Udaipur (Rajasthan). The participants were administered the Agnohotri Self-Confidence Inventory (ASCI) by Dr. Rekha Agnohotri (1987) and Achievement Performance score of the student's were taken from their 2nd year final result. The obtained data were statistically analyzed by using Mean, SD, and coefficient correlation and t-test. The correlation between self-Confidence and academic performance were analyzed using Pearson's correlation, results shows positive correlation between self confidence and academic achievement amongst adolescents. The students with higher self-confidence perform better in their academic. Gender also has significant effect on self confidence and academic achievement.

Keywords: *Academic Performance, Gender, Self-Confidence*

PSYCHOLOGICAL WELLBEING AMONG PEOPLE WORKING IN GOVERNMENT AND PRIVATE SECTOR

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The present research aimed to know the psychological wellbeing of the people working in government and private sector. The sample constituted of total 120 members (60 in government and 60 in private) and was further divided into 30 males and 30 females in each sector. For data collection, the Psychological Wellbeing (PWB) devised by Sudha Bhogle (1995) was used. The test was administered and scoring was done. T-test was applied to calculate the score. The results showed that: (i) There was a significant difference found between the mean scores of people working in government and private sector; (ii) There was no significant difference found between the mean scores of males and females in government sector; (iii) There was no significant difference found between the mean scores of males and females in private sector; (iv) There was no significant difference found between the mean scores of males in government and males in private sector; (v) There was no significant difference found between the mean scores of females in government and females in private sector.

Keywords: *Females, Government Sector, Males, Private Sector, Psychological Wellbeing*

IMPACT OF PERCEIVED SOCIAL SUPPORT ON WELL-BEING AND LIFE SATISFACTION OF KASHMIRI PANDIT MIGRANTS

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The present research intends to examine the impact of perceived social support on well-being and life satisfaction of Kashmiri Pandit migrants. The sample of the study were 88 (44 males and 44 females) Kashmiri Pandit migrants aged 35 to 45 years, derived from Jammu migrant camps through incidental sampling. The participants were assessed with Multidimensional scale of perceived social support (Zimet, Dahlem, Zimet & Farelly, 1988), Friedman well-being scale and Satisfaction with life scale (Diener et al. 1985). The data were subjected to 2x2 Analysis of variance. The results revealed that the main effect of perceived social support (B) was found to be statistically significant on emotional stability, joviality, happiness, self-esteem, sociability, total well-being and life satisfaction. Gender (A) significantly affected the three components of well-being (joviality, happiness and sociability) but had no significant effect on emotional stability, self-esteem, total well-being and life satisfaction. However, the interactive effects of gender and perceived social support on all components of well-being, the total well-being and life satisfaction scores were statistically non significant.

Keywords: *Migration, Life Satisfaction, Perceived Social Support, Well-Being,*

THE EFFECT OF PHYSICAL ACTIVITY ON GENERAL HEALTH AMONG ELDERLY WOMEN

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In the next decade, more women than ever before will be age 50 or older. Women face unique health issues beginning at age 50 and throughout the rest of their lives. Somatic symptoms, Anxiety/ insomnia, Social dysfunction and Severe Depression occur more often in older women than in younger women. So regular physical activity in our later years can help to improve and maintain our health. Keeping above points in view

researcher made an attempt to study the effect of physical activity among elderly women. The objective is to screen the individual for potential psychological morbidity using the general health questionnaire. A comparison was made between 30 physically active elderly women and 30 physically non active elderly women on General Health Questionnaire-28 developed by Goldberg in 1970's. The sample selected randomly from Bangalore city, Karnataka. The age range of sample is 60 years and above. The results of the study showed difference in the general health of elderly women those who are physically active are more healthier as compared to physically non active elderly women in the sub scales of general health questionnaire such as Somatic symptoms, Anxiety/ insomnia, Social dysfunction and Severe Depression. It was concluded that physically active elderly women are no possible tendency of Psychological morbidity as compared to physically non active elderly women.

Keywords: *Elderly Women, General Health*

RELATIONSHIP BETWEEN QUALITY OF LIFE, MENTAL HEALTH AND PERSONALITY FACTORS OF TYPE II DIABETES PATIENTS

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Diabetes mellitus (DM) is a frequently encountered metabolic disease with chronic features and involves numerous complications throughout its course, which causes severe restriction and disability in an individual's life. The present study was conducted with an objective of finding out relationship between quality of life, mental health and personality factors of patients with Type II diabetes. The cross-sectional design was followed. The data were collected from 50 patients visiting the diabetic clinic in Jammu. The mean age of participants was 55 years. The Quality of Life Instrument for Indian Diabetes Patients, General Health Questionnaire-12, Big Five Inventory were administered to the patients in the age range of 40 to 65 years. Pearson's correlation analysis was done. The significance was checked at 0.01 and 0.05 level. Results reveal significant and positive relationship between dimensions of quality of life and big five personality factors. Negative relationship came out to be in the dimensions of quality of life and the mental health score. It could be concluded that personality and quality of life are important for the mental health of the diabetic patients. Implications are discussed in the light of the findings.

Keywords: *Big Five Personality Factors, Mental Health, Quality of Life, Type II Diabetes.*

HEALTH MODERNITY AMONG RURAL TRIBAL FEMALES OF JHARKHAND

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Health modernity is scientific correct information, attitude and behaviour in relation to such issues which are essential pre-requisite for healthy living. The objectives of the study were: to measure health modernity among rural tribal women of Jharkhand; to assess the impact of place of their residence on health modernity and to find out ignorance and misconception related to various issues of health. The sample consists of 400 tribal women selected by stratified sampling from rural areas of Jharkhand. The factors of stratification were place of residence-Rural blocks of Ranchi and Dumka and age-15-24, 25-34, 35-44 and 45-54 years. A Health Modernity Questionnaire having seven dimensions-Physical and Mental Health, Diet and Nutrition, Family Planning, Breast Feeding, Child Care and Health habits was administered on the selected sample. The results reflected that the extent of health modernity was dismal and depressing among rural tribal women of

Jharkhand. The level of health modernity was slightly more among the rural tribal women of Ranchi district as compared to Dumka district. Ignorance and misconceptions were prevailing on various issues of health. For example, they believed that life and death depend on God, medical treatment cannot do anything; first milk from mothers' breast after childbirth is harmful for the baby; in case of vomiting or diarrhea, children should not be given anything to eat and drink, the best medicine in this illness is fasting etc. It can be recommended that health education must be disseminated among the rural tribal women of Jharkhand which will enhance knowledge and consequently health status of tribals in particular and Jharkhand in general.

Keywords: Health, Modernity, Tribal

SELF REGULATION STRATEGIES IN CONTROLLING HYPERTENSION AND DIABETES MELLITUS

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Introduction: The term self management means an individual's tasks that must be taken up to live well with the health related diseases such as diabetes, hypertension, cardiovascular diseases etc. These tasks include eating right, exercising daily, controlling your weight and waist circumference, monitoring symptoms and know when to take professional help. HTN and DM are co-morbid conditions that predispose the individuals to cardiovascular and renal diseases. Lifestyle choices and appropriate diet are the key tools to prevent and control these complex diseases. **Objective:** The present study aimed at studying the role of self management in controlling the onset and severity of HTN and DM. **Materials and methods:** In this case-control study a total of 400 individuals were divided in 200 cases with HTN & DM and 200 healthy controls without the history of any major ailment. A detailed self regulation questionnaire containing the information regarding age, educational status, blood fasting sugar, LDL, HDL, TG, TC, BP, dietary pattern, physical activity, WC, BMI etc was duly filled up by each study participant after taking prior consent. After applying the different statistical tools mean, standard deviation and p-value were calculated to test the significant association of these parameters with cases. **Results & Conclusion:** In current study, we found that the controls were more aware of the self regulation program. Because of the adoption of self regulation, self improving and self management strategies in their life, they had controlled their BMI, WC, blood sugar level, LDL, HDL, TC, and TG through physical activity. Low fat consumption and salt consumption was also observed in the control group.

Keywords: Association, Diabetes Mellitus, Hypertension, Self Regulation.

PSYCHOLOGICAL HEALTH IN RELATION TO FAMILY ADAPTABILITY AND COHESION

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A total of three hundred and ten (310) couples served as respondents to highlight the factor structure(s) that would be accounted for the family 'cohesion' and 'adaptability' correlates of 'mood variation' (anxiety, depression, somatic concern and anger - hostility), depressive symptoms and affect (negative affect and positive). Factor analysis revealed two factors. The first factor consisted of depression ($r = 0.902$), anger - hostility ($r = 0.879$), anxiety ($r = 0.873$), somatic - concern ($r = 0.828$), depressive symptoms ($r = 0.709$), and negative affect ($r = 0.535$), explaining 46.094 % of variance. The second factor consisted of adaptability

($r = .954$) and cohesion factor of FACES ($r = .952$), and that negative affect loaded significantly negatively ($r = -0.323$). The two factors emerged to be negatively correlated ($r = -0.313$); explaining a total of 19.726 % of variance. These observations suggest that increase in family adaptability and cohesion factors are related with the decrease in anxiety, depression, somatic concern and anger – hostility, depressive symptoms and negative affect. The findings have been discussed in the light of the implicated psychosocial variables involved in the cultural milieu.

Keywords – *Depression, Family Adaptability, Family Cohesion, Psychological Health (Anxiety, Somatic Concern and Anger – Hostility, Depressive symptoms and Negative Affect)*

PSYCHOLOGICAL WELL-BEING: A COMPARATIVE STUDY OF THANATOPHOBIC PEOPLE

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“A free man thinks of nothing less than of death; and his wisdom is a meditation not on death but on life” (Baruch Spinoza). Death is a natural phenomenon just as life. It is not to be afraid of and not to lose the Psychological balance. The fundamental objective of this paper was to ascertain the psychological well-being among thanatophobic people. For this purpose, the sample was selected from the district Baramulla of Jammu and Kashmir with the help of simple random sampling. In the initial, 300 participants (Adolescents: $n=100$), (Adults: $n=100$), and (Elderly: $n=100$) took part in the study, upon which the Templer Death Anxiety Scale (1986) was administered. In this way the highly death anxious people were identified and the sample was contracted to a total of 90 participants with an equal number of adolescents (12-19 years, $n=30$), adults (25-35 years, $n=30$), and elderly (50-60 years, $n=30$) upon which the PGI Well-being Scale designed by S. K. Verma, A. C. Moudgil, Kuldip Kaur, Madan Pal, B. L. Dubey and D. Gupta (1986) was administered. The obtained scores were analyzed with the help of t-test. The results of the study revealed that there were significant differences between adolescents and elderly, between adults and elderly, and finally between adolescents and adults with regard to their Psychological Well-being. The t-values were found to be 47.851, 18.197, and 24.779 respectively. To conclude we may say that old age people maintained better Psychological well-being despite their fear of death followed by adults and the adolescents showed poor psychological well-being in comparison to their adult and elderly counterpart.

Keywords: *Adolescents, Adults, Death Anxiety, Elderly, Psychological Well-being*

HEMISPHERIC LATERALIZATION IN AFFECTIVE AND SEMANTIC CATEGORIZATION OF IMAGES AND EFFECT OF ANXIETY

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Objective: The present study attempted to compare the affective vs. semantic information processing and cerebral lateralization in affective and semantic categorization of the images and effect of trait anxiety. **Method:** Thirty two pictures (16 positive and 16 negative valence) were selected from The Geneva Affective Picture E Database (GAPED). For semantic categories, 8 pictures under each categories of affective valence depicted man-made and natural environment. Spielberger trait anxiety inventory was used to evaluate trait anxiety. Total 123 participants participated in the study out of which 55 were in high and 68 were in low anxiety group. Mixed factorial design, with the repeated measures of information categorization, valence, and visual field and between subject factors of trait anxiety level was implemented. **Results:** Affective processing

advantage was evident over the semantic processing. Participants high on trait anxiety showed higher response latency and lower accuracy. Left visual field (right hemispheric) advantage was evident for affective and right visual field (left hemispheric) advantage for semantic categorization. Further, higher response accuracy and lower latency was found for positive valenced images. Interaction of trait anxiety level with the nature of information processing, valence and visual field was significant. **Conclusion:** Under the covert attention of peripheral vision, affective information processing advantage over the semantic processing indicates for the possible role of magnocellular pathways, though, differences may exist across the low and high anxiety people. Further, affective vs. semantic nature of information processing interacts with the hemispheric lateralization indicating for the differential role of both the hemisphere in the processing of affective stimuli.

Keywords: *Affective categorization, Anxiety, Categorization, Laterality, Peripheral Vision, Semantic*

RELIGIOUS PRACTICES AND GENERAL HEALTH OF MUSLIM ADOLESCENTS

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Religious practices refer to the activities and the way to connect with God. Various types of religious practices, such as *prayer, yoga, meditation* and *namaz* have been performed according to their religious beliefs which have positive effects on the physical, mental and spiritual health. *Namaz* is one of the “five pillars” of the Islamic faith and an obligatory religious duty. Generally, it is performed five times every day at prescribed times by Muslims. In this ritual, an individual tries to connect with Almighty by performing few physical activities; *Qiyam* (standing), *Rukoo* (bow), *Sajada* (prostrate), and *Tahayat* (sitting on the ground). These practices are proved to be important for the health of human being as yogic practices. Thus, the present study is designed to examine the effects of performing *namaz* on the general health of Muslim adolescents. The study was conducted with 100 participants age ranged 15-19 years by using General Health Questionnaire along with an interview. Results revealed that adolescents who performed *namaz* regularly showed better general health (Mean=48.31) as compared to those who performed *namaz* occasionally (Mean=51.34) but significant difference was not evident ($t=1.73$, $p=.08$). Findings suggest that religious practices can be beneficial for maintaining harmony within self as result of better physical, mental and spiritual health.

Keywords: *General health, Harmony, Namaz, Religious Practices*

ROLE OF PERSONALITY IN PREDICTING STRESS AND COPING IN STUDENTS

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Individual's personality is an influential factor responsible for how one perceives stress and copes with it. In this current paper, the role of personality is analyzed in predicting stress and coping. Also differences in stress and coping were found with regard to age and gender. A sample of 100 students aged 13-30 years were recruited from Jammu city using convenience sampling and were administered Kundu's Introversion-Extroversion Inventory (1976), Stress subscale from Anxiety, Depression and Stress Scale by Bhatnagar et al. (1971) and COPE Inventory by Carver et al. (1989). Regression analysis revealed that only extroversion significantly predicted stress and coping. Significant differences in stress and coping were also found with regard to age and gender, using t-test. Young adults were higher on stress but better in coping as compared to

adolescents, while females were higher on stress and low in coping as compared to males. Implications for the future research are discussed.

Keywords: *Adolescents, Coping, Personality, Stress, Young Adults.*

PESSIMISM TO OPTIMISM: FOSTERING POSITIVITY VIA ALTERNATE THERAPY INTERVENTION

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Optimism is a trait that should become more common, judging by Winston Churchill's famous quote that "a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. Aim of the present study was to foster positivity in the participants via Pranic Healing intervention. The sample consisted of 100 postgraduate students. Tests used were Satisfaction with life scale, Beck's hopelessness inventory and Life Orientation Test-R. After data collection the subjects with low score on the mentioned tests were selected and put through a 15 days Pranic healing intervention. They were measured again on same tests. Pre and post intervention scores were compared using t-test. Results revealed that post intervention a significant increase in optimism level, hope and satisfaction with life was found in the subjects.

Keywords: *Hope, Intervention, Life Orientation Scale, Optimism, Pessimism, Pranic Healing, Satisfaction with Life*

ASSESSMENT OF EMOTIONS, GRATITUDE, LIFE SATISFACTION AND SOCIAL ANXIETY IN UNIVERSITY STUDENTS

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This study was conducted with an objective of assessment of positive and negative emotions, life satisfaction, gratitude and social anxiety in the university students. The data were collected from 150 students enrolled for master's degree program through regular and distance mode. Scale of Positive and Negative Experiences, Gratitude Questionnaire, Life Satisfaction Scale, and Social Anxiety Scale were administered. Cronbach's alpha reliability was calculated and it came out to be moderate to high for the tools used in the study. Independent samples t- test was applied for finding the difference between the regular and distance mode students. Significant difference emerged in negative experiences in the students from regular and distance mode. Pearson's correlation analyzed the relationship between the study variables which came out be significant at .05 and .01 level. To establish the impact of positive psychological constructs on the social anxiety in the sample, linear regression analysis was done. Life satisfaction was found to be contributing to the social anxiety. It could be concluded that irrespective of the mode of education the students are similar on their level of gratitude, life satisfaction and social anxiety. However, they differ on negative feelings. The life satisfaction of the students should be especially focused upon as it is important for their social relationships, hence, the proper functioning.

Keywords: *Emotions, Gratitude, Life Satisfaction and Social Anxiety.*

PERSONALITY DYNAMICS AND BURNOUT AMONG POLICE OFFICIALS

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INTRODUCTION: Burnout Syndrome is an important factor which can negatively affect the health, productivity and overall performance of the employees in any organization. It is the outcome of multiple factors such as organizational structure, work environment, personality dispositions, and cognitive processes. The present investigation has therefore been designed to study the relationship between personality dispositions such as self-efficacy, Hardiness and Burnout among Police Officials. **METHODOLOGY:** The study was conducted on 500 police officials from Punjab Police Academy, Phillaur and from Police Lines, Ludhiana, Punjab. The measures used were: Maslach Burnout Inventory, Self Efficacy Scale and The Personal View Survey. **RESULTS AND DISCUSSION:** The obtained data was statistically analyzed with the help of t-test, Product Moment Correlation Method and Stepwise Regression Analysis. The Comparison of Means reveals that the high burnout group scored significantly high on burnout and low on self efficacy and hardiness. Further, the correlational analysis shows that emotional exhaustion and depersonalization has significant negative relationship with the both personality variables. Further, regression analysis indicates that low commitment is the main predictor of psychological burnout. The results clearly suggest that police officials who possess low sense of self efficacy and who are less hardy are prone to psychological burnout and vice versa.

Keywords: *Burnout, Hardiness, Self Efficacy.*

THE EFFECT OF BURNOUT ON JOB SATISFACTION OF COLLEGE TEACHERS OF JAMMU PROVINCE

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A teacher is one of the most important factors contributing to the national development. The best system of education may fail to achieve the desired ends in the absence of sincere, competent, and professionally aware teachers. Now-a-days, there is however, a general feeling that the teachers do not have satisfaction in their job. There seems to be growing discontentment towards their job as a result of which standard of education is falling. There are various problems which are faced by college teachers such as workload, insufficient resources with which to work, large classes, pupil teacher ratio, lack of training facilities etc. Teaching is among the most stressful profession with 42% of teachers reporting high work stress and 36% feeling stressed all or most of the time (Smith et.al 2000). High level of chronic stress later on leads to burnout among teachers. Burnout is a state of emotional, mental and physical exhaustion and diminished interest. It is caused by excessive prolonged stress when one feels overwhelmed and unable to meet constant demands. It may lead to poor health, loss of interest in teaching, motivation, helplessness, cynicism, hopelessness and resentment. The aim of the study was to see how teachers' burnout is related to different aspects of job satisfaction. The purpose of the present research is to investigate the effect of burnout on job satisfaction of college teachers of Jammu Province. The present paper is to study those factors which are associated with teacher's burnout. Burnout in teachers lead to decrease in their job satisfaction.

Keywords: *Burnout, College Teachers, Depersonalization, Emotional Exhaustion, Job Satisfaction.*

EXTROVERSION-INTROVERSION & SELF CONFIDENCE IN RELATION TO YOGIC MEDITATION AMONG ADOLESCENTS

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The Present study tries to explore the effect of Yogic Meditation on Extroversion-Introversion & Self Confidence among adolescents. Extroversion and Introversion refers to the direction of psychic energy while Self-confidence is an attitude, which allows individuals to have positive yet realistic views to themselves and their situations. For this data was collected randomly on 100 adolescents (50 Males and 50 females) from Lakhimpur Khiri (U.P). For this Hindi version of MPI developed by Jalota & Kapoor, (1965) & Self-Confidence Inventory (ASCI) developed by Rekha Agnihotri (1987) were utilized to measure Extroversion-Introversion & Self Confidence of the respondents respectively. The Intervention Program (Yogic Meditation) proceeded through 12 sessions. The respondents were given 12 sessions for Yogic Meditation. Each session consisted of 40 minutes. The Result of the present study have revealed that Yogic Meditation was significantly effective for improving self confidence while no significant effect of yogic meditation was found on Extroversion-Introversion.

Keywords:- *Extroversion-Introversion, Self Confidence, Yogic Meditation*

STRESS MANAGEMENT IN RELIGIOUS PERSPECTIVES

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Generally, stress is a common factor that influences every human being through out their life time. The way people handle it depends to the stress retention level and the way they managing the stress. Hence, to experience and having stress is considered normal to every human. However in some cases stress become too pressurize, uncontrollable and damaging. This paper is to highlight how the researching into Islamic, vedic views and practice able to materialize the Islamic way in managing stress. The roles of religiosity no doubt play an important factor in stress solution. Therefore, the focal point of discussions through out this paper are fortifies on belief and religiosity which proven as substantial remedy in Islam and Hinduism. Researching evidenced based on Quranic, Vedic verses and prophetic traditions, essences that stress are manageable in a better way. For this purpose, this conceptual paper embarked on a few compilations of Quranic verses and Prophetic traditions with specifically addresses the issues on managing financial and work place stresses.

Keywords: *Financial Stress, Managing Stress, Quranic, Vedic verses and prophetic tradition, Religiosity Factors, Workplace Stress,*

STRESS AND TUBERCULOSIS

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Studies show that chronic stress results in sustained changes in the body, such as increased blood pressure, which over time can result in damaged arteries and heart disease. Stress-related health problems are no strangers to human beings, but a new visitor has found its way to the list- tuberculosis(TB). This infectious disease is a global health threat, infecting about one third of the human population and resulting in an annual casualty of 2 million people worldwide. The bacterium is strikingly early and increasingly stressed individuals are the victims. Unhealthy eating patterns and stress weaken the immune system making the person susceptible to infections. Immune weakening infections such as HIV have often been associated to a weak

immune system that makes it conducive for TB bacteria. Erratic eating patterns, smoking and alcohol also make the body predisposed to the infection. The continuous increase in stress hormones can also result in suppression of the immune system's white blood cells, leading to an increased risk of infections. In many of the cases, the culprit is latent tuberculosis, which lies dormant in people, but later becomes active after the immune system is weakened. About a third of the world's population has latent TB, says the World Health Organization (WHO), and roughly 10% of those go on to develop the highly-infectious active form of the disease.

Keywords: *Immune System, Stress, TB.*

RELIGIOUS VALUE AMONG STUDENTS OF SCIENCE AND ARTS (JAMMU)

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Spirituality is one of the most common subject matters among Indians and we can say among adults of India. But it's a matter of discussion that youngsters are religious or not. Today's youth is always engaged in different activities like sports, entertainment and other but it is rarely found that youngsters are available with religious matter discussion. Religious value test can be used to find out religious value among youngsters. It includes 40 statements, every statement has two alternatives. Scale was used among 48 students including male and females of arts and science stream. While studying the facts described in the scale and with the help of t-test it was found that there is a significant difference between religious value among science and arts students, but it is found that religious value is insignificant among male and female students. Reason behind insignificant difference among gender is that, girls are mostly seen religious as compare to boys. Boys are less engaged in religious activities.

Keywords: *Education, Gender, Religious Value.*

EFFECT OF MATERNAL EMPLOYMENT ON ADJUSTMENT, ACHIEVEMENT, EMOTIONAL MATURITY AND SELF ESTEEM OF SCHOOL-GOING CHILDREN

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Women from the middle and upper class families have started coming out of their conventional role of a home maker to join the work force due to economic necessity or in search of identity, rising standard of living, and increased opportunities for education and career prospects. Family, which plays an important role in the personality development of adolescents, is undergoing structural, emotional and interactional transformations. The contributions of mothers in shaping the personality of their children cannot be overlooked. This has led to radical shift in the traditional role of mother as a 'care taker' to a 'bread earner' and has altered child rearing goals and practices. In the present paper an attempt has been made to study the impact of maternal employment on the adjustment, achievement, emotional maturity and self-esteem of school going children. Sample consists of 80 school-going children of age group 15-17 years of standard 10th to 12th were selected randomly from the schools of Varanasi. Findings indicated that children's' adjustment, achievement, emotional maturity are affected by maternal employment.

Keywords: *Adjustment, Emotional Maturity, Maternal Employment, Self-Esteem*

RELATIONSHIP BETWEEN PERSONALITY DIMENSION AND ATTITUDE TOWARDS ALCOHOL USE IN DEPRESSIVE ADULTS

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The aim of the study is to understand the relationship between personality dimensions and attitude towards drinking alcohol use in persons suffering with depression. Incidental purposive sampling method was employed to select the participants in the study. Sample comprised of (n=90) individuals diagnosed with depression were selected from the hospitals of different cities, who runs psychiatry Opd. Selected participants were administered McCroskey Introversiion scale (1997) and Attitude Towards Alcohol by B.R Bharda and P.R Girija(1983). Obtained findings are subject to statistical analysis and will be presented during the conference.

Keywords: *Attitude, Depression, Personality.*

EFFECTS OF PUBERTAL STATUS AND EMOTIONAL REGULATION STRATEGIES ON DEPRESSIVE SYMPTOMS

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Onset of puberty and pubertal transitions are considered to be very sensitive phases as they bring biological as well as psychological changes. Studies have been conducted in order to study several behavioral, cognitive and health problems related to pubertal changes. Various studies have shown that Depressive Symptoms are the direct outcomes of the pubertal transition especially in girls. Gross(2001) has given a process model which lays stress on Emotional Regulation in order to deal with similar stressful life events. Accordingly, Emotional Regulation strategies include: Cognitive Reappraisal and Expressive Suppression. Keeping in mind Gross's model, the study was conducted with an objective to investigate the role of Emotional Regulation Strategies in combating Depressive Symptoms in girls in pubertal transition phase. Data was collected on a sample of 130 girls (12- 15yrs) in the different pubertal phases. The pubertal status of girls was assessed by using Puberty Development Scale (Petersen, Crockett, Richards and Boxers, 1988) and the total sample was divided into Mid, Late, Post 1 and Post 2 groups. Emotional Regulation Questionnaire (Gross and John, 2003) and CES-D Scale (Radloff, 1977) were used to measure Emotional Regulation and Depressive Symptoms respectively. The data was analyzed using 4*2 ANOVA factorial designs each for the two strategies of Emotional Regulation. Results reveal that the main and interaction effects of Pubertal Status and Emotional Regulation on depressive symptoms are significant. The obtained results are discussed in accordance with the theoretical rationale and empirical evidence.

Keywords: *Depressive Symptoms, Emotional Regulation, Pubertal Status*

ASSESSMENT OF SELECTED LIFE STYLE VARIABLES AMONG GUJJAR ADOLESCENT GIRLS IN JAMMU, SAMBA AND KATHUA DISTRICTS OF J&K

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The present study was carried out to assess the life style variables among Gujjar adolescent girls (13-15 years) in Jammu, Samba, and Kathua district. Multistage sampling technique was used in the study. The life style variables included in the study were physical health, psychological wellbeing, dietary intake, physical activity.

The tools used for data collection were standardized Global School based Health Survey questionnaire, Subjective well being Inventory and 24 hour dietary recall for dietary intake by sample. Results of the study revealed that majority of the total sample, energy, protein and fats intake was much less than the RDA (ICMR 2010). Mean consumption of energy, protein and fat intake was lowest in Samba followed by adolescent girls in Kathua and Jammu. Statistically, significant differences were seen among adolescent girls across districts with regard to daily intake of calories, protein and fats. Majority of the sample girls of Samba were grouped under low level of psychological well being. Results showed that high number of respondents had low level of physical health as they suffered from various health problems i.e. giddiness, pains in body, disturbed sleep etc. Regarding personal hygiene practices, it was found that half of the total samples were maintaining good oral hygiene. The study has implications for health professionals and those engaged in policy planning and implementation.

Key words: *Adolescents, Life Style Variables, Physical Health, Psychological Well-being.*

NEGATIVE EMOTIONS: A SIGNIFICANT CONSTRUCT OF CHILDREN'S MENTAL HEALTH

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Emotions have been found to play an important role in enhancing the psychosocial health and wellbeing. The present study examines the gender differences in negative emotions like depression and anger in a non-clinical sample of 415 children drawn from five schools of Delhi. The data were obtained by applying suitable measures and were treated statistically. Significant gender differences were observed in the expression as well as experience of these emotions. The results were discussed in relation to the relevant literature. The findings have significant implications in prevention of internalized and externalized problems like depressive disorders and delinquency etc in young children and strengthening their mental health. Identification of children's negative emotions and timely intervention has long term consequences for their overall health and psychological wellbeing.

Keywords: *Gender Differences, Health, Negative Emotions*

RELATIONSHIP OF PARENT-ADOLESCENT CONFLICT WITH INTERNALIZING AND EXTERNALIZING SYMPTOMS

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Family relations and interactions change during adolescence due to the maturational process. These developmental changes put constraints, especially on parent adolescent emotional ties. Parents find it challenging to deal with issues like heightened demands of adolescents on autonomy and peer affiliation. As a result, the conflict between parent and adolescent increases. This conflict is of fundamental importance as it makes adolescent vulnerable to certain internalizing and externalizing problems such as depression, aggression etc. The quality of family environment, specifically, the conflictual interactions are relevant for understanding the development of depressive and aggressive symptomology in adolescents. This study tends to analyze the relationship between parent- adolescent conflict and symptoms of depression as well as aggression among adolescents. It involves a sample of 250 male and 250 female adolescents from 13-15 years of age. The measures used are, Conflict Behavior Questionnaire-20 (CBQ; Robin and foster 1989), The Centre of

Epidemiological Studies Depression Scale for children (CES-DC; Weismann et al. 1980) and Youth Self Report (YSR; Achenbach and Rescorla 2001). Correlational analysis is used to examine the relationship between the variables. The correlation coefficients suggest significant positive association of parental conflict with symptoms of depression and aggression among adolescents. t-ratios are also applied in order to study gender differences as boys and girls experience different types of socialization and have different responses to conflictual events. t-tests revealed significant gender differences on variables of paternal conflict, depression and aggression.

Keywords: *Externalizing Symptoms, Internalizing Symptoms, Parent-Adolescent Conflict*

CYBER BULLYING AND MENTAL HEALTH: ROLE OF GENDER

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Technology has entered every arena of human life. Cyber technology is exploding everywhere in the world and the entire younger generation has made it as the most important means of communication. The consequences of cyber bullying are very negative, hence affecting the self-esteem of people. The study was conducted on the post graduate students. The Sample encompassed 100 participants (34 male & 66 female), in the age range of 20-24 years. Mean scores indicated that depression, stress, cyber victimization and cyber bullying were higher among male participants than female participants, whereas, the score of anxiety indicated higher levels among female participants than males. The results have shown significant differences on cyber victimization and cyber bullying among males and females, whereas there was no difference found on stress, anxiety and depression among males and females.

Key words: *Anxiety, Cyberbullying, Cybervictimization, Depression, Stress*

BODY IMAGE AND MENTAL HEALTH: A REVIEW

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The present review attempted to conduct a thorough survey of the existing literature on body image and mental health/well-being. Body image is the individuals' perception or attitude towards their body, including their shape, size, weight and color of the particular part or organ of the body. Numerous factors nurture, maintain and regulate body image of an individual leading to multiple impacts on the personality functioning. The cultural and familial factors encompassing socialization practices, values and multiple psychological factors regulate the dynamics of body image of a person. Traditional research on body image confined itself studying negative body image such as body dissatisfaction, body shame, and body preoccupation and neglected adaptive body image functioning (Avalos, Tylka, & Wood-Barcalow, 2005). Body appreciation is positively related to favorable appearance evaluation, body esteem (Swami, Steiger, Haubner, & Voracek, 2008), and multiple indices of psychological well-being (self-esteem, optimism, proactive coping, positive affect, life satisfaction, and self-compassion; Tylka & Kroon Van Diest, 2013). Body appreciation is positively linked to intuitive eating (Tylka & Kroon Van Diest, 2013), women's sexual functioning (Satinsky, Reece, Dennis, Sanders, & Bardzell, 2012), and physical activity (Homan & Tylka, 2014). The researchers have reported that body image of an individual significantly shapes his/her cognitions and others personality attributes consequent of which the nature and dynamics of his/her mental health and well-being is determined in a

unique manner. The review made it also explicit that the body image and psychological dynamics associated with it had strong impacts on the mental health and well-being of the individuals necessitating the planning and devising of further and concerted research efforts to make this association more explicit and comprehensive.

Keywords: *Compassion, Coping, Optimism, Socialization, Well-being*

EATING ATTITUDE AND LOCUS OF CONTROL AMONG SPORTS AND NON-SPORTS PERSONS

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Eating attitude governs the food relationship of a person. Eating disorder may cause serious changes in eating habits that can lead to major, even life threatening health problems. Locus of control (LOC) is considered as one of the personality dimensions contributing to functioning of an individual both in different areas of activity as well as social life. Present study examined the eating attitude and locus of control among sports and non-sports persons. The study was conducted on a sample of 80 university students out of which 30 were sports persons and 30 were non-sports persons. Eating Attitude test (EAT-26) by Garner et al. (1982) was used to measure eating disorder and behavior of the participants. Locus of control of participants was determined using Multidimensional Health Locus of Control scale by Wallston, Wallston, & DeVellis (1978). Data were subjected to statistical analysis. Results were interpreted in terms of their implications and significance.

Keywords: *Eating Attitude, Locus of Control, Non-sports Persons, Sports Persons.*

MENTAL HEALTH OF PARENTS HAVING MENTALLY CHALLENGED CHILDREN

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Background: In this fast paced world, mental health as an aspect is considered of prime importance for living. With the changing socio-economic scenario and increasing unemployment, the values of parents and their professional concern with the job and business have forcibly undergone a change which adversely effects there mental health. The level of mental health of parents has affected his/her work, family relation and so on. Especially for parents of children with disability. Is there any special effect on parents havong children with a disability? Keeping this into consideration, the present study aims to find the mental health of parents who have children suffering from mental retardation. **Objectives:** The objective of the study was to find out the level of mental health of parents of children with mental retardation and compare the mental health of parents in relation to their gender and mental retardation level. **Methodology:** The present study was conducted on 240 Parents (120 mother and 120 father) were selected purposively from Anand and Kheda district of Gujarat state. A questionnaire methodology, followed by 't' test analysis was employed to map mental health level of Mentally Challenged Children's Parents. The study employed standardized test to find out participants' mental health level. **Results and Conclusion:** Finding of the study shows that there is significant effect of gender of children with mental retardation on mental health of parents. Further, there is no significant effect of level of children's mental retardation on parent's mental health. The pure effect of parent's gender on mental health could not be seen.

Keywords: *Mental Health, Mentally Challenged Children, Parents.*

EXECUTIVE FUNCTIONING IN PATIENTS WITH ALCOHOLISM AND THEIR FIRST-DEGREE RELATIVES

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Objective: Several studies report the effect of alcoholism in brain structures and associated functional impairments in individuals with Alcohol Dependence. However, first degree relatives display similar neurological deficits without ever having consumed alcohol. Thus this study evaluated the performance of patients with alcoholism, their non-alcoholic first-degree biological relatives and normal controls in executive functioning. **Method:** Thirty patients with Alcohol Dependence Syndrome, 30 first-degree relatives of these concerned patients and 30 normal controls were evaluated. The three groups were evaluated on general intelligence and executive function. **Results:** Both patients and their first-degree relatives showed poor performance on the domain of executive functioning compared to normal controls. Also patients with alcoholism who reported positive family history of problem drinking showed executive function deficit compared to the patients who reported a negative family history of problem drinking. **Conclusion:** Neuropsychological deficit might be a pre-morbid condition in patient with alcoholism which is also shared by the non-alcoholic relatives.

Key words: *Alcoholism, Executive Functioning, First Degree Relative.*

FRUSTRATION AMONG GIRLS OF PRIVATE AND GOVERNMENT SCHOOL WEARING JEANS/NON-JEANS

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Dressing up is an art which is favorite to all and when it comes to girls it looks top in their lists. Wearing variety of clothes somehow depends upon area and locality of individual. Girls studying in private schools are supposed more trendy in terms of wearing western clothes as we can say jeans are very common and popular among girls these days and issue of being in frustration arrived due to wearing or not wearing jeans. Frustration scale is used on 60 girls amongst whom 30-30 are from private and govt. schools respectively, 15 each specifically wearing/not wearing jeans. While studying the facts described in the scale and with the help of t-test it was found that there is a significant difference between level of frustration among jeans/non-jeans of both private and govt. schools. It may be due to peer pressure, inferiority complex due to body shapes or parental issues. So it may consider that outlooks or dressing affect emotional health of the individual.

Keywords: *Dress, Education, Frustration.*

AWARENESS AND SELF CARE PRACTICES REGARDING HEALTH AND NUTRITION AMONG RURAL ADOLESCENT GIRLS OF JAMMU (J&K)

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Adolescence refers to the long transitional, developmental period between childhood and adulthood and to a maturational process involving major physical, psychological, cognitive and social transformation. The onset of it is marked by puberty, which is primarily a physical, maturational, hormonal and growth process. The

nutritional and the health needs of the adolescents are more because of the growth spurt and increase in physical activity in them. A recent UNICEF's State of the World's Children 2011 report says that more than half (56%) of adolescent girls in India are suffering from anaemia. The health and nutrition of girls of today will affect the health and survival of the future generations. So, considering this background in mind, the present study was conducted to assess the awareness regarding health and nutrition and practices being followed by adolescent girls in this regard. The sample for the study comprised of 100 adolescent girls in the age group of 13-19 years from four Govt. schools of Jammu. The tools used for data collection were self devised interview schedule and focus group discussion. Results of the study revealed that the sample adolescent girls were unaware about the nutrient content in food and aspects of balanced diet and nutritional deficiencies of iron and calcium. Respondents also lacked conceptual knowledge about puberty and other issues associated with puberty like menarche and menstruation. The respondent girls were found unaware of various schemes being run by the government for the welfare of the adolescent girls.

Keywords: *Adolescent Girls, Awareness, Health, Nutrition, Practices.*

COGNITION, QUALITY OF LIFE AND MOOD STATE IN MILD TRAUMATIC BRAIN INJURY: A CASE STUDY

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Traumatic brain injury (TBI) is a one of occurrence with multiple possible neuropsychiatric symptoms, including problems with cognition, emotion, and behavior and deficits in social skills (Hartley 1995). Traumatic brain injury refers to a physiologically significant disruption of brain function resulting from the application of external physical force, including acceleration/deceleration forces (Marr et. al 2002). Severity level of traumatic brain injury can be classified as mild, moderate and severe. In this context we wanted to study the cognitive functions, social deficits and state of mood in an individual's after effects of TBI frequent problems of cognitive, emotional, behavioral, physical, and psychosocial were reported in various studies and substantial source of at least temporary disability and stress to TBI survivors and their families. Hence we have planned psychological and cognitive management for them. Therefore in present study, a male of 26 years resident of Jaipur city was studied, the neuropsychological and behavioral functioning was assessed in the areas of memory, mental balance, attention and concentration, delayed and immediate recall, verbal and visual retention, recognition, planning and executive function, intelligence, visuo-motor skill, visuo-spatial skill, mood states, and quality of life. Findings suggest that impairment in attention and concentration, visuo motor functioning, and visuo-spatial functioning, anger, confusion-bewilderment and fatigue state and poor social relationship.

Key words: *Attention and Concentration, Cognition, Executive function, Social relationship, Traumatic Brain Injury, Visuo- Motor, Visuo-Spatial*

MIGRATION AND MENTAL HEALTH OF WOMEN

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People leave their native place and migrate to other places due to some political or social disturbances, usually migration doesn't bring improved social and mental well being rather led to multiple problems, especially women were found at an increased risk of developing physical and mental health problems. Migration has a strong association with increased levels of mental disorders, poor levels of resilience, prolonged exposure to stress make the base for development of psychopathology in them. Migration is a tragic process of

psychological, social and economical constraints and trauma that the migrant women have to suffer. Some studies revealed that migration is positively related to mental health of women particularly with those having poor mental health before migration, good employment opportunities, better social and community support, resilience and better coping strategies among women improve their mental health but a large literature suggests that migration has a negative effect on mental health. Changed food habits, living standards, language, acculturation, feeling of rejection, economic and social factors in host country has a vital role in the development of mental disorders. We found no positive effect of migration on mental health of women. Different intervention programmes for migrant women must include medical care, psychotherapies, counseling, proper advice by mental health professionals, teaching new language, maintaining proper food habits, preventing drug abuse, social and community support for them from the people in host country.

Key words: *Mental Health, Migration, Women*

RURAL LIFE STYLE CREATING STRESS AND FRUSTRATION (A STUDY OF VILLAGE RAGURA AND BISHNAH OF JAMMU)

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India is a country of villages and substantial population of India lives in rural areas. Diversities of rural life and its understanding have implications on the psychosocial atmosphere of the entire country. People who live and work in rural and remote communities have to deal with hardships such as financial strain, social isolation, long working hours and reduced access to services. The present study is an attempt to study the frustration reaction patterns of rural adolescents and adults of Jammu. A sample of 45 respondents from villages Ragura and Bishnah of Jammu were administered TRFRI (Test of reactions to Frustration of Rural Inhabitants) to assess the reaction pattern to frustrating life situations of the group of rural people). The test used is based on the Rosenzweig's frustration theory and constructs of frustration. The GSR score of respondents is 9 (approx 70 %) indicated adequate level of adjustment and conformity of the subjects. The trends and directions of reaction to frustration and solution are largely E-D in which Ego or organizing capacity of the subjects predominates to defend its integrity. The solution patterns to the frustrating situation exhibited by the respondents are largely in the Intrapeditive (I) and Intrapersistent (i)

Keywords: *Aggression, Dominance, Ego-Defense, Frustration, Need persistence, Obstacle, Rural Life style, Stress*

A COMPARATIVE STUDY OF MAIN CAREGIVER OF PATIENT WITH MENTAL DISORDER AND CANCER ON BURDEN DEPRESSION AND ANXIETY

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In this study, a Caregiver is an unpaid person who cares for someone, often a family member or a friend, requiring support due to disability, frailty, mental health problems, learning disability, and old age (Mitnick *et al.*, 2010). Overall, providing high levels of care and illness management can become quite burdensome and may impact both the physical and psychological health of a caregiver (Bonner *et al.*, 2007; Wolfe-Christensen *et al.*, 2010). Caregiver burden has been linked to psychological disturbances including anxiety, depression, anger, and loss (Nieboer *et al.*, 1998). This study compared main Caregivers of Patients with Mental Disorder and Cancer on burden, depression and anxiety. A total of 200 samples, consisting 100 main caregivers of

patients with mental disorder from psychiatric hospital and 100 main caregivers of cancer patients from various hospitals, within the age range of 18 years and above were selected by following random sampling procedure. The results indicated that caregiver of mental patients showed higher burden, depression and anxiety than caregiver of cancer patients; it also highlighted that the need of attention to caregiver of mental and cancer patients, especially more to caregiver of mental patients due to stigmatization of the patient from society and unpredictability of the patient's behaviour are always intolerable.

Keywords: *Anxiety, Burden, Cancer, Caregiver, Depression, Mental Health*

VATA DOSH: A PSYCHOLOGICAL STUDY

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Ayurveda is an intricate system of healing that originated in India thousands of years ago. Present study is an attempt to study the *vata dosha* specific factors of behavioural traits as hypothesized in *tridosha* theory. A sample of 200 adult subjects was taken for the purpose of the study. Psychometric, physiological, physical, psychological and experimental measures were selected. A total no. of 9 tasks/tests were selected which describes the hypothetical *dosha* loadings of various variables. Data was analyzed by applying factor analysis as it fulfills the purpose of the study through SPSS-20 Package. Results of principal component analysis of the 14x200 matrix extracted 6 factors, having their Eigen values greater than unity and explained 65% of the total variance. Varimax converged in 11 iterations emerged 6 principal components. The paper concludes with a discussion of the implications of these findings together with limitations of the study and avenues for future research.

Keywords: *Ayurveda, Tridosha, Vata Dosha.*

SPIRITUAL BELIEFS AND HEALTH OUTCOMES IN WOMEN CANCER PATIENTS

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The present study examines the relationship of spiritual and illness controllability beliefs with subjective well-being and health outcomes. The study was carried out with 100 women patients suffering from breast cancer. The age of participants ranged from 30 to 60 years, and they generally belonged to middle class families. Participants were drawn from various medical centers and hospitals located in Varanasi city. These participants were given the measures of spiritual and illness controllability beliefs, subjective wellbeing, and health outcomes. The analysis revealed that all patients believed in action oriented and generosity oriented beliefs. They scored higher on surrender to almighty and altruism beliefs as compared to karma and generosity beliefs. They believed in self, doctor, and supernatural control of illness, but held a stronger belief in doctor as compared to supernatural control and self-control on illness. Analysis showed beliefs in Karma and altruism to be positively correlated with subjective well-being and positive health outcomes (e.g., hope, functional wellbeing, treatment satisfaction) negatively with pain and severity of illness. Self and doctors control showed positive relationship with subjective well-being, hope, functional wellbeing, and treatment satisfaction and negative with pain and severity. Beliefs in Karma and altruism, and self and doctor control emerged as significant predictors of subjective wellbeing and positive health outcomes of cancer patients.

Keywords: *Doctor-Control, Self-Control, Spirituality, Subjective Wellbeing, Supernatural-Control*

CHILDREN IN RISK ZONE : A STUDY OF STREET CHILDREN

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The street children are those for whom the street is their home. According to estimates, about 40 to 80 lac children are there on Indian streets for their livelihood. How to address this group of children, who face so many risks, and bring them back to the main stream of society, is a major challenge. **Objective** -The purpose of this paper was to ascertain the psychological problems among street children. **Hypothesis**- It was hypothesized that street children would exhibit more psychological problems as compared to the control children. **Sample**- The sample included 105 street children from Varanasi city and its nearby areas and the control children in equal number. **Tools**- The aggression, depression, delinquency proneness, suicidal ideation scales were administered on the sample to ascertain the psychological risk problems among them. **Results**- The analyses of data revealed that the street children suffer much more from various behavioural problems and such problems many times predispose them to dangerous acts. They are really in the risk zone from the point of view of their betterment. **Conclusion**- The street children were found to be suffering from internalization of problematic thoughts, feelings and actions and also victimized by people of different vested interests. The suggestion for their betterment and utilization of their potential are also underlined.

Keywords: *aggression, delinquency proneness, depression, risk zone, Street children, suicidal ideation*

ROLE OF SEVERITY OF CHILDREN DISABILITY AND PERCEIVED CAREGIVING BURDEN IN PARENTAL HEALTH PROBLEMS OF CHILDREN WITH NEURODEVELOPMENTAL DISABILITIES

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Objective: Present study aimed to examine the role of severity of children disability and perceived caregiving burden in health problems viz: anxiety, depression, somatic complain, social dysfunction and quality of life among the parents of children with neuro-developmental disabilities. **Methodology:** The correlational research design was used for the study. Fifty five such parents (N=55) participated in this study and they were divided into three groups: parents of children with intellectual disability (N=29), parents of children with cerebral palsy (N=23), and parents of children with autism (N=3) age ranges between 26-55 years constituted the sample of the study. The participants were taken from different rehabilitation centers and special school at Varanasi. The participants were administered Personal Care Assessment Form, Caregiver Burden Scale, and General Health Questionnaire. **Results and Conclusion:** Correlation analysis was applied to see the relationship which revealed that severity of children disability and perceived care-giving burden are significantly and positively associated with health problems (anxiety, depression, somatic complain and social dysfunction). The results of stepwise regression analysis indicate that severity of children disability and perceived caregiving burden are significantly. The results are thoroughly discussed and interpreted and implications of the findings are underlined. Besides, limitations of the study and suggestions for future research are also indicates.

Keywords: *Parents Children with Neurodevelopment Disabilities, Health Problems & QoL*

PREVALENCE OF BACK PAIN AMONG NURSES

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The term musculoskeletal disorders encompass a range of inflammatory and degenerative conditions that affects the muscles, tendons, ligaments, joints, peripheral nerves, and supporting blood vessels with consequent ache, pain or discomfort. Work related musculoskeletal disorders (WMSDs) are defined as musculoskeletal disorders that results from occupation. Neck pain and back pain are the most common problems, which affects all the age groups. As per etiology is concerned many underlying risk factors have been identified which directly or indirectly are found to be linked with the upper and lower back pain. The present study has been done among 500 nurses (25-55yrs) working in GMCH Jammu. The study was done to asses the prevalence of upper and lower back pain among the sample nurses with regard to their profession. Purposive sampling was used to identify the sample. Modified Oswestry low back pain questionnaire and Northwick Park Neck Pain questionnaire was used for rating the back pain and neck pain among sample. Results revealed that neck pain and back pain are common problems among nurses in Jammu city. It was also found that back pain was significant with profession and insignificant with age.

Keywords : *Back Pain, Cervical Spondylosis, Musculoskeletal, Occupational*

IDENTIFYING WOMEN'S KNOWLEDGE ABOUT BREAST CANCER AND ITS PREVENTIVE MEASURES: A REPORT FROM JAMMU REGION

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Background and Objectives: Breast cancer continues to be a major cause of morbidity and mortality among women throughout the world and in India. The average age of developing breast cancer has shifted from 50 - 70 years to 30 - 50 years. According to World Health Organization, in the year 2012, an estimated 70218 women died in India due to breast cancer, more than any other country in the world. Lack of awareness, knowledge and early detection programs in developing countries is a main reason for increase in mortality. The present study was aimed to assess the awareness and knowledge about the risk factors, symptoms and screening method (particularly Breast self Examination) of breast cancer among females of Jammu region. **Methodology:** In cross-sectional study, a total of 300 females were investigating using a self-administered questionnaire about risk factors, early warning signs, preventive measures and screening programmes for breast cancer. **Results:** The study results indicated that females were informed and aware about breast cancer in general but their knowledge of breast cancer symptoms and risk factors of breast cancer was not good. The study also revealed that majority of the females were not well aware about the Breast self examination (BSE) as the most common and easy method of breast cancer detection. **Conclusion:** Results of current study indicated that level of awareness among study females are low. Thus, more educational cum awareness programs could be designed to provide comprehensive information about breast cancer and BSE to improve women's knowledge and awareness which can help in the early detection and reporting of breast cancer for the better treatment in the region.

Keywords : *Awareness, Breast Cancer, Breast Self examination*

ASSESSMENT OF ANXIETY LEVEL OF VOLLEYBALL AND HANDBALL FEMALE PLAYERS

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Objective: The objective of the study is to evaluate the anxiety between volleyball and handball female players of inter-university level. **Methodology:** Data were collected using questionnaire method of female players comprising 30 each of volleyball and handball players contacted from various colleges affiliated to University of Jammu. Mean, standard deviation and t-ratio is computed to know the direction of differences and significance of difference between groups. **Findings:** Finding of the present study revealed that there is no significant difference between female handball player and basketball players in relation to anxiety. **Originality:** Thus far no study has investigated the issue therefore present investigation is a maiden effort in this direction.

Keywords: *Anxiety, Handball, Volleyball*

RELATIONSHIP OF NEUROTICISM, EXTRAVERSION WITH SUICIDE IDEATION: A STUDY OF HIGHER SECONDARY ADOLESCENTS OF DISTRICT SRINAGAR

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Objectives: This study examined the relationship of suicide ideation with neuroticism and extraversion among adolescents. **Methods:** Participants of the study were 364 adolescents selected randomly from 9 higher secondary schools of Srinagar district with age ranging from 15 to 17 years (M= 16 years). Beck's Suicide Ideation Scale (BSI, 1991), Eysenck's Maudsley's Personality Inventory (MPI) 1959 (Modified Version) and self developed Biographical Information Blank (BIB) were used to gather the data. Frequencies, percentages, Pearson's moment correlation were applied to analyze the data. **Results:** Results revealed that there is significant correlation between suicide ideation and neuroticism whereas no significant correlation was found between suicide ideation and extraversion. **Conclusions:** This study may be useful to teachers and authorities for understanding the phenomena of suicide ideation among students. It may sensitize the general population about the nature of suicide ideation and associated personality factors.

Keywords: *Extraversion, Neuroticism, Suicide Ideation.*

ROLE OF SELF ESTEEM AND SELF EFFICACY IN MENTAL HEALTH OF PROFESSIONAL COLLEGE TEACHERS OF KERALA

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The objective of the study is to find the relationship between self esteem, self efficacy, competence and mental health. A random sample of 250 is collected from teachers who teach engineering subject from various institutions of Kerala. The very important determinant that decides the quality of life is mental health. In the present competitive environment teachers of engineering courses face stress and problems related to mental health. Mental health explores an individual's ability to enjoy life and achieve the highest levels of competence in professional life and efforts to cope with stress and challenges in life. Mental health is boosted through internal and external conditions. But mental health mainly depends on the internal factors such as personal characteristics of an individual as self esteem and self efficacy which enhances professional

competence through mental health and hence decides the quality of life. External factors such as environment and culture contribute to mental health. But internal factors differ with individuals. If a person is mentally healthy he or she will possess positive attitude towards life. Hence mental health defines and translates professional competence directly into performance.

Keywords: *Competence, Self Efficacy, Self Esteem, Mental Health*

POSITIVE AND NEGATIVE EFFECTS OF CANCER PATIENTS WITH LONELINESS

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Positive and Negative Experience with loneliness is considered a prerequisite for success in health settings. The present study was carried out with the objectives to investigate the positive and negative experience with loneliness in cancer patients by using two scales i.e. *Scale of Positive and Negative Experience (SPANES)*, and *scale of loneliness*, religion related differences and differences across age and gender are major on positive and negative experience with loneliness among cancer patients. The study was carried out on 100 cancer patients in Govt. Medical College and Hospital, Jammu from Jammu region, in which 81 were Hindus and 19 were Muslims, they were divided into two age groups i.e., 16-46 years (32 patients) and 47-75 years (68 patients), and on the bases of gender 44 were males and 56 were females, all were selected by purposive/random sampling method. As per research plan all 100 subjects were selected on the basis of religion, age groups (16-46 and 47-75) and gender (males and females) using two Scales simultaneously i.e. scale of Positive and Negative Experience (SPANES) and scale of loneliness, t- Test was used for deriving the results. No Significant difference was found between the Positive and Negative Experience (SPANES), with loneliness among Hindu and Muslims, age group between 16-46 and 47-75 and male and female, of cancer patients.

Keywords: *Gender and Age Groups, Loneliness, Positive and Negative Experience, Religion*

EFFECT OF INDIAN FOLK MUSIC AND WESTERN ROCK MUSIC ON THE WORK EFFICIENCY OF COLLEGIATE POPULATION

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In hilly regions, villagers rhyming some folk songs and carrying huge logs of wood without any mechanical help is a very attention catching scene. There is a great inclination of today's youth towards the modern musical gadgets but the endurance is found very much low in them. It is also seen that college aged males and females were able to walk farther and with effort when exercising to music as compared to no music. All these facts have taken our interest to study the effect of Indian folk and western rock music on the heart rate and hence on the work efficiency of collegiate population. 30 females' subjects were taken with mean age of 23.4 ± 1.94 S.D. and with normal vitals. Resting heart rates were checked for all the subjects and then the subjects were made to walk on the tread mill without music for a distance of 1.5 km at a constant speed of 6 km/hr and then the heart rates were checked again. All the subjects were divided into 2 groups. Group A and Group B. Group A included 15 subjects who walked on tread mill with Indian folk music and Group B included 15 subjects who walked on tread mill with western rock music. Resting heart rates were again checked after the work done. After analysis of data by t-test, the results have shown that heart rate has increased significantly after playing western rock music as compared to heart rate after playing soft Indian folk

music. It is concluded that work efficiency has shown significant improvement after playing Indian folk music as compared to western rock music.

Keywords: *Collegiate Population, Folk Music, Rock Music, Work Efficiency*

THE ROLE ISCHEMIA IN PATHOGENESIS OF HEPATITIS C WITH GLOMERULONEPHRITIS AND CANCEROGENESIS

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Relevance. There is still a point of view that a variety of pathogens, including viruses, are associated with increased risk of cancer. Poor prognosis, study of mechanisms of development of renal pathology, cirrhosis and liver carcinogenesis on the background of hepatitis C, including HIV-infected in relation to anemia and anoxia is at the present stage, the most important. **Material and methods.** In the work, we used material of the liver, kidneys and lungs of patients with hepatitis C, including HIV-infected at the age of 30-38 years old. The monitoring group comprised 14 patients died as a result of injuries that are incompatible with life, presumably without somatic pathology of similar age. Material analysis was carried out using a microscope Olympus-Bx82 and CDh82 digital camera with proprietary software. This work was supported by Science Foundation Far Eastern Federal University (FEFU), in the frame work of the State task 2014/36 of 03.02.2014 and of the international Grant FEFU (Agreement No. 13-09-0602-th of November 6, 2013). The results of their observations were discussed. It was found in the liver, kidney and lung tissue of HIV patient infected with hepatitis c virus (HCV) in blood outflow system identified by macrophages containing cytoplasm fagocitirovannyj pigment Brown that may indicate the same mechanism of pathogenesis of pulmonary, renal and hepatic pathology of HIV and hepatitis c. While in the liver parenchyma of the morphological picture of acute hepatitis with leukocyte infiltration expressed meždol'kovej tissue enlargement of the bile duct, apoptosis of hepatocytes, fatty liver dystrophy, cirrhosis, necrosis; in the morphological picture of the damage to the kidneys with Vasculitis hyperemia, identified the destruction of red blood cells, transferrin and seizure of its diffusion by macrophages, which, in our opinion, can testify to the same mechanism of pathogenesis of pulmonary, renal and hepatic pathology of HIV and hepatitis c; in the lungs of patients with HIVinfection and hepatitis c amid pneumonia deaths is observed blastocistnoj advanced alveolar epithelium, hyperemia of the blood vessels, lung tissue infiltration blastocistami detection in blood vessels diffusely scattered pigment and macrophages with cytoplasm filled with dark pigment, alveoli or necrotic spavšiesâ. Thus, we have installed identical morphological picture of pathological changes in the liver, kidney and lungs of patients with hepatitis c and hepatitis c HIV infection associated with the destruction of hemoglobin, erythrocyte hemolysis and advanced in the process of cellular Anoxia. We assume that the dark pigment accumulation in the cytoplasm of macrophages corresponds to transferrin, a product of the metabolism of erythrocytes and hemoglobin destroyed gemolizirovannyh, and the pathological process in the liver, lung, and kidney infection HIV infected hepatitis c virus begins with hypoxia, then the appearance of apoptičeskih and necrotic cells due to Anoxia associated with aggressive destruction of erythrocytes and the release of hemoglobin in the plasma of the blood vessels of the lungs, liver and kidneys. This process results in the release of transferrin with the subsequent seizure of his by macrophages. Because of the impossibility to transfer oxygen to tissues, cells of organs were forced to switch to the use of free dissolved oxygen in plasma. With the arrival of hemoglobin in the blood, taking into account its high toxicity when intravaskulârnôm dissolution and released into the blood plasma, begins massive cell death due to ischemia/anoxic and intoxication.

Impact of Sports and Physical Activity on Health: Review and Research Agenda

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Purpose: The purpose of this present study is to investigate the impact of sports and physical activity on health. **Methodology:** This paper has focused on exploring how sports and physical activity improves the overall health on the basis of review of literature, which helped in developing the theoretical framework. **Findings:** This paper explored the sports participants is highly associated with numerous positive health behaviours. In the same vein, sports also help to protect participants against negative influences that can lead to delinquency and drug abuse. Further, it is also found that physical activity helps to enhance the strength, speed, endurance, flexibility, and agility of participants. Besides this, physical activity helps to reduce the stress, risk of chronic disease, premature mortality, functional limitations, and disability. Further, managerial implications have also been discussed. **Limitation:** This study is conceptual in nature, which needs to be empirical tested.

Keywords: *Endurance, Flexibility, Health, Physical Activity, Sports, Strength, Stress*

SOCIO-ECONOMIC STATUS AND SMOKING TENDENCY IN YOUTH

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Smoking is considered as one of the most common health compromising behaviors involving recreational drug use, in which tobacco is burned and the smoke is tasted or inhaled. Health professionals have identified cigarette smoking (in which the active drug is nicotine) as one of the most serious preventive health problems of youth worldwide. The present study examines the role of socioeconomic status (SES) in smoking tendency of youth. The study was carried out with 75 male youth belong to lower, middle, and high socioeconomic status. The age of participants ranged from 19 to 25 years, and they represented the rural and urban areas of Varanasi. These participants were given the measures of socio-economic status and smoking urges. Analysis revealed that youth representing lower and higher SES exhibited greater smoking tendencies as compared to those of middle SES. The findings are discussed and their implications are pointed out.

Key Words: *Smoking, Smoking Tendency, Socio-Economic Status, Youth*

ROLE OF ESTROGEN RECEPTOR ALPHA GENE POLYMORPHISM IN FEMALE OBESITY

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Background: Obesity is a complex disease which is influenced by multiple genetic and environmental factors. More than hundred genes are known to be associated with pathophysiology of obesity. Molecular epidemiological studies have revealed the association of different gene polymorphisms with obesity risk. **Methodology:** To elucidate the role of Estrogen receptor alpha gene (ESR1) with body mass index (BMI), we carried out the genotyping of two gene polymorphisms of ESR1 gene namely ESR- PVUII and PVUII-XBAI in 100 females including 50 obese females and 50 non obese females. Genotyping of both polymorphisms was done by Polymerase chain reaction (PCR)-Restriction Fragment length polymorphism. PCR was carried out using site specific primers to amplify the desired DNA segments followed by restriction digestion by using

specific restriction enzymes. Besides environmental risk factors were also considered for the gene-environment interaction study. **Results & Conclusion:** Odd ratio for ESR-PVUII was calculated to 0.92 with p- value 0.8 and for that of ESR-XBAI was calculated as 0.06 with p value of 0.9. Thus, in the present study there was no significant association of the said polymorphisms with susceptibility of obesity.

Keywords: BMI, Estrogen Receptor, Obesity, Risk factors.

PREDICTORS OF CANCER REHABILITATION IN HEAD AND NECK CANCER PATIENTS: ROLE OF TREATMENT DURATION, DEPRESSION, AFFECTIVE STATES, LOCUS OF CONTROL AND SOCIAL SUPPORT

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Background/Purpose:- Cancer is a set of more than 100 diseases that results from dysfunction in DNA. It is a major cause of death not only in developed countries but also in developing countries such as India. Though it is reported that the course of treatment for cancer patients profoundly affect their quality of life, there is a clear lack of studies exploring the effect of course of treatment with some other psychosocial variables on the quality of life of cancer patients in India. The present study is an attempt in this direction. **Method:-** In a cross sectional design 30 head and neck cancer patients (10 each from six months, one year and two years of treatment) attending Out Patient Department of Sir Sundar Lal Hospital, Banaras Hindu University, Varanasi, India were administered Cancer Rehabilitation Evaluation System-Short Form, SF-36 Quality of Life Scale, PANAS, Social Support Questionnaire, GDS-SF Depression Scale, Perceived Locus of Control and some questions to measure their demographic and smoking and drinking habits. **Results:-** Results revealed that there is a significant improvement in some aspects of their quality of life over the course of treatment. The decrease in quality of life is closely related to increase in alcohol and tobacco use. It is also found that participants reporting positive mood and internal locus of control show greater improvement in quality of life than their counterparts. Further depression is found to be negatively related to quality of life. **Conclusion:-** To conclude, results of this study indicate that the effect of treatment on cancer rehabilitation is highly dependent on the psychosocial factors and these factors thus need to be integrated into the cancer treatment system. **Implications:-** Cancer rehabilitation might be more effective if it includes psychosocial factors in the treatment program. Also a regular follow-up on all the factors is required for a long term impact.

Keywords:- Affective States, Cancer Rehabilitation, Depression, Locus of Control, Social Support.

QUALITY OF LIFE OF PHYSICALLY CHALLENGED STUDENTS

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Objective: The aim of this study is to assess and examine the effect of age and gender on quality of life of students with physical disability and normal counterparts. **Design:** The participants completed the self report WHOQOL-BREF measure that assessed their quality of life. Three-way ANOVA was used to assess the proposed problem. **Subjects:** The study included a cross-sectional sample of orthopedically disabled students (N=73) and a control group of normal students (N=73) to fulfil the purpose of the study. **Results:** The results of three-way ANOVA showed that disabled students did not significantly differ from normal students with regard to various domains of quality of life and overall quality of life. Analysis regarding gender differences

indicated that orthopaedic disabled girls scored significantly higher on all the domains and overall quality of life. Analysis associated to age revealed that adolescence belonging to early and late age groups perceived greater social relation and overall quality of life.

Keywords: *Orthopedically Disabled, Quality of Life, Three-way ANOVA*

PERSONALITY, MENSTRUAL DISTRESS AND KNOWLEDGE AS PREDICTORS OF MENSTRUAL ATTITUDE AMONG ADOLESCENTS

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Objective: The present study was conducted to find whether personality, menstrual distress and knowledge, predict menstrual attitude and to determine differences in menstrual distress, knowledge and menstrual attitude with regard to place of residence (rural vs urban) and age (younger adolescents vs older adolescents). **Method:** A total of 260 adolescents girls from urban and rural districts of Uttrakhand (India) were selected for sample through purposive sampling. **Results/conclusions:** Regression analyses revealed significant contribution of personality traits (extraversion, neuroticism and openness), menstrual distress and menstrual knowledge in predicting menstrual attitude. Age and place also brought significant differences in menstrual distress, knowledge and attitude. Girls who were younger and from rural areas scored low on positive dimensions of menstrual attitude (positive feeling, living with menarche, openness and acceptance) and on menstrual knowledge and high on negative dimensions of menstrual attitude (negative feeling and menstrual symptoms) and on menstrual distress as compared to adolescent girls who were older and belonged to urban areas. **Implications:** There is a need to disseminate menstrual health education and awareness among adolescents. Unique personalities should be taken into consideration in order to give necessary guidance and counselling to adolescents as to ensure the perception of menstruation as a positive and natural process, thus aiding in behavioural changes for good menstrual health.

Keywords: *Adolescents, Menstrual Attitude, Menstrual Distress, Menstrual Knowledge, Personality*

LEVEL OF OCCUPATIONAL STRESS AMONG SECONDARY SCHOOL TEACHERS

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In the present study, an attempt has been made to compare level of occupational stress among secondary school teachers of Jammu district. A descriptive study has been made using references from earlier research studies. Also, a sample of 40 teachers was selected, 20 each from government and private schools. Occupational Stress Index by Dr. A.K. Srivastava and Dr.A.P Singh was administered. Findings reveal that in general, secondary school teachers have found to be highly stressed. Moreover, the secondary teachers in private school have also found to be highly stressed in comparison to their government secondary school teacher counterparts. Also, female secondary school teachers have also found to be highly stressed than their male secondary school teacher counterparts.

Keywords: *Female Teachers, Government Schools, Male Teachers, Occupational Stress, Private Schools, Secondary School Teachers*

IMPACT OF SOCIAL COHESION ON CLIMATE OF WORK PLACE

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Social cohesion is a broad concept. Jobs can shape social interactions and the ways societies manage collective decision making. They connect people with others and can provide access to voice. The present study examined the social cohesion and climate among workers. A cross-sectional analysis of data of 100 workers was selected through random sampling. Test of significance revealed significant difference in terms of gender. No other significant difference was found. Keeping these figures in mind, we need to focus on those factors which help in awareness and motivation to the extent of this problem among workers.

Keywords: *School climate, Social Cohesion*

WORKPLACE BULLYING AND PSYCHOLOGICAL DISTRESS: THE ROLE OF SUBJECTIVE PERCEPTION OF BEING A VICTIM

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Workplace bullying is an important issue to consider across the world with statistics available at the global level prominently suggesting that the phenomenon is thriving like a pandemic with varying estimates worldwide. Despite being recognized as a chronic stressor in contemporary working life, research on workplace bullying in India is scanty. Further, a discussion on the possible linkages in the relationship between workplace bullying and its outcomes is noticeably missing from the literature, thereby generating a gap in the professional knowledge base. The present study reports the prevalence of workplace bullying in a multi occupational sample of 547 employees selected through purposive sampling from Jammu (J&K), India. The relationship between workplace bullying and psychological distress was explored via mediation of subjective perception of being bullied. Results revealed that 53% of the employees reported of being occasionally bullied at work followed by severely bullied (26%) and never bullied (21%). Impact of workplace bullying on psychological distress was found out to be fully mediated by the subjective perception of being a victim, implying that it is the self experience of victimization that accounts for the relationship between exposure to bullying at work and mental health outcomes. The data provide preliminary support for the use of the Negative Acts Questionnaire-Revised (NAQ-R) in research examining workplace bullying in India. Given the high rate exposure to workplace bullying and its ill effects, the mechanism underlying the phenomenon need to be further explored so that prevention and management strategies can be worked out.

Keywords: *Psychological Distress, Subjective Perception, Victim and Stressor, Workplace bullying*

ASSESSMENT OF SELF PERCEIVED HEALTH STATUS OF NOMADIC (GUJJAR) ADOLESCENT GIRLS (13-15 YEARS)

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The present research was conducted to assess the self perceived health status of nomadic (Gujjar) adolescent girls of 13-15 years. The objective was to study the varied health dimensions of sample adolescents. A sample of 100 randomly selected adolescent girls was drawn from Jammu, Kathua and Samba districts of J &K state. The tools used for data collection were Health Assessment Questionnaire given by Thornhill Naturopathic Health Clinic and Checklist for clinical signs and symptoms of anaemia (self devised). The prevalence of health related issues among the sample were studied to review the physical systems; vascular, nervous,

digestive, urinary and respiratory systems. Also skin, head and mouth, eyes and ears and muscle/bone related problems were studied. The results of the study revealed that majority of the Gujjar adolescent girls reported having low to moderate level of health related problems. The most prevalent issues found among sample were skin allergies, infections, gum problems, loss of appetite and deep leg pain. Significant differences in the mean scores of sample girls were observed with regard to vascular, digestive and nervous system related problems. Observation of signs and symptoms of anaemia revealed that all the respondents had anaemia in low, moderate and high levels. Based on the results of the study, the sample girls were given personal intervention for their health concerns. The present study provides an insight into the current health status of sample tribal adolescents and suggests strategies for intervention useful for planners and policy makers.

Keywords: *Adolescent Girls, Anaemia Gujjars, Health Status, J&K, Tribal*

HEALTH PROMOTING EFFECTS OF PLANT SECONDARY METABOLITES

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Plants are the tremendous source for the discovery of new products with medicinal importance in drug development. A vast number of natural, plant-based extracts and chemicals called secondary metabolites are efficiently significant as drugs, flavor and fragrances, dye and pigments, pesticides and food additives. Many of these secondary metabolites also have a significant role in the biochemical development of plants. They are originally known to accumulate under defense response; against abiotic, biotic and insect stress. It is believed that plants had to accumulate new secondary constituents during evolution for their protection. Secondary metabolites are important source of pharmaceuticals for human use. They have preventive roles in diseases caused by oxidative stress and protecting the body against cancer and cardiovascular illnesses. Many secondary metabolites have been shown to protect reactive oxygen species. Therefore these bioactive molecules, are important in our diet though they are produced in less quantity. Recently metabolic engineering and biotechnological approaches are being used as an alternative production system to overcome the limited availability of these biologically active, commercially valuable, and medicinally important plant secondary metabolites.

Keywords: *, Antioxidants, Bioactive Molecules, Medicinal Plants, Secondary Metabolites*

EMPLOYEES' HAPPINESS AND ITS RELATION TO WORK PLACE WELL-BEING

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A professional is known to spend one-fourth to one-third of his lifetime at the workplace. This is one of the reasons why the workplace environment plays such a significant role in an employees' global and overall sense of individual well-being. From an organizational point of view well-being is a important factor in job satisfaction, joy, fulfillment and engagement are known to improve company performance, quality, productivity and therefore business effectiveness and profit while predominance of negative aspects like pervading stress, burnout, depression, agitation against HR policy in employees only deteriorate company performance. For these reasons the subject of workplace well-being is of fast growing importance to human resource departments. Awareness of these issues, understanding and appreciation of the deeper psychological

roots of well-being are becoming increasingly fundamental for every leader/manager in the management hierarchy of the employee up to the very top, for purposes of initiating steps for better and sustainable company performance.

Keywords: *Happiness, HR Policy, Job Satisfaction, Leadership, Well-Being, Work Culture, Work Place*

STUDY OF AGGRESSION IN WORKING AND NON-WORKING ADULTS

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Aggression is one of the important psychological variables that can influence each and every sphere of our life. In present study our interest was to see whether there is any statistically significant difference in the aggression level of working and non-working male and female. We collected a sample of 100 adults out of which 50 are working and 50 are non-working. Gender ratio is also maintained equal. Data are collected with the help of Aggression Scale (2004) by Mathur and Bhatnagar. With the help of t-test we found significant differences in aggression level of working and non-working adults at 0.05 level of significance. In addition to it significant gender differences were also found.

Keywords: *Aggression, Gender, Working and Non-Working Adults*

AN ASSESSMENT OF THE PERCEPTION OF SOCIAL SUPPORT AMONG CARDIAC PATIENTS

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Social support is the perception and actuality that one is cared for, has assistance available from other people, and that one is part of a supportive social network. The uncertainty surrounding death, due to a cardiac illness, has devastating effects on the mental health and quality of life of patients. The way one copes with one's feelings about having heart disease is an important part of one's recovery. The objective of the present study aims at assessing the perceived social support among cardiac patients thereby aiding their coping. A sample of 60 cardiac patients participated in the study. The Social Support Questionnaire (Short Form) by Irwin Sarason, Barbara Sarason, Edward Shearin, and Gregory Pierce was used. The results indicated a majority of the sample group reflecting very satisfactory feedback on the social support perceived and received by them. A considerable sample also indicated to be fairly satisfied with the nature of social support they received. The findings and the researcher's interactions with the patients indicated that Social support does promote psychological adjustment especially in stressful times of the illness.

Keywords: *Cardiac patients, Social Support*

IDENTIFICATION OF RISK FACTORS OF CERVICAL CANCER: A STUDY FROM JAMMU REGION

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Background and Objectives: In spite of substantial declines in both incidence and mortality rates in the past few decades, cervical cancer remains the second most common cancer among women worldwide. In India, it is second to breast cancer and accounts for more than 20% of all death due to cancers. Cervical screening has greatly reduced the incidence of invasive cervical cancer in many developed countries but developing

countries like India have not got benefits from such programmes. Awareness of cervical cancer and knowledge about risk factors play a vital role in prevention and management of cervical cancer. In present study we carried out the identification of different risk factors associated with cervical cancer in women of Jammu region. **Methodology:** A total of 1200 females were screened to study the risk factors of cervical cancer. A self administered questionnaire with the information of age, family history, dwelling, life style and reproductive parameters, etc. was filled up from each participating female. **Results and conclusions:** It was found that different risk factors are significantly associates with the occurrence of cervical cancer. Education programmes should be taken for making females aware about the risk factors of cervical cancer.

Keywords: Association, Cervical Cancer, Risk factors

ASSESSMENT OF LANGUAGE FUNCTION AND ATTENTION IN GERIATRIC POPULATION OF INDIA

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As the age advances, the elderly population may develop many acute and chronic neurological disorders associated with cognition .In the present study the effect of progressing age was studied on the two components of cognition: Language function and attention. The study was done using Western Aphasia Battery and Digit Span Test on 150 subjects above the age of 55 yrs. which were divided into three age groups which are Group A (55-65 years), Group B (65-75years) and Group C (above 75 years), with 50 subjects including 25 males and 25 females in each group. Significant changes in language function and attention were found on applying Kruskal –wallis Test, on further applying post hoc test maximum changes were seen above the age of 75 years. The finding also showed more changes in language function and attention in the males of two groups (B and C). Also on applying Spearman rank order correlation coefficient test the Western Aphasia Battery and Digit Span Test score were found to be negatively correlated with age. It was concluded that as age advances there is decline in language function and attention and showing more changes in male gender than female and study also suggested positive correlation between language function and attention.

Keywords: Attention, Geriatric, Ageing, Language Function

THE IMPACT OF MUSIC INTERVENTION AND MEDITATION ON THE PSYCHOLOGICAL DISTRESS OF CARDIOVASCULAR PATIENTS: A COMPARATIVE STUDY

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Aim: The main aim of the study was to find out whether the level of psychological distress of cardiovascular patients who undergone music intervention differed significantly from that of those who undergone meditation. **Method and design:** An experimental group design was administered. The dependent variables were the participants' pre-post difference in scores of depression, anxiety, stress and psychological distress. The independent variables were music intervention and meditation. **Participants:** The participants of the present study consisted of 45 cardiac patients selected from hospitals in Trivandrum using purposive sampling method. 15 cvd patients were selected for music intervention and 15 cvd patients were selected for meditation based on their willingness for attending the intervention. 15 cvd patients were kept as control group. **Measures:** The measures used for the present study were Personal data schedule, Depression Anxiety Stress Scale (DASS 21) developed by (Lovibond, S.H. & Lovibond, P.F.; 1995), Music intervention CD with

instrumental version of malayalam, tamil and hindi film songs selected on the basis of participants' preference; and Guided Somato Psychic Relaxation (GSPR) CD developed by Dr. Krishna Prasad Sreedhar. **Data analysis:** The suitable statistical techniques done to interpret the data were Wilcoxon Paired Signed Rank Test, Kruskal Wallis Test and Mann-Whitney U Test **Results:** The findings of the present study revealed the effect of music intervention in reducing the psychological distress of cardiovascular patients. Though in the present study meditation is not as effective as music intervention, the meditation group has lesser level of post test anxiety, stress and psychological distress score as compared to the control group. This clearly indicates the need for an alternative therapy along with the main stream medicine for the psychological well being of cardiovascular patients

Keywords: *Cardiovascular Patients, Meditation, Music Intervention, Psychological Distress*

PARENTING STRESS AMONG DUAL EARNER FAMILIES IN URBAN AREAS OF JAMMU DISTRICT

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The present research was conducted to study the parenting stress among the dual earner families under various domains i.e. Child Domain, Parent Domain, Life Stress and Total Stress and to compare the Parenting Stress in context of gender and nature of job. The sample for the study comprised of 150 parents i.e. 75 mothers and 75 fathers. A purposive sampling technique was used to select the sample. The tools used for the present study were Parenting Stress Index Scale (PSI-4). Data was analyzed both qualitatively and quantitatively. The results of the study revealed that majority of mothers had obtained normal scores on various dimensions i.e. Distractibility, Adaptability, Reinforces, Demandingness, Mood and Acceptability on Child Domain than fathers. Parenting stress among parents in Parent Domain implies that majority of fathers had obtained normal scores on various dimensions i.e. Isolation, Attachment, Health, Role Restriction, Depression than Mothers. Life stress scores of fathers were in normal category than mothers. The level of total stress was higher in fathers than mothers. Analysis of mean and t- score of parents in context of gender revealed that fathers were having higher mean scores than mothers and highly significant difference was found on various Parenting Stress Domains. The mean scores of mothers who were private teachers were higher on Child Domain, Parent Domain, Life Stress and Total Stress. It was also found that majority of the fathers who were in Government job had obtained higher mean scores on Child Domain, in context of nature of jobs and there is an insignificant difference found on life stress scores.

Keywords: *Jammu District, Families, Parenting, Stress, Urban Areas*

RELATIONSHIP OF ANXIETY, DEPRESSION AND SELF ESTEEM WITH SPIRITUAL WELL BEING

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Spirituality is considered multidimensional in nature and it is a complex phenomena. It is something personal to an individual, somewhat independent of religion. It is considered as a capacity that is unique to an individual and is innate. Spiritual well being is the sense of well being that we experience when we find purpose to commit ourselves to which involve ultimate meaning for life (Ellison, 1983). This type of well being provides integration, harmony and freedom within the personality. It involves well being in connection with God (religious well being) and it includes a relation to the world around us, sense of purpose in life and satisfaction (existential well being). Spiritual well being is different from psychological well being and

spiritual maturity. In this study, an effort is made to find out the relationship of spiritual well being with anxiety, depression and self esteem. A sample of 120 post graduate students is taken belonging to the age range of 22-24 years. Psychological tools used are: Spiritual Well Being Scale (Ellison and Paloutzian, 1982), Beck Depression Inventory (Beck, 1961), STAI – Form Y 2 (Speilberger, 1968) and Self Esteem Scale (Rosenberg, 1965). Correlational analysis is used to study the relationships between the various variables. The implications of the study are elucidated.

Keywords: *Anxiety, Depression, Self Esteem, Spiritual Wellbeing*

EMOTIONAL INTELLIGENCE AS A PLAUSIBLE PREDICTOR OF INDIVIDUALS' PHYSICAL AND MENTAL HEALTH

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Emotional Intelligence (EI) is a personal characteristic being highlighted by researchers to have potential implications in human healthcare. Earlier studies have also suggested the association of EI with a healthy life. It has been speculated that careful dealing with emotions translates to well-being in everyday life. Thus, EI could serve as a functional interpreter of physical and mental health of individuals. A person's ability to recognize one's own and other's emotions, discriminate between different feelings and label them properly, and being able to apply emotional information to guide thinking and behavior to an extent results in improved well-being and the individual seems to be considered as physically and psychologically fit and healthy. Physical health reflects on everything ranging from the absence of disease to fitness level, whereas mental health is a psychological state of individuals where they function satisfactorily so far as emotional and behavioral adjustments are concerned. The present study focuses on how EI plays a vital role in enhancing health related behaviors and the extent to which it is linked with the physical and mental health of the individuals. In the light of various strategies to enhance EI the overall health maybe improved. The consequential adverse effects of negative emotions on physical and mental health of individuals will also be discussed.

Keywords: *Emotional Intelligence, Mental Health, Physical Health*

VIPASSANA MEDITATION AND SPRITUALTY AS THE HOLISTIC APPROACH TO HEALTH AND HEALING

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The aim is to through a light the importance of vipassana meditation as an source of holistic health and healing . The ten days vippasana meditation course is used to know the effect on holistic and healing. Health is the wealth of human being. Wealth in lossed something is lossed, if health is lossed everything is lossed. Health plays important role in life. Health according to WHO “A state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.” Health is that balanced condition of the leaving organism in which integral, harmonious performance of the vital functions tends to the preservation of the organism and the normal development of the individual. For the condition many factors influences the health state of individuals including their background, life style, SES, religious beliefs and spirituality these are referred to as determinants of health. In everyday life man is struggling to maintain the health .It is assumed that single approach to meet health problem is difficult and not feasible .It requires alternative method of yoga, meditation and exercise etc .holistic approach to health and healing. Holistic health is actually an approach to

life rather than focusing on illness or specific parts of the body, this approach to health considers the whole person and how he/she interact with his/her environment. It emphasizes the connection of mind, body and spirit with holistic health people accept responsibility for their own level of well being and everyday choices are used to take change of once own health. To inculcate the holistic health needs follow the law of nature that a whole is made up of interdependent parts .This principle includes physical, mental, emotional and spiritual. All these possible through practicing Vipassana meditation. This Vipassana meditation focuses on reaching higher level of wellness and supports the bodies natural healing system and considers the whole person and the whole situation. Vipassana meditation practice not only support reaching higher level but also prevents the illness and it changes to positive lifestyle and motivates continuously. Vipassana meditation promotes overall health and wellbeing f individuals, families and communities. While practicing Vipassana meditation individual observe five precepts and eight fold path which Leads to develop virtues and spirituality. This will help to develop spirituality. Spirituality has a role to play in this aspect of holistic health by supporting actions and enhances the physical and mental health. Vipassana meditation and spirituality ensures that supports and comforts are provided to the individual and his/her family and community. It is more comfortable with treating the mind and the body, but the spirituality part the whole person, convinces to clude us. This is a kind of Bio-Psycho-Social spiritual holistic practice of health. The practice of vipassana meditation as holistic approach to health and healing benefits in many ways. Vipassana meditations are way of understanding of human development and personality. It helps to develops the skill of sustaining the emotional attunement and empathy, it develops cognitive awareness, sensitivity to socio-culture issues, develops positive attitudes, articulates ideas effectively, gives constructive feedback. It develops ability to establish a collaborative mind, body, spirituality based relationship, develops ability to be creative and foster creativity in others, and helps to understand mind, body, connections.

Key words: *Holistic Health and Healing, Spirituality, Vipassana Meditation*

RESIDENTIAL CROWDING AND PSYCHOLOGICAL DISTRESS: NATURE, STRUCTURE AND RELATIONSHIP AMONG INDIAN ADOLESCENCE

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The present study was to explore the nature and structure as well as the relationship of residential crowding and psychological distress among adolescents living in crowded households. The study involves a sample of 258 adolescents (128 male, 130 female) living in crowded households from Kerala, India. The researchers has carried out confirmatory factor analysis (CFA) on residential crowding experience scale by Nagar and Paulus (1997) and Kessler psychological distress scale by Kessler (2001) to verify the nature and structure of original scales in the present samples. The CFA of residential crowding estimated that a single factors measurement model was better fitted than five factors. The CFA conducted for the psychological distress scale through the measurement model reported that the single factors structure is good enough to measure psychological distress. Internal consistencies through Cronbach's alpha have also been checked. Structural equation modelling (SEM) analysis reports that residential crowding contributes significantly to psychological distress. The researchers conclude this article with implications and directions for future research.

Keywords: *Confirmatory factor analysis, Psychological distress, Residential crowding*

COGNITIVE DISSONANCE IN RELATION TO MARITAL ADJUSTMENT AND PSYCHOLOGICAL WELLBEING: AN EXPLORATORY STUDY AMONG OVERWEIGHT INDIVIDUALS

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The aim of the current study was to explore Cognitive dissonance in relation to marital adjustment and Psychological wellbeing among over weight individuals. A sample of 107 overweight individuals within the age range of 25-45 years was selected. The study was attempted to find out the correlation among the study variables and also attempted to find out the differences among various groups – gender and age. The tools were used for the present study are The Personal data schedule, Body mass index scale, cognitive dissonance scale, marital adjustment questionnaire and psychological wellbeing scale. The statistical techniques used were correlation, t-test and one way ANOVA. The results of correlation revealed that cognitive distortion was negatively correlated to marital adjustment and psychological wellbeing. The t-test and one way ANOVA indicated no significant differences among the variables for age and gender.

MANAGEMENT OF YOGIC AND GROUP COUNSELING PRACTICES ON IMPULSIVITY OF ADOLESCENTS

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Dev Sanskriti Vishwavidhyalay, Shantikunj, Haridwar

This study examined the impact of yogic and group counseling practices on Impulsivity of adolescents, A assessment was made for measuring the post effect after offering yoga practices and group counseling, A sample of (N-60) were taken by using quota sampling, out of 60 Students (30 male and 30 female) from the convent and International schools of Delhi, between age group 14 to 18, impulsivity questionnaire was administered (pre test) on them, after offering the intervention program (Om Chanting, Nadi Shodhan Pranayam, Atma Bodha and Tatva Bodha ki Sadhana and Group Counseling) again post test was taken. The data was analyzed by using 't' test, Results revealed that impulsivity of adolescents reduced at 0.01 level of significance. It is concluded that yogic practices and group counseling techniques are effective in reducing the impulsivity of adolescents.

TECHNOLOGY, ENVIRONMENT & HEALTH

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We are living in the age of micro chip where the technology advances beyond proportions unimaginable and somewhere in this hustle for speed which is on one end in terms of light years while as on the other side it is in the form of GB (Gigabytes) and TB (Terabytes) where nano is the word while speed of light seems to be inevitable and maybe this changes not only our lifestyle on the whole but maybe it questions our very existence and survival as human race with almost newly composed genome of cyborgs a la 'terminator', half man half machine. Do we realize the costs latent as well as direct which we are bound to pay in terms of our human values and our precious environments? With this objective the hypothesis is formulated that, "we humans are losing ourselves to technology at the cost of our own human existence and our surrounding environments. The methodology adopted is in the format of questionnaire set to evaluate the perceptions of a sample of population spread over 100 persons, of various strata responding the set questions which shall be

tabulated into statistical measurable responses to verify the hypothesis. Other sources of information which are likely to be included are articles and other study materials in print media, social media and articles.

BMI, LIBIDO AND MARITAL ADJUSTMENT AMONG COUPLES

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The study was designed to find out the interrelation between body mass index, libido and marital adjustment among couples. Sample consists of 150 married couples within an age group of 20 to 35 years. Body mass index scale, sexual desire and marital adjustment scale were used. The findings of the study reveal that BMI, libido and marital adjustment have significant interrelationship among couples.

Keywords: *BMI, Libido, Marital Adjustment, Married Couples*

RELATIONSHIP OF COPING STRATEGIES WITH PSYCHOLOGICAL DISTRESS IN KASHMIRI MIGRANTS

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Psychological distress is a state of emotional suffering characterized by symptoms of depression (loss of interest, sadness, hopelessness) and anxiety (restlessness, feeling tense). Psychological distress is the outcome of the exposure to stressful events that threaten the physical or mental health, the inability to cope effectively with the stressful situations and the emotional turmoil that result from ineffective coping. Migration is conceptualized as a process of movement from one place to another either to settle down permanently or for a prolonged period of time. Research has focused on psychological distress resulting from ineffective coping styles. In this paper an effort is being made to study the relationship between coping style and psychological distress in a sample of 200 Kashmiri migrants. The sample includes equal number of males and females. Age group from 14-18 years is taken for the purpose. Purposive sampling technique has been employed since the aim is to examine the Psychological Distress in Kashmiri migrants. Correlation analysis has been used to study the relationship of the variables. Finding reveals that there is significant negative relationship between psychological distress and coping. This study will be helpful for clinicians, professionals and social workers to combat psychological distress among migrants in order to promote their well being.

Keywords: *Adolescents, Coping Strategies, Correlation Analysis, Kashmiri Migrants, Psychological Distress*

THE STUDY OF RELATIONSHIP BETWEEN FORGIVENESS, DEPRESSION, ANXIETY AND PSYCHOLOGICAL WELL-BEING: AMONG ADOLESCENTS

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Depression and Anxiety are significant Public Health concerns of college-age-young and adults. Meaning based characteristic such as forgiveness a voluntary coping process involving offering, feeling or seeking a change from negative to positive. Cognitions behaviors and affect toward a transgressor may buffer such poor mental health. The present study objective to find out the relationship between forgiveness, depression, anxiety and psychological well-being (PWB) among adolescents. The sample consists 100 adolescents of first

year MBBS College students (50 boys 50 girls) were taken from RNT medical collage of Udaipur (Rajasthan). The Heart Land Forgiveness Scale (HFC)(2005),Beck Depression and Anxiety inventory(1969.1988) ,PGI General well being by Verma and Verma (1989) were used to collect the data for present study. The obtained data were statistically analyzed by using Mean, SD, and coefficient correlation. The finding revealed the negative correlation between forgiveness depression anxiety and positive correlation with PWB.

Keywords: *Anxiety, Depression, Forgiveness, and Psychological Well- Being (PWB)*

SPIRITUALITY AND EMOTIONAL INTELLIGENCE FOR AUGMENTING EMPLOYEE ENGAGEMENT

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Spirituality is a hot topic of research in recent times in management arena. Though the organizational researchers have intensely started exploring this area, yet very little discussion on how spiritual and religious issues might influence employee engagement. This research is an attempt to fulfill this need. Spirituality has been characterized as a characteristic of healthy people and more recently high performing employees in the organizations. However the comprehensive framework of Emotional Intelligence based components within the organizations provide employees the necessary skills to apply their personal spiritual experience into their work. It helps them to develop strong psychological bonding towards the organization which in turn provides positive results to both the employees and the organization. The present study explores and establishes a relationship between Spirituality, Emotional Intelligence and Employee Engagement.

Keywords: *Emotional Intelligence, Employee Engagement, Spirituality*

QUALITY OF LIFE, SPIRITUALITY AND SOCIAL SUPPORT AMONG CAREGIVERS OF CANCER PATIENTS

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Care giving can be both rewarding and challenging. Literature suggests that family caregivers may experience increased symptoms of psychological and social malfunctioning. However, it may also provide one with opportunities to renew relationships or feel connected to a higher power. The current study is an attempt to investigate how caregiving influences a person's general wellbeing. The sample consisted of 25 caregivers of cancer patients and 25 appropriately matched control. World Health Organization- QOL (1991), Multidimensional Scale of Perceived Social Support by Zimet, et al (1988) and Spiritual Perspective Scale by Reed (1986) were used to asses QOL, Social support and spirituality respectively. The obtained data was analyzed in SPSS using independent sample t-test. Results indicated a significant difference between Caregivers and the control group on QOL, spirituality and social support.

Keywords: *Cancer, Caregiver, Quality of Life, Social Support, Spirituality*

GROWTH STATUS OF ADOLESCENTS (10-15 YEARS) RESIDING IN JAMMU CITY

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The World Health Organization (WHO) defines adolescence as the period of life between 10 and 19 years of age. Physical growth of children is widely recognized as one of most sensitive and reliable indicator of health

and nutritional status in adolescence. Growth monitoring by anthropometric measurement during this period, is not only an important health indicator but also a predictor of various morbidities in the community. The present research was conducted to assess the extent to which performance of growth of adolescents compare with WHO references and further aimed to evaluate the growth status in relation to age and gender. A sample of 300 adolescents was drawn from Jammu city belonging to middle SES. Random sampling technique was employed to select the adolescents (10-15 years) and was further divided into two age groups i.e. Group-I comprising of 10-12 year old and group-II having 13-15 year old adolescents. Information was gathered through standard anthropometric techniques from which BMI of the sample was calculated. BMI was calculated as the ratio of weight to height squared (Kg/m^2). Thinness, healthy weight, overweight and obesity were determined using age and sex specific WHO cut-offs. The mean height and weight of the sample increased with age. The extent of thinness was high among the entire sample. This trend was in contrast to the data obtained at national level where obesity is commonly observed among adolescents. The study has implications for health professionals and those engaged in policy planning and implementation.

Keywords: *Adolescents, Anthropometry, BMI, Growth, Health*

IMPACT OF INTERNET ADDICTION ON SPIRITUAL INTELLIGENCE AMONG ADOLESCENTS

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Internet addiction is a broad concept. Despite inconclusive or inconsistent definition for this disorder, usage of the internet is growing rapidly each year especially among adolescents, making it imperative to look into factors that can be impacted to it. The present study examined the internet addiction and spiritual intelligence among adolescents. A cross-sectional analysis of data of 70 adolescents was selected through random sampling. Test of significance revealed significant difference in the terms of gender. No other significant difference was found. Keeping these figures in mind, we need to focus on those factors which help to recover and awareness to the extent of this problem among adolescents, in spite of exposure to chronic adversity.

Keywords: *Adolescence, Internet Addiction, Spiritual Intelligence*

MANAGING AGGRESSION AMONG ADHD ADOLESCENTS: THE ROLE OF MINDFULNESS THERAPY

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The children with ADHD generally carry some symptoms with them as early as preschool age and continuing throughout adolescence and even into adulthood. American Psychiatric Association, DSM V, (2013) described ADHD as "Persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development" and listed it as neurodevelopment disorders rather than under diagnoses usually first made in infancy, childhood, or adolescence. It has been revealed from studies that the children & adolescents diagnosed with ADHD have special academic, social and emotional needs and all this makes the life of ADHD more challengeable. Aggression is a form of behaviour in which one expresses his feelings or emotions in negative ways which harm, hurt or injure self or others. Aggressive behaviour reflects the negative connotation in behaviour and is considered as unhealthy or unhelpful behaviour pattern particularly in case of ADHD. Hampel, Manhal, Roos, & Desman, 2008 reported that the youth with ADHD have impaired ability to interpret and manage their emotions and behaviours thus found to manage stressful situations with avoidance

and aggression. In the present study the adolescents with ADHD symptoms were diagnosed with Conner's 3 ADHD Rating Scale (2008) and thirty three participants were selected with age ranging between 13 to 16 years. The Buss Perry Aggression Scale (1992) was used to assess the aggressive behaviour of adolescents with ADHD. The mindfulness therapy was implemented for six months five days a week. It has been observed in the findings that the mindfulness therapy has effectiveness in reducing the aggressive behaviour of adolescents with ADHD.

Keywords: *ADHD, Aggression, Mindfulness, and Self-Esteem.*

CONSCIOUS ENERGY BREATHING ON THE PLATFORM OF ECLECTIC PSYCHOTHERAPY IN HOLISTIC HEALTH: PSYCHIC-BREATH ENERGY THERAPY

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Psychic-breath energy therapy is a holistic-integrative technique comprising Conscious breathing and Eclectic Psychotherapy addressing a physical, emotional, mental, spiritual person as a whole can be put under Complementary Medicine branch into lasting therapeutic shifts in Beliefs, Thoughts, Emotions, Feelings, Behaviours as well as shift in Physical Wellness and a Positive Life Transformation. This therapy also acts as a "Preventive Therapy". The technique tailors the *therapy* on the basis of each client's/ groups unique needs and situation by drawing on the most effective and applicable techniques from Catharsis to Conscious - Energy Breathing .

By treating, supporting, guiding clients are able to overcome their, disorders, diseases, problems, crisis, traumas and also act as a preventive therapy. Treatment takes less time and cost in comparison to traditional psychotherapy & in a holistic set-up. A short term treatment program comprising 9-10 Sittings each for two to two and half hours. It can be done in groups, one to one arrangement or combining group and one to one arrangement according to patient personality, disorder, disease, problem types, to overcome their mental disorder, mental diseases, problems, crisis and to re-establish their Holistic Health. This technique brings individual and social transformation from ignorance, aggression, disorders, diseases, crisis to a loving, healthy, happy and blessed society.

Keywords: *Conscious Energy Breathing, Eclectic Therapy, Holistic Health.*

PATIENT-DOCTOR INTERACTION, TREATMENT DECISION MAKING BEHAVIOR AND PSYCHOLOGICAL HEALTH PROBLEMS OF CORONARY ARTERY DISEASE (CAD) PATIENTS

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Communication between doctors and patients is attracting an increasing amount of attention within health care researches. During past decades, descriptive and experimental researches have tried to shed light on the communication process during treatment decision making. Doctor may use sophisticated technologies for medical diagnosis and treatment. Thus, the patient-doctor interaction is the primary concern which facilitates exchange of treatment information. Certain aspects of patient-doctor interaction seem to have an influence on patients' behaviour, satisfaction with care, adherence to treatment, recall and understanding of medical information, coping with the disease, quality of life, and even state of health. Patient-doctor interaction is

especially important in life threatening diseases, such as cancer, HIV aids and coronary artery disease. To measure this relationship, 100 coronary artery disease patients were included as sample for present study. Equal numbers of normal controls were also taken from the same region for the purpose of comparison. Descriptive and inferential statistics were applied for the data analysis. Results indicated that CAD patients scored significantly lower on patient-doctor interaction as compared to normal healthy people. Results related to treatment decision making showed that patient group preferred vigilant decision making style most as compared with other styles of decision making (hyper vigilant decision making, vigilant decision making, unconflicted change). This study gives an opportunity to evaluate the decision and to take appropriate decision which facilitates sound psychological health for the patents.

Keywords: *Patient-Doctor Interaction, Psychological Health, Treatment Decision Making*

MENTAL HEALTH AMONG WOMEN OF INSURGENCY AREAS: A STUDY OF WIDOWS AND HALF-WIDOWS IN KASHMIR VALLEY

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The act of terrorism and armed conflict in the state of Jammu and Kashmir has resulted in an unprecedented rise in the mental health problems among the people of the valley. The most vulnerable section of the population adversely affected by this conflict are the Half-Widows; Women whose husbands have disappeared but not traceable and these women are still waiting impatiently for their return. This study attempted to assess and compare the mental health of widows and half-widows of Kashmir valley, hypothesizing the mental health problems to be significantly higher among half-widows than widows of the valley. The objectives of the study were: (1) To assess and examine the severity of mental health problems of widows and compare them with the mental health of half-widows.(2) To assess and examine the duration of widowhood and its differential effect on the severity of mental health problems among widows and half-widows. The participants of this study consist of 100(50 widows and 50 half-widows) selected by means of simple random sampling technique from the most disturbed districts of Kashmir valley. The mental health of the participants was assessed by administering Mental Health Inventory (MHI-38).The findings of the study reported a significant difference between the mental health of half-widows in comparison to widows and also a significant difference in the severity of mental health problems of those women widowed recently in comparison to those in the distant past. Further the analysis of data revealed that the half-widows were found to be higher on measures of sub-scales- anxiety, depression and loss of behavioral/emotional control and low on general positive affect, emotional ties and life satisfaction in comparison to widows.

Keywords: *Conflict, Disappearances, Half-Widow, Mental Health, Trauma, Violence*

THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE OCCUPATIONAL STRESS AND HEALTH IN NURSES

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Nurses suffer from stress and health Problems due to the characteristics of their work and their contact with patients and death. Emotional Intelligence can help to reduce the effects of occupational stress and intact the health of Nurses taking these views to formulated following objectives: were between emotional intelligence.

(a) To examine the relationship Emotional intelligence, occupational stress and health.

(b) To examine the relative important of Emotional intelligence, in predicting the occupational stress and health.

Design: A correlational researches design has been carried out for the present researches. **Methods:** Incidental selected sample of 50 female Nurses from various Governments and private hospital of Varanasi city with the age range of 20-35 was related for this study. Following tools were used in present research: Emotional Intelligence Scale, Nurses Work Related Stress Inventory and General Health Questionnaire. **Findings:** findings indicate that Emotional Intelligence overcomes the effects of health related problem emerged from occupational stress.

Keywords: *Emotional Intelligence, Nurse Health, Occupational*

QUALITY OF LIFE AMONG MUSLIM ADULTS OF JAMMU CITY IN CONTEXT OF AGE AND GENDER

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Quality of life (QOL) refers the general well-being of individuals and societies. The term is used in wide range of contexts including the fields of international development, health care, and politics. It should not be confused with the concept of standard of living, which is based primarily on income. The research was conducted to study the quality of life among Muslims adults of Jammu city in context of age and gender. The sample for the study comprised of 120 young and older adults of Jammu city in the age group of 20-35 and 60+. Tools used were interview schedule and Quality of Life Scale. The 16 areas addressed in the Quality of Life Inventory assessment are Health, self esteem, Goals and values, Love, Work, Play, Creativity, Helping, Love, Friend, Children, Home, Relatives, Community and Neighbourhood. Results revealed that most of the respondents had higher level of satisfaction with their quality of life. With regard to age, quality of life of the younger adults were more satisfactory than older adults on various dimensions and a significant difference was seen on various dimensions i.e. health, self esteem, goals and values, play, love, neighbourhood and community. The aspects of life with which older adults seemed more satisfied were their money, work, help, love, friends, children and home. However with regard to gender, females were more satisfied than males on various dimensions and there was a significant difference on various dimensions like health, self esteem, money, play, love, neighbourhood and community. Males were more satisfied only on two dimensions i.e. learning and community

Keywords: *Quality of Life, Muslim Adults*

WHEN RELATIONSHIPS ARE CHALLENGED!!!

Sarala Kapoor

Indian Psychoanalytical Society, Affiliated to International Psychoanalytical Association, London

There are voices in my consulting room: screams of being ditched, betrayed, failure, disappointment, excruciating pain, chronic feeling of being lost, and bewilderment of loss 'what to do' and 'how to manage life' when there is a breach of trust and confidence, which is the foundation of relationship. These voices are asking for solution, that shows a cry of helplessness on their part. The question that very often comes to one's mind is whom to trust - mother, teacher, siblings, friends, colleagues, or leaders? The search for these questions envelops the communication with clients in my clinical setting. Since without communication there is no understanding, and without which no relationship can be established. Other than gross legal-socio negligence, the relationships are challenged at every level. The reason being lack of trust, mutual respect,

communication, severe self centeredness, and a common attitude 'I-don't-care', probably, is the cause of ill mental health. The paper analyzes the potential of the problem ingrained in the tripartite model of the mind. Thus the theme of my paper is how to enhance and meet these challenges in the light of dynamic Psychology, which explains the axis of relationships as "Attachment - separation – Individuation". Further, the paper highlights the restoration of the deteriorating boundaries of such relationships through psychoanalytical method of catharsis.

Keywords: *Communication, Relationship, Trust and Unconscious*

PREMENSTRUAL SYNDROME, STRESS AND OCCUPATIONAL FUNCTIONING AMONG WORKING WOMEN

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Background: Premenstrual syndrome (PMS) is characterized by a cluster of mild to severe physical or emotional symptoms that mainly begin during the luteal phase of the menstrual cycle. Premenstrual Syndrome, commonly referred to as 'PMS' is a broader term that typically refers to a general pattern of physical, emotional and behavioral symptoms occurring 1-2 weeks before menses and remitting with the onset of menses. The severe form of PMS is the Premenstrual Dysphoric Disorder (PMDD), which differs from PMS in respect to intensity of symptoms, predominance of mood symptoms, and the significant function impairment. The most common symptoms are irritability/anger, fatigue, and physical swelling/bloating, or weight gain. The premenstrual symptoms interferes the various aspects of a women life. It is common in 30-80 percentage of women of reproductive age. **Objectives:** The aim of the study is to assess the severity of premenstrual symptomatology, stress and occupational functioning among working women. **Method:** A purposive sampling of 50 menstruating women (aged 18-49) selecting from different firms using detailed sociodemographic data sheet with inclusion and exclusion criteria will be taken for the study. The menstrual symptomatology measuring by premenstrual assessment scale (PMS), the severity of stress and occupational functioning assessing by using appropriate standardized scales. **Statistical analysis:** Appropriate statistical analysis will be done by using SPSS 16 and result will be discussed at the time of presentation.

Keywords: *Occupational Functioning, Premenstrual Syndrome, Stress*

DOMESTIC VIOLENCE IS THE SILENT KILLER OF HAPPINESS: A CASE STUDY

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Happiness is the core of life. Everyone wants to be happy but without removing negativity and any type of sadness in life, no one can achieve the true meaning of happiness. In this paper researcher is focusing on an invisible problem that is working as a silent killer of humanity in society known as domestic violence. It is the negative aspect, which influence one's life and generate psychological, emotional and social problems. After root out this type of problem, people can increase the level of happiness and get the true meaning of life. It is a case study of female child, suffered from domestic violence. Due to this crisis, her academic performance, physical health and social adjustment decreased. In counseling sessions, researcher found that there is an emotional problem with her stepfather. With the help of counseling, she overcome with her problems and trying to accept, the conditions that cannot be change at once. She also sets her mind to plan her future and tries to achieve her career goal.

Keywords: *Counseling, Domestic Violence, and Happiness*

THE ROLE OF TRAIT MINDFULNESS IN REPAIRING NEGATIVE MOOD AND ENHANCING HUMAN HEALTH/WELL-BEING

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Mindfulness has been defined as a trait or a practice that cultivates qualitatively enhanced state of consciousness and awareness of present life experiences. There is a consensus among the scholars that mindfulness is associated with greater regulation of emotions and enhanced state of human health well-being. The present study attempts to explore the role of mindfulness in the repairing of negative affect i.e. the strategies, thoughts, and behaviors intended to improve negative mood and emotional states as well as in enhancing human health/well-being (subjective well-being, physical & psychological symptoms). Three hundred undergraduate and post-graduate students (163 male and 17 female) were assessed on the self-report measures of mindfulness, negative affect regulation and positive/negative affect, physical & psychological symptoms. Analysis revealed that most of the dimensions as well as the total score of mindfulness correlated positively and significantly cognition and acceptance based affect regulation, positive affect and life satisfaction. On the other hand the dimensions of mindfulness were also associated negatively with negative affect, physical as well as psychological symptoms. Further, a causal model was made taking the mindfulness as predictor and the dimensions of negative affect regulation as mediators and the said measures of human health/well-being as criterion. The obtained result showed that the relationship between mindfulness and human health/well-being is partially mediated by different dimensions of negative affect repairing. These results have been discussed in the light of available empirical researches.

Keywords: *Mindfulness, Negative affect regulation, Physical Languidness, Subjective Well-being.*

QUALITY OF LIFE, PERCEIVED STRESS AND GENERALIZED EXPECTANCY OF PATIENTS WITH EPILEPSY

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Epilepsy is a common medical and social disorder with unique characteristics. It is usually defined as a tendency to recurrent seizures and can have tremendous psycho social issues for patients. Epilepsy can have diverse and complex effect on the wellbeing of its sufferers. The aim of the study was to identify variables related to stress, Quality of life and expectancies in person with epilepsy. The mean age of participants was 31.65 years in which mostly had seizures. The sample comprised of 40 diagnosed patients of epilepsy and 40 non epileptic by using the purposive sampling. The epileptic patients were taken from S.S. Hospital, B.H.U. Varanasi and R.G.KAR Medical College and hospital, Kolkata. Demographic variables (Age, Sex, Education, Marital status) and Clinical variables (Disease duration, Onset of disease, Seizures severity and Seizures frequencies) were considered. The participants were approached after taking permission from the respective hospitals and consent from the participants. Data were taken from the Neurology department of both hospitals. To find out the impact of demographic and clinical variable on QOL, Perceived stress and expectancies of epileptic patients, the mean, SD, t test, ANOVA, Coefficient of Correlation and step wise regression analysis were applied. The results indicate that the epileptic patients scored lower on all domains of QOL (Physical, Psychological, Social and Environmental), optimism scale and Higher on perceived stress as compared to non epileptic and found to be significant on 0.01 levels. After ensuring the homogeneity of variance a 2X2 ANOVA was carried out to ascertain the main and interaction effect of the two factors (Sex and Nature of disease) under investigation. The results of ANOVA clearly revealed that the main effect and interaction effect of sex and nature of disease have been found statistically significant on QOL. Large amount of differences was

observed between primary and higher educated participant and unmarried participant feel more stress, lower quality of life and low level of optimistic approach in comparison to married participants. In order to determine the significance of nature of disease, marital status and sex in predicting their quality of life step-wise multiple regression analysis was done. It is clear that nature of disease factor emerged as the best predictor of Quality of life in contributing 26 percent in the total variance followed by marital status and sex that contributed 14 percent and 10 percent of total variance. Examination of β revealed that the said predictors contributed negatively ($\beta = -0.33$ & -0.33 respectively) to quality of life. The results of this study suggest that epilepsy affects both the physical and emotional health of the participant and that individual may experience considerable perceived stress and negativity in life. Perceived stress is one of the most frequently seizure triggers in patient with epilepsy. This could be because of reason that most people especially in Indian culture consider epilepsy as insanity and therefore do not marry.

Keywords: *Epilepsy, Life Orientation, Perceived Stress, Quality of Life, Seizure*

ADOLESCENTS AND JUNK FOOD

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Although Adolescents diets are strongly governed by their family food environment (Patrick& Nicklas,2005), about half of their consumption of low –nutrient, energy –dense (LNED) “junk “foods occurs out of home (Briefel,Wilson, & Gleason ,2009) The current study was to know about students/adolescents perception about junk food and its impact on their health. The data was gathered using self-administered questionnaires. The students/adolescents at higher secondary school level were selected as the sample of the study. The total sample size was 115 students /adolescents. The analysis shows that majority of adolescents ‘sometimes’ check the nutrient contents of the junk food before the purchase ,but in case of new junk food product launched do certainly look at the nutritional content after the purchase of the food item . Based on the study it was found that most of them did so only to satisfy their taste buds. They really did not care about the effect of junk food on health, whether it is obesity/ memory loss/ retention or any other related health hazard. It was found that consumption was influenced by peer groups. Thus there is an urgent need of government legislation to regulate the marketing of junk food amongst students/adolescents and to provide healthy food choices in their institutions of study.

Keywords: *Adolescents, Health Hazard, Junk Food, Nutrition*

EFFECTS OF RECREATIONAL SPORT ACTIVITIES ON THE PSYCHOLOGICAL WELL-BEING

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The present study is designed to examine the effect of recreational sport activities on the psychological well-being of children. The study was carried out with 100 children by using psychological well-being scale and introducing an intervention program. Recreational sports activities refer to participate in a variety of informal recreational sport activities ranged from modest to vigorous on either a regular or an inconsistent basis, which do not require systematic training or the pursuit of excellence and are without the same pressure to excel against others. Psychological well-being represents positive affect (e.g., feelings of optimism, cheerfulness, and relaxation), and positive functioning (e.g., energy, competence, autonomy).With respect to assess the effects of recreational sport activity on the psychological well-being, pre-post design was used. Results found

that recreational sport activity has positive effects on the psychological well-being of school going children. It was concluded that psychological well-being of children can be enhanced through recreational sport activities.

Keywords: Children, Psychological Well-Being, Recreational Sport Activities, School

WOMEN AND HEALTH: A STUDY OF URBAN SLUMS IN JAMMU

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Rapid urbanization is the growing trend in all developing countries like India, which has brought in its wake an alarming and persistent problem of slums. According to UN Habitat Report, 'The Challenge of Slums', out of one billion slum dwelling people, majority are women, who are taking the burnt of suffering, in order to preserve their families health and valiant the great desire and injustice that are so common to women, especially to poorer population. Poverty is the biggest obstacle that stands in the way of health of women. Lack of basic amenities necessary for their survival has direct and indirect implications on the quality of life. Women's health is profoundly affected by the ways in which they are treated and the status they are given by society as a whole. Where women continue to be discriminated against or subjected to violence, their health suffers. Jammu popularly known as 'City of Temples' has come in the grab of slum. The present paper is based on the study which has been carried out in the slums of Jammu city. The paper looks into the various factors which influence the health of women and analyse the problems affecting the health of women living in the slums of Jammu city.

Keywords: Discrimination, Health, Poverty, Urban Slums, Women

POST-TRAUMATIC GROWTH IN CANCER PATIENTS: IMPACT OF PERSONALITY TRAITS AND COPING STRATEGIES

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Objectives: Negative and stressful psychological effects in the aftermath of any trauma are a common notion but despite those negative effects individual may also develop positive psychological changes and growth (Tedeschi & Calhoun, 1996, 2004). The purpose of study was to investigate the relationship between personality traits, coping strategies and post traumatic growth in a sample group of cancer patients. **Method:** The sample of 286 cancer patients was selected purposively from Department of Radiation Oncology, Government Medical College and Associated Hospitals, Karan Nagar, Srinagar, Florence Hospital, Chanapora Srinagar, Noora Hospital, Zainakote, Srinagar. The participants completed the sample survey packets comprised of NEO Five-Factor Inventory (NEO-FFI) (Costa, P&McCrae, R, 1992), Brief Cope, (Carver, 1997), and 'Post Traumatic Growth Inventory-Short-Form, Cann et. al.2010). **Result:** The results of the study showed that personality traits viz. Neuroticism, Extraversion, Openness and Conscientiousness are significantly and positively correlated with post-traumatic growth ($r = -0.28, p < 0.01, r = 0.17, p < 0.01, r = 0.23, p < 0.01, r = 0.40, p < 0.01$) whereas there is an insignificant correlation between agreeableness and post-traumatic growth. Further the results showed that post-traumatic growth is significantly and positively associated with active-adaptive coping strategies ($r = 0.35, p < 0.01$) whereas correlation between passive coping strategies and post-traumatic growth was found to be insignificant. Multiple regression analysis was applied to investigate the degree to which post-traumatic growth can be explained by personality traits and coping strategies. The results revealed that personality traits Neuroticism, Conscientiousness ($\beta = .19, p < .001$ & $\beta = .37, p < .001$) and adaptive coping strategies ($\beta = .24, p < .001$) could predict 24 % of the variance

($R^2 = .24$, $F = 12.84$, $p < 0.001$) in the model of post-traumatic growth in cancer patients. **Conclusion:** The findings of this can be potentially uplifting for both clinicians and patients by providing hope that trauma can be overcome and transformed. These findings can further provide support for coping strategies as targets of intervention.

Keywords: *Cancer, Coping, Personality Traits, Post-traumatic Growth*

PERSPECTIVE ON SELF ESTEEM LEVEL AND FAMILY WELFARE MANAGEMENT IN BPL WOMEN OF SELF- HELP GROUPS IN JAMMU (J&K) INDIA

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Self-help group is a collective method of organizing 10-20 people of same socio economic status to solve their individual and common problem. The aim of self-help group is to build the functional capacity of the poor and marginalized in getting rid of the problems like unemployment, illiteracy, health care and social evils. The study entitled “ Role Of SHGs (Self – Help Groups) in Socio Economic Development Of Women In Jammu District” was conducted in all 8 blocks of Jammu district with sample size of 400 BPL women (200 SHG and 200 NON SHG). Observation, interview schedule, focused group discussion and intervention programme were used as tools of the study. The findings revealed that majority (92%) of the SHG women had higher self-esteem level and better family welfare awareness as compared to NON SHG women. There were some similarities and differences in self-esteem levels relating to their behavior in problematic situation such as both women felt that they are important for their families and could get help whenever they needed but success could only be achieved by hard work. The difference in self-esteem levels was observed in the fact that SHG women could easily start conversation with a strange person when required and believed that they had better social status, quick decision making ability, strong convincing power, less concerns about others liking and disliking, more risk-taking capacity and good time and energy management. Family welfare management awareness and skills among BPL women was also higher after joining the SHGs. Most importantly, their social status gets ameliorated which cannot be measured in terms of money since it has considerable positive impact on their children’s lives, paving ways for bright futures for them. The SHG women have a higher level of awareness regarding government programmes for girl child protection, access to health services and credit sources etc., which ultimately helps them in coping with day to day stress.

Keywords: *BPL Women, Family Welfare Management, Self esteem level, Self-help Groups*

EFFECT OF FAMILY FUNCTIONING ON POSITIVE AND NEGATIVE MENTAL STATES IN FEMALES

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Background: Females disproportionately suffer from mental health disorders and are more frequently subject to social causes that lead to mental distress. Most findings implicate negative mental states are the offshoots of inadequate interaction with the environment and family environment is the chief cause. This study extends existing research in the field of mental health that focuses on the effects of family functioning on positive and negative mental states in females. A major limitation of much of the existing studies in this area is that the processes by which family functioning may influence mental states in females have hardly been explored. **Aims:** This study tested the hypothesized model that healthy family functioning leads to increased positive

mental states and, subsequently, reduced negative mental states in females. **Methods and Material:** A sample of undergraduate and postgraduate ($n = 201$) female students completed survey packets in order to test this sequence of relationships on the General Family Functioning Scale, Oxford Happiness Questionnaire, Herth Hope Index, Life Orientation Test and Depression Anxiety Stress Scale. **Statistical analysis used:** A Structural Equation Model was then constructed and evaluated based on the tested measurement model of latent factors. **Results:** The model yielded significant effect. The findings from the study indicated that healthy family functioning and positive mental states are positively related to each other, but negatively related to negative mental states. The findings provide compelling empirical evidence that healthy family functioning reduce the negative mental states by enhancing the positive mental resources. Thus negative mental states can be accurately modeled as an outcome of family functioning mediated by positive mental states. **Conclusions:** This study suggests that combined interventions, targeting family functioning and increasing positive mental states may be particularly useful in addressing negative mental states in females. The research contributes recommendations for policy, practice and further studies.

Keywords: *Family Functioning, Negative Mental States, Positive Mental States*

CORRELATION ANALYSIS OF ATTENTION DEFICIT/HYPERACTIVITY DISORDER, DRIVER BEHAVIOUR AND DRIVING ANGER IN STUDENTS RIDING TWO-WHEELERS

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This paper presents a study aiming to ascertain the propinquity between adult attention deficit/hyperactivity disorder (ADHD), driver behaviour and driving anger. Data were gathered from 150 male students from the University of Jammu. The students enrolled in various post graduate programmes and currently studying in first and third semester participated in this study. The male bikers were comprised for the study. Solely the license holders were considered. Participants completed the Adult ADHD Self Report Scale (ASRS), Deffenbacher Driving Anger Scale and the Extended Driver Behavior Questionnaire. Data completion has been done within the period of two months. Product Moment Method for correlation analysis was applied. The obtained results are discussed with its implications.

Keywords: *Attention Deficit/Hyperactivity Disorder, Driver Behaviour, Driving Anger and Two-Wheeler Ri*

FLOURISHING, MEANING IN LIFE, AND PARTNER FOCUSED PRAYER AS DETERMINANTS OF MARITAL ADJUSTMENT IN YOUNG ADULTS

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The present research was taken up with broad objective to study the determinants of marital adjustment in young adults. It was assumed that the flourishing, meaning in life, and partner focused prayer will significantly determine the marital adjustment. The sample comprised of 80 participants of which 40 were married males and 40 were married females. The age range of the participants was 40-55 years. The mean age of the females was 30-57 years and males were 33 years. Using the purposive sampling the data were collected within the period of one month from married males and females from nuclear family setup residing in Mount Abu, India. The criterion for participation in the study was at least one year of marriage. Flourishing Scale, Partner Focused Prayer Measure, two subscales (Presence of Meaning and Search for Meaning) of Meaning in Life

Questionnaire and Marriage Adjustment Inventory were administered on the sample of present study. Pearson's Product Moment Method and Linear Regression Analysis were applied. The data were treated at .05 and .01 level of significance. It was found that flourishing, presence of meaning in life, and partner focused prayer was negatively correlated with marital adjustment. As the higher scores on Marriage Adjustment Inventory indicated poor marital adjustment, it could be concluded that with the increase in level of flourishing, meaning in life, and partner focused prayer the marital adjustment tends to be enhanced. Further, flourishing and presence of meaning were found to be the predictors of marital adjustment. The findings of the present study have implications for the counselling professionals.

Keywords: *Flourishing, Marital Adjustment, Meaning in Life, Partner Focused Prayer, Young Adults*

PSYCHOSOCIAL STRESSORS AND COPING STRATEGIES AMONG DOCTORS OF HIMACHAL PRADESH

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OBJECTIVE: The objective of the present research was to study the relation between psychosocial stressors and coping strategies among doctors. **METHODS:** The sample consists of 100 doctors from government hospitals. The data were collected with the help of "ICMR Psychosocial Stress Questionnaire" developed by Srivastava, ICMR Fourth Advisory Committee (1991-1992) and Cope Inventory which is developed by Carver, Scheier and Weintraub (1989). **RESULTS:** The correlational analysis revealed that strained interpersonal relationships were positively and significantly related to emotion focused coping among doctors. Health related problems were negatively and significantly related to avoidance coping among doctors. **CONCLUSION:** To conclude, psychosocial stressor in terms of strained interpersonal relationships are positively related to emotion focused coping among doctors thereby indicating that higher the strained interpersonal relationships higher the use of emotion focused coping among doctors. Furthermore, health related problems are negatively and significantly related to avoidance coping among doctors indicating that higher the health related problems lower is the avoidance coping among doctors.

Keywords: *Coping Strategies, Doctors, Psychosocial Stressors*

NUTRITIONAL STATUS OF GUJJAR TRIBAL CHILDREN FROM DISTRICT UDHAMPUR

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Despite recent technological achievement and economic progress, the fruit of development have failed to secure a better nutritional status for all children of the country especially in case of tribals (Parimalavalli, 2012). The present study was undertaken to assess the nutritional status of preschoolers belonging to Gujjar Tribe from Udhampur district of Jammu and Kashmir. The total sample for the study comprised of 100 preschooler-mother dyads selected from settled Gujjar families. Clinical signs and symptoms related to nutritional status was examined using checklist adapted from WHO Health Questionnaire comprising of nine major areas. Anthropometrical measurement including weight for age, height for age and weight for height were also assessed and later compared with WHO criterion (Z-score). These tools were used for the early detection of nutritional deficiencies among tribal preschoolers. The results of the study reveal that overall (68%) majority of sample preschoolers were found to be underweight, 60% were stunted and 77% were suffering from wasting. Majority of these children showed clinical signs of Protein Energy malnutrition.

Vitamin and mineral deficiencies were also common including, Vitamin A deficiency characterised by paleness, dark circles and puffiness under eyes (52%). Vitamin C deficiency characterised by spongy, red and bleeding gums (57%) and Vitamin D deficiency characterised by bow legs (35%) and bone tenderness and joint pains (56%). Macronutrients and micronutrients deficiencies were also evident. Overall, results highlight that tribal gujjar children are highly susceptible to nutritional deficiencies and exhibit clinical signs of poor health.

Keywords: *Malnutrition, Nutritional Status, Preschoolers, Tribal Population*

PSYCHOLOGICAL DISTRESS IN CHRONIC LOW BACK PAIN PATIENTS

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Objectives: Chronic low back pain (CLBP) is a common musculoskeletal disorder which causes significant burden to individuals, in terms of personal suffering and activity reduction, and to societies, in terms of disease cost. We know little about the factors that determine the worsening of psychological distress or difficulties in CLBP patients. This study explored the association of depression, alienation and subjective well-being with CLBP. **Method:** 2 x 2 factorial design with two groups (CLBP patients and Control group) and 2 genders (Male and Female) was planned. Sample consisted of 30 male and 30 female CLBP patients of the age range 30 to 55 years, education at least up to high school and suffering from CLBP at least for the preceding one year period. Only those patients were selected who fulfilled the diagnostic criteria of CLBP, diagnosed by the orthopedic specialists. Patients with a history of psychiatric or any psychosomatic disorders were excluded from the sample. Another group of 30 male and 30 female controls of the same age range and education was included in the sample who did not had any history of psychiatric or any psychosomatic disorders. Asha - Deep Depression Scale (Kumar, 2002), PGI General Well-Being Scale (Verma & Verma, 1989) and Alienation Scale (Patil, 1989) were administered to patient group and control group individually. **Results:** It was found that CLBP patients exhibit low level of subjective well-being due to hopelessness in life. Patient group was found to be highly alienated and depressed as compared to control group, which reflects that CLBP patients escape from social situations and they feel themselves to be estranged from their social surroundings. **Conclusions:** CLBP patients have pessimistic attitude, they exhibit marked social withdrawal, negative self image, fatigue, lack of interest in their work, worthlessness and decrease sex desire and motor activities. They experience reduced vitality, pain, increased disability, difficulties with work and social functioning.

Keywords: *Alienation, Chronic Low Back Pain, Depression, Psychological Distress, Well-Being*

RELATION OF VEGETARIAN AND NON-VEGETARIAN DIET ON MENTAL HEALTH AND ALTRUISTIC BEHAVIOUR

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The present study is an attempt to examine the level of mental health & altruistic behaviour between vegetarians and non-vegetarians. Design used in this research is descriptive correlation design. The sample consisted of 40 adults (20 vegetarians and 20 Non-vegetarians). The sample was taken by using purposive sampling techniques. Mental Health and Altruism are assessed by using related questionnaire to investigate the objectives. The standardized measures used for assessment were; Mental health scale constructed by Dr. (Smt.) Kamlesh Sharma, And Altruism scale which is constructed by Dr. S.N. Rai. It is found in the study that the level of mental health and altruism have significant effect of vegetarian and non-vegetarian. In the result

we found that there is higher means of altruism and mental health in case of vegetarian people while the mean of the altruism and mental health is low in the case of non-vegetarian samples. It shows that there is high level of mental health and altruism in the vegetarian people.

Keywords: *Altruism, Mental Health, Non-Vegetarian, Vegetarian*

RETURN JOURNEY TOWARD SELF: THROUGH THE PATH OF SCIENCE AND SPIRITUALITY

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The saying is so old yet so true. Spirituality and Science is seen by many as two separate things. What we normally call Science is that which we can measure, see and prove. From that perspective, Spirit maybe is the last thing to find in any microscope. The science of Spirituality maybe not so easily measured from the parameters used in normal science. The conjugality of science and spirituality is very exciting and we will further see how both can be blended into an 'Oneness festival'. This is a festival where both science and spirituality work, complementing each other. Today, practically every aspect of our life has something or other governed by laws of science or inventions based on it. Right from the start of our day, the time we go to work, communicate with each other, travel, and entertain and so on and so forth, we can see science playing an important role. So the progress in science is directly linked to progress in our life too. It is deeply linked and inseparable. But, where is the gap? Today man has developed new medicines, research techniques and treatments, but he has failed to develop a magic treatment to control or transform the human emotions and even have lost the value of the values we talk about. This has created a feeling of emptiness in our life and everyone is yearning to fill this gap: to fulfill the desire of love, care, harmony, peace and bliss in our life and lives of others.

Keywords: *Science, Self, Spirituality*

DEPRESSION AND FAMILY ENVIRONMENT AMONG CARDIAC PATIENTS

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Introduction: Heart disease is a result of plaque buildup in your coronary arteries, a condition called atherosclerosis that leads to blockages. The arteries, which start out smooth and elastic, become narrow and rigid, restricting blood flow to the heart. The heart becomes starved of oxygen and the vital nutrients it needs to pump properly. Early studies of coronary heart disease assumed that the condition of atherosclerosis are caused by the symptoms, psychological and psychosocial factors like depression and family environment that characterized the CHD patients. **Objective:** To evaluate the relationship between family environment and depression among CHD patients. **Method:** The sample for the study consisted of 30 patients both male and female, the participants ranged in age from 35 to 65, who can read English and Malayalam, with mild CHD patients and 30 ordinary people both male and female the participants ranged in age from 35 to 65, who can read English and Malayalam without CHD. The tools based were Hamilton Rating scale for Depression, Family Environment Scale (FES), Dr. Harpreeth Bhatia & Dr. N. K. Chadha. **Result:** The results of the study indicated significant negative relationship that family environment which stimulate the Depression among the CHD patients. **Conclusion:** According to emerging research early CHD can be prevented by modifying our lifestyle, dietary habits and regular exercise. CHD is increasing in our population day by day due to

psychological and psychosocial risk factors like, depression and stress. So it will be beneficial for the society if a new intervention is developed for the management of depression and non-stimulating family environment among the CHD patients.

Keywords: *Artherosclerosis, Plaque*

FEATURES OF PRODUCE OF VITREOUS BODY

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Introduction. The need to study the human eye histophysiology dictated by the fact that a breach of these structures leads to a reduction and loss of vision. We have studied the development and histophysiology of transparent media of the eye, starting from the embryonic to the postnatal period. Revealed neuroglial cells of the vitreous, lens, cornea. It is found that one type of cells refers to mast cells that play an important role in local tissue homeostasis. Given their functions involved in the formation of intercellular substance, it can be assumed that the transparency and permeability in transparent media of the eye is dependent on the contents of these cells. **Relevance.** The pathology of visual function is often associated with impaired morphology of the transparent media of the eye that occurred during the development of the human eye, or acquired a second [3]. Reduced vision is accompanied by disability and requires surgical correction. But after surgery reparative regeneration basically has the same algorithms and mechanisms, as well as physiological. Therefore, the study of transparent media of the human eye and histophysiology in the definitive state requires profound knowledge. At the present stage data on embryology eyes do not meet the needs of clinical ophthalmology and development of cellular technologies [1]. Not resolved issues not only angiogenesis and involution vessels in the transparent media of the human eye, but there is no comprehensive data as it supports transparency of the lens, vitreous, cornea, which determined the direction of our research in the study is of mast cells, sources of intercellular substance, regulators of tissue homeostasis and permeability. **Objectives: (a)** To establish the patterns of development of transparent media of the human eye. **(b)** To determine the role of glia in the formation of transparent media of the human eye; Set the sequence of glia migrate to the front segment of the eye. **Material and Methods:** We used archive pathology of the human eye Primorsky Territory, taken in the period from 1998 to 2014 and studied using immune histochemistry to detect mast cells. **The results of their own research and discussion.** Transparent structure of the human eye at an early stage of development in its composition contain mast cells, located in the backbone of the fibrillar collagen fibers type III. This allowed us to conclude that the structure of the tissue of the vitreous body. At the present stage it is assumed that the space between the lens and the retina is filled with gel-like transparent jelly like substance called the vitreous body [5]. We have found that in the vitreous body contain mast cell phenotype CD203a. This indicates that the vitreous has the ability not only to the physiological regeneration and reparative. The findings provide new insights into tissue organization of the vitreous body, in contrast to the perceptions of him as a gel-like structure. Obviously, the role of mast cells in the vitreous is associated with metabolic processes in the vitreous content and its update, which refutes the view that the existing vitreous body as the ultrafiltrate of the processes of the ciliary body. Detected vitreous alpha crystallins can be derived from cells producing the extracellular matrix. (M = 700 kDa, composed of 35-40 subunits with Mr = 20 kDa). It would seem that such large molecules must scatter light; the fact that this does not happen, and what vitreous transparent as water, means that the alpha-crystallins maintain some form short distance quasicrystalline order [6]. Most minor changes in the vitreous inflammatory or degenerative nature may disrupt the chemistry of the vitreous, a change in its physical and chemical properties, to the transformation of colloidal gel in sol (destruction of the

vitreous body), which, in our opinion, due to the dysfunction of the vitreous mast cells. Normal vitreous in the study by transmitted light or during ophthalmoscopy seems quite clear, its structure is not visible. However, examining the vitreous in a narrow beam of light slit lamp can be observed glow gel and thereby ensure its colloidal nature, as components of the vitreous colloidal micelles thus provide a specific optical effect. As mast cells of connective tissue mast cells are vitrealthimic-independent. Their precursors in early fetal period produced in the fetal liver, and later in the bone marrow. Differentiation occurs in the tissues under the influence of the microenvironment. [2, 4]. It is also noted that larger core fibers have a core of fibrillar longitudinal direction. The fine fiber thickness of 1 micron or less can be arranged obliquelylongitudinally , woven into larger. The fibrils of the core and dissolved collagen along with hyaluronic acid gel help to preserve the status and play the role of a soft skeleton vitreuma. In orderly arrangement of fibers vitreum can be attributed to the design of fibrous connective tissue. We observed that the fibers in the woven fibrous core sheath of the optic nerve in the area of the disc, which provides a high strength contact. When analyzing the aging changes of the fibrous skeleton of vitreous body it was found that the number of fibers decreases gradually, with the inherent dynamics of the first fibers predominantly transverse direction. Loop network become invalid and uneven, which in our opinion, may be due to adaptation of cells in the vitreous changes in physiological conditions and increase their synthetic activity. In the future, this process will be accompanied by a depletion of the plastic properties of the cells of the vitreous and thus a decrease in the formation of the core vitreous fibers. **Conclusion.** Power vitreous receives from the surrounding tissues (uveal tract and blood vessels of the retina). It is able to regenerate and replaced in case of loss of intraocular fluid. Mistakenly believed that independent diseases of the vitreous body does not exist, and it does not develop the typical inflammatory reaction, we found that in diabetes the vitreous liquefies and to link this process with the death of the cells that produce collagen and hyaluronic acid. This vitreous plays a passive role, as is commonly believed, and contains residual effector immune cells. The vitreous of the human eye is formed by a special type of connective tissue decorated presented different in origin and function of cell differons and intercellular substance composed of a gel-like core material is immersed in a properly organized fibrils Collagen-fiber core. Identified mast cells play a role producing intercellular substance with specific biochemical characteristics so as to maintain the gel state.

STRESS, ANXIETY & DEPRESSION: A COMPARATIVE STUDY AMONG TEACHERS & SPECIAL EDUCATORS

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Background: With the changing era there has been more awareness among parents and school administrations about special needs of children. Therefore special schools and hence special educators are now appointed to help children with special needs involve themselves in mainstream education. In their efforts to maintain a balance among personal and professional life mainstream teachers along with special educators might be undergoing stress. Their anxiety level might also be affected. **Objective:** Present study is done with the objective to study the difference among stress, anxiety and depression level between mainstream teachers and special educators. **Method:** The research was conducted on a sample of 60 teachers and special educators (n=60) from various mainstream and special schools. The variables were studied using depression, anxiety and stress scale. The data was analysed by using t-test. **Results:** The results of this study indicated that there is a significant difference between special educators and mainstream teachers with respect to their stress level and anxiety level.

Keywords: *Anxiety, Depression, Special Educators, Stress*

CYBERBULLYING: ISSUES AND CHALLENGES

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Cyber bullying is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices. One million children were harassed, threatened or subjected to other forms of cyber bullying on Facebook during the past year. (Consumer Reports, 2011). People who are bullied have higher risk of depression and anxiety including the symptoms that may persist into adulthood: Increased feelings of sadness and loneliness, Changes in sleep and eating pattern, Loss of interest in activities, may have increased thoughts about suicide are more likely to have health complaints and more likely to retaliate through extreme violent measures.

People Who Witness Bullying may have increased use of tobacco, alcohol or other drugs, have increased mental health problems, including depression and anxiety and more likely to miss or skip school. Youth who are cyber bullied reported that they feel angry, helpless, scared, and vulnerable and they are looking for revenge. To meet the challenges for dealing with cyber bullying, parents should learn what teens are doing online and keep track of their online behavior, use the Internet with their children, talk with youth about cyber bullying—the consequences and harmful effects and Communicate online rules and responsibilities to youth. School authorities should keep computers in a highly trafficked room where online activities are hard to hide, establish acceptable Internet use and anti-cyber bullying policies in school, talk to and educate students on the issue of cyber bullying. We should let students know where they can turn for help, educate parents on the importance of creating Internet use rules at home, take complaints about cyber bullying seriously, support the child being bullied, reassure the child that he or she was right to tell you the problem, empower youth witnessing the bullying and work together to address the problem.

Keywords: *Cyber Bullying, Depression, Helplessness, Loneliness*

PRIMARY AND SECONDARY INTERVENTIONS: A PROACTIVE APPROACH FOR COMBATING STRESS IN CORPORATE HOUSES

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Corporate and stress may be considered as sister terms falling under the same domain in today's scenario. The HR managers in corporate houses are devising strategies to fight stress at different levels. In this research paper effort has been made to study Meta-Analysis technique (Katherine M. Richardson and Hannah R. Rothstein, 2008) as workplace stress management interventions. Primary interventions are targeted at the source of the workplace stress and are focused at making changes in order to give more decisional control and flexibility to the employees. Secondary interventions are narrowed down to managing stress symptoms and empowering employees to recognize them beforehand. Tertiary interventions are more or less reactive in their nature and are designed to help employees to recover from situations where they have already been victimized to stress. With organizations moving towards economical and profit oriented goals, the HR managers undergo greater pressure to look for ways to combat stress well before in advance. This paper revolves around systematic review of the different interventions to improve the emotional status of employees thereby providing answers to human resource managers for improving their mental health and finally resulting in overall good corporate psychology of the organization.

Keywords: *Corporate Psychology, Emotional Status, Interventions, Mental Health, Stress*

DIFFERENTIAL PERSONALITY PROFILES IN SELF-CARE EFFICACY OF PATIENTS WITH DIABETES MELLITUS

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Aim: To examine the role of personality and self-care efficacy in type-I and type-II diabetes mellitus patients.

Background: Personality traits are stable factors which aid in understanding patient health behaviour. It is assumed that the facets underlying the five-factor model of personality (Costa & McCrae, 1992) can assist in understanding social cognitive functions such as self-evaluation, self monitoring, goal setting, and self-efficacy. Successful management of diabetes is dependent on performing essential self-care activities. One of the factors that can influence self-care activities is self-care efficacy i.e. the confidence of the individual in their capability to organize and execute the course of action required to deal with prospective situations.

Method: Data were collected from 231 diabetic patients that included two types of diabetes (Type1= 39; Type 2 = 192). Tools included a measure of demographic information profile, 60-items of NEO-FFI personality inventory and diabetes self-care efficacy scale. The data were collected from the endocrinology and diabetes department of one tertiary hospital in Kolkata, India. **Results:** For both Type 1 & Type 2 patients', domain of *Extraversion* had significant positive linear association with self-care efficacy. For Type 1 patients, domain of *Agreeableness* had significant positive linear association while for Type 2 diabetic patients' domain of *Neuroticism* had significant negative linear association. **Conclusion:** Findings may help to understand the personality profiles of two types of diabetic patients. Personality measurement in clinical setting may help in understanding patient compliance issues. It also has implications in planning patient intervention programs.

Keywords: *Diabetes Mellitus, Linear Association, Neo-FFI, Self-care Efficacy*

DEATH DEPRESSION AND DEATH ANXIETY AMONG SENILE AND PRE-SENILE CANCER PATIENTS

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Background: Cancer is one of the major problems of public health worlds wide, and it is estimated that nearly 15 million people will have cancer by the year 2020. Cancer is the most common cancer diagnosed in women worldwide with over 1.3 million new cases per year. **Aims and objectives:** To assess and compare the level of death depression and death anxiety among senile and pre senile cancer patients. **Method:** A sample of 50 patients, 25 cancer patients in the age range of 20-59, and 25 cancer patients in the age range of 60 above. Both male and female patients will be taken from different hospitals of Raipur using purposive sampling method. Death depression and anxiety scale will be used to assess the severity of death depression and death anxiety among both groups. **Statistical analysis:** Appropriate statistical analysis will be done by using SPSS 16 and result will be discussed at the time of presentation.

Keywords: *Cancer, Death anxiety, Death depression, Pre-senile, Senile.*

THE PSYCHOLOGY OF FORGIVENESS AND HEALTH

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The review article attempts to throw light on the earlier efforts made by the researchers to understand the intricacies of the role played by forgiveness in physical and mental health. The review made it evident that the

scientific study of forgiveness began during the last quarter of 19th century and most of those were associated with physical and mental health of the individuals. The intervention strategies based upon the theories of forgiveness have been reported to be useful and effective in understanding and extending counseling and psychotherapeutic help in many types of emotional mental health problems. The personal, relational and societal functioning was also found to be damaged by the irregularities in forgiveness. Further, a good number of studies have reported that unforgiving persons demonstrate increased symptoms of anxiety, paranoia, narcissism, psycho-somatic complications, heart dysfunctioning and less resistance to physical illness. The act of forgiveness can result in lesser degree of anxiety and depression, better health outcomes, increased coping with stress, and increased closeness to spirituality. Many variants of the forgiveness based therapeutic interventions have been developed which involve counselling and exercises focusing help people move from anger and resentment towards forgiveness. The methodological and cultural issues are to be addressed in future researches. The review substantiated that there is lot to be done at theoretical as well as implication levels to establish these strategies possessing curative and preventive values for many types of psychopathological symptoms especially in Indian context which has a long and deep-rooted philosophical heritage.

Keywords: *Anxiety, Forgiveness, Intervention, Mental Health, Narcissism*

LEVEL OF EMOTIONAL MATURITY AMONG SCHOOL STUDENTS WITH REGARD TO GENDER

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The aim of the present study is to know the emotional maturity level among girls and boys. The sample consists of class 12 school students in Ahmedabad. The sample constituted of 60 students i.e. 30 boys and 30 girls. For data collection, The Emotional Maturity Scale (EMS) devised by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used. The scale consisted of 48 items. The test was administered and scoring was done. T-test was used to calculate the scores. The results showed that (I) there was no significant difference found in the mean scores of emotional maturity between girls and boys; (II) there was no significant difference found in the levels of emotional maturity between boys and girls with respect to (i) emotional stability (ii) emotional progression (iii) social adjustment (iv) social integration (v) independence. Although, the table values of the mean scores indicate that boys are “extremely immature/ unstable” and girls are “immature/ unstable”, there is no significant difference between the level of emotional maturity among boys and girls.

Keywords: *Emotional Maturity, Emotional Progression, Emotional Stability, Gender, Independence, Social Adjustment, Social Integration*

IMPACT OF AGGRESSION ON ACADEMIC PERFORMANCE OF HIGH SECONDARY SCHOOL STUDENTS

Sunil Sharma

M.S Salyar Chatta, Kalakote, Rajouri

It would be interesting to see the kind of impact does the aggression have on the academic performance. By collecting a sample of 100 secondary class students (50 from 9th and 50 from 10th) our study tried to assess the impact of aggression on academic performance. With the help of a 55item Aggression Scale (2004) by Mathur and Bhatnagar data were collected. For conducting regression analysis academic performance is used as criterion variable and aggression level as predictor variable and the model obtained is $F(1, 98) =$

6.364, $p = 0.013$ which is statistically significant at .05 level of significance. In addition to it significant gender differences were also found.

Keywords: *Academic Performance, Aggression, Gender and Secondary Class.*

WOMEN AND STRESS

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Women in present are more prone to Psychological and Physiological health problems than earlier where they have to refrain themselves in the domestic jobs but now the pressure to juggle career along with family's ideal role of feminism-Mother, Wife, Daughter-in-law etc is elevating level of professional stress among women as they are unable to maintain the demanding expectations on both professional and social fronts. Every working woman irrespective of Status, Profession, Sector, Age, Regions, Religion, and Caste etc has to encounter with stress thereby adding worst affect on health fronts.

In India after independence, women remain the worst sufferer as the society is ready for neither radical changes nor individuals are prepared to deal with the expected conformity with the modern global societal norms. The one of the propelling factor which has contributed significantly to become the fastest growing economy of the world is by exploiting its rich resource of educated female talent, but this achievement has brought strain in women's life. As the career opportunities for women are growing rapidly but family expectations and social mores remain rooted in tradition.

Key Words: *Conformity, Feminism, Juggle, Mores, Physiological, Profession, Sector and Status*

PERSONALITY PROFILE OF HYPERTENSIVE TYPE 2 DIABETICS IN RELATION TO THEIR GENDER AND ADHERENCE

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Diabetes Mellitus(DM) is a metabolic disorder of multiple aetiology characterized by chronic hyperglycaemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action, or both (WHO 1999). The prevalence of coexisting hypertension and diabetes appears to be increasing in India. Hypertensive diabetics are more vulnerable to stress because they have to manage two chronic illnesses at the same time. Personality plays an important role in managing chronic illness. The aim of the present study was to find out the personality profile of hypertensive diabetics in relation to their gender and adherence to regimen. Purposive sampling technique was used to select a sample of 120 hypertensive diabetics equally divided gender wise and as per their adherence to their regimen. The sample was selected from various hospitals of Ahmedabad in the age range of 30-70 years. NEO Personality Inventory was used to measure the personality (Neuroticism, Extraversion, Openness to Experience, Agreeableness, Conscientiousness) of patients. The results were statistically analysed using two-way analysis of variance (ANOVA). The findings revealed that the trait neuroticism was higher in hypertensive diabetics not adhering to their regimen than hypertensive diabetics adhering to their regimen. Other traits like Extraversion, Agreeableness and Conscientiousness were higher in hypertensive diabetics adhering to their regimen than hypertensive diabetics not adhering to their regimen. Male hypertensive diabetics were higher than female hypertensive diabetics on trait conscientiousness.

Keywords: *Adherence, Agreeableness, Conscientiousness, Diabetes, Extraversion, Hypertension, Neuroticism, Openness to Experience, Personality*

PROSPECTIVE PLANNING AND EXECUTION OF STEPS IMPROVES COMPLEX SURGICAL PERFORMANCES: A THEORETICAL REVIEW

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The present paper is an attempt to systematically review and present a theoretical possibility to investigate the role of prospective planning and execution of steps - commonly referred as prospective memory (PM), in improving complex surgical performances such as laparoscopic surgery. Laparoscopic surgery is a commonly used minimal invasive surgery (MIS) that has gained popularity in the recent past because of its ability to produce minimal tissue trauma and to facilitate quicker recovery of the patient. However, one relatively overlooked aspect of this positive change is the increased demands placed on the surgeon's cognitive system working in MIS environment. They see two dimensional representation (on a monitor) of the three dimensional abdominal cavity and manipulate tissue skilfully without many of the usual visual depth cues whilst using instruments that impair dexterity and tactile sensation.

There exists sufficient research literature to show the role of prospective planning in improving subsequent procedural performance. However, very little efforts have been made to translate these results into complex real-world task performances like surgery. This paper is an effort to analyze these laboratory based research evidences to advocate for future researches that focus on bridging this gap by conducting controlled experiments using a surgical simulator to investigate the effects of prospective planning in performance facilitation.

Keywords: *Laparoscopic Surgery, Minimal Invasive Surgery, Prospective Memory, Prospective Planning and Execution*

PERCEPTION OF HEALTH VALUES AND CAUSES OF DISEASE

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India is a country where the traditional values and norms of the behavior govern every aspect of human life. Traditionally disease and sufferings are considered to the wrath of god, the effect of evil spirit or the product of supernatural forces. Worship of god, propitiation of evil spirit, irrational deeds and reading of scriptures are often considered to the panacea of all evils. The rational approach of the modern medicine to these medico-religious people, are often treated as bigotry. (E. H. Lewinski-Corwin.) But generally health is a social value and is often judged relative to other social values. Some social values regarding the health, varied from society to society. In each level of culture of the society the attitude of the patients towards disease and treatment is different and largely governed by that very particular cultural level i.e. customs, traditions values and pattern of interaction. Even today, in the Indian context the disease and other health problems are guided by religious beliefs, dogmas and practices. In the present study, the perception of the health values and courses of disease have been analyzed. It has been assumed that in traditional society patients approach towards the health and cause of disease is governed by the irrational and extra medical norms and values. The rational approach to medicine, disease and treatment is often limited among its practitioners and the general masses remain for from its unequivocal acceptance. In present study, it has been found out that among the patients more especially among the rural and low income group patients the traditional norms and values concerning disease and health are widely accepted and shared. Such patients do believe that disease is more result of violations and religious and social injunctions and taboos than product of purely bio-physical phenomena. It may be also pointed out that rational norms and practices of modern medicine are not so much accepted by rural and low

income group patients. But there is small but significant trend among the urban and high income group patients who accept those rational Health norms.

ROLE OF HEALTH BEHAVIORS IN HYPERTENSION: A STUDY EXPLORING THE POSSIBLE LINK

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Health behaviors are behaviors undertaken by people to enhance or maintain their health. Poor health behaviors are to be given attention not only because they result in illness but also because they easily turn up in poor health habits. **Objective:** To investigate the role of behavioral factors in hypertension. **Method:** 50 hypertensive and 50 normotensive males (bank managers) were selected for the sample that was similar on working conditions like, Income, working hours etc to the reasonable extent. Bank managers were selected as sample because their work is of sedentary nature. Measure used was personal data sheet which revealed behavioral practices of the sample. **Design:** Ex-post facto design was used. **Data analysis:** Chi square test was used for analyzing data collected on personal data sheet. **Results:** Data analysis revealed that number of hypertensive patients who took alcohol (N=50) was significantly higher than those who didn't. Same results were observed on the criteria of smokers and non smokers. Less number of hypertensive patients (N=22) exercised in comparison to normotensive patients (N=45). Hypertensive patients have poor sleep habits. Only 12 out of 50 hypertensive patients had sleep of 7-8 hours a day in comparison to normotensive patients (N=45) who completed their sleep. **Conclusion:** The study shows differences in behavioral practices among hypertensive and normotensive sample. Implications are discussed in the paper as behavioral risk factors for hypertension.

Keywords: *Behavioral Factors, Health Behaviors, Hypertension, Primary Prevention*

SEXUAL VIOLENCE IN ARMED CONFLICTS: A TRAJECTORY OF UNFORGIVABLE ATROCITY

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Sexual violence during armed conflicts is not a new phenomenon. It has existed for as long as there has been conflict. Women in conflict situations are especially vulnerable to violence; these conditions can have multiple physical, psychological and social effects on the survivors, their social networks and their communities. This paper traces the course of sexual violence and its wrath faced by Kashmiri women in one of the most contentious zones of the world. The paper also highlights the mental health and psychosocial support interventions for the survivors of sexual and gender-based violence with its focus on creating the strategies of prevention and protection as well as the ethics of providing care to support the rehabilitation of survivors and their reintegration into family and community life. Appraisal and restructuring of the existing interventions and support systems is essential because the situations where women are abused and find themselves without recourse are becoming ever more systemic and globalized.

Keywords: *Armed Conflict, Sexual Violence, Women*

FINANCIAL STRESS AND ITS IMPACT ON HEALTH

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Financial stress is a tight cash situation in which an individual cannot pay the owed amount on the due date. It is a common problem affecting every household to some degree. Tormenting about money can affect you in more ways than you may realise. Recent studies have found that the risks of several significant health problems increase when people worry about their financial situation. Financial stress can have a direct impact on your family's health also. According to the 'Survey of attitudes towards the Australian health system' carried out by the Menzies Centre for Health Policy at the University of Sydney, families under financial stress are more likely to suffer poorer health. Financial stress not only affects the ability to function and avoid bad habits, it also affects a person's ability to think clearly. High financial stress levels and concerns over debt are associated with increased risk for ulcers, migraines, depression, muscle tension, lower back pain, heart attacks, and sleep disturbances, according to the American Psychological Association (APA). The main causes of financial stress are high debt levels, low saving rates, volatile stock markets, demographic factors, lack of financial education, etc. The present study is undertaken to analyse the impact of financial stress on health and to suggest remedial measures to reduce financial stress. In order to accomplish the objectives of the study secondary data has been collected from various sources concerning financial stress and its impact on health from journals, books, magazines, organisational reports and internet etc.

Keywords: *Debt, Financial Education, Financial Stress, Health, Low Saving, Volatile Stock Markets*

ROLE OF PERSONAL RESOURCES IN JOB DEMAND - RESOURCES THEORY

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Purpose: The purpose of this study was to empirically test the job demands-resources (JD-R) theory where job demand is perceived as negative and job resource as positive predictor of employee engagement. **Research methodology:** Data were collected from 115 private banks operating in West Delhi region. Six to seven frontline employees were contacted from each bank with a response rate of 97.14 per cent. Statistical techniques like CFA, SEM and hierarchical regression were used to analyse the data. Further, reliability and validity tests were also performed. **Findings:** The study found that personal resources such as emotional intelligence, psychological empowerment and conscientiousness mediate the relationship between job resources and employee engagement. Personal resources were also found to moderate the relationship between job demand and emotional exhaustion. **Implications:** The results suggested that personal resources enhanced the motivation among the employees to predict employee engagement and it can also buffer the unfavourable effects of job demand. JD-R theory can be used to improve the strength based interventions among individual and organisation such as job crafting, job redesign and training and development. These interventions can target personal resources. **Limitations/ Future research:** The study was limited to the private banking sector of West Delhi region only. Only frontline employees were contacted. Future research should examine this theory in other sectors like hotels, industries and educational sector etc.

Keywords: *Emotional Exhaustion, Employee Engagement, Job Crafting, Job Resources, Personal Resources*

EFFECT OF CHILDHOOD EMOTIONAL ABUSE AND NEGLECT ON FEAR OF INTIMACY AND DEPRESSION AMONG YOUNG ADULTS

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Traumatic childhood experiences often leave indelible imprints on the minds of individuals and have long lasting detrimental consequences that may affect various stages of the development process. Childhood emotional abuse and maltreatment is one such form of traumatic experience that many individuals are subjected to, especially from parents, caregivers or caretakers, adult family members or those holding a position of responsibility at home, with regard to the child. This study explores the role of such childhood parental emotional abuse and parental neglect in the formation and development of fear of intimacy in the context of romantic relationships and depressive symptoms among young adults. A total of 275 young adults (120 male and 155 female, range of 18 to 25 years) were administered Psychological Abuse (PA) subscale of Adult Maltreatment Inventory, Multidimensional Neglectful Behaviour Scale (MNBS)- Form (A20), Fear of Intimacy Scale and Beck Depression Scale (BDI). Obtained data were analyzed using necessary correlation and regression analyses. Results revealed that different dimensions of childhood parental abuse and parental neglect were significantly and positively associated with the adult fear of intimacy and depression. Adequate predictive relations were also found among the said predictors and criterion variables. An additional attempt was also made to test the gender difference in the vulnerability to abuse and maltreatment as well as fear of intimacy and depression. Obtained result clearly indicated that males are more vulnerable to the all the mentioned mal-practices and resultant negative symptoms as compared to females. The observed pattern of relationships was examined in the light of available theoretical and empirical researches and necessary suggestions were made accordingly.

Keywords: *Childhood Emotional Abuse, Depression, Fear of Intimacy, Young Adults*

EXPLORING THE MEDIATING EFFECT OF TEAM-MEMBER EXCHANGE (TMX) IN THE RELATIONSHIP BETWEEN MULTIPLE DIMENSIONS OF JUSTICE AND PSYCHOLOGICAL HEALTH AMONG HOSPITALITY EMPLOYEES

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The major objective of the present study was to explore the mediating effect of team-member exchange (TMX) in the relationship between multiple dimensions of justice and psychological health among hospitality employees. Data were collected from 279 managers and employees of different star hotels of Varanasi. The data were analyzed using Pearson's correlation and Hierarchical mediated regression analysis. The results of the correlation analysis indicated that all the dimensions of organizational justice and overall justice significantly positively related to team-member exchange quality and psychological health of employees. Results of hierarchical regression analyses indicated that all the dimensions of organizational justice and overall justice significantly positively predicted team-member exchange quality and psychological health of employees, after controlling the effect of socio-demographic variables. The demographic variables of the study included age, gender, marital status, salary, education qualification, size of the team, and total work experience. The procedure developed by Baron and Kenny (1986) was used to test the proposed mediating effect of team-member exchange quality of employees. The results of mediated regression analysis revealed that team-member exchange quality significantly partially mediated the relationship between all the

dimensions of organizational justice, overall justice and psychological health. The Sobel test confirmed the statistical significance of these relationships. Although the magnitude of correlation between procedural, relational, distributive, informational, overall justice and psychological health was reduced when team-member exchange was entered in to the equation but was still significant. In conclusion, the findings of the present study highlighted the importance of team-member exchange quality in enhancing psychological health of hospitality employees.

Keywords: *Organizational Justice, Psychological Health, Team-Member Exchange*

DIABETES RELATED DISTRESS AND DEPRESSION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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Objective: The purpose of this study was to investigate the relationship between diabetes-related distress and depression in patients with type 2 diabetes. **Methods:** A cross-sectional study of 435 adults with type 2 diabetes attending a private clinic at Srinagar city (J&K). Data on depression and diabetes-related distress rates were collected using the BDI-II and PAID self-reported questionnaires. Pearson's Correlation coefficient and Stepwise multiple regression analyses were performed. **Results:** Education, comorbidity, and duration of diabetes were found to be significantly associated with diabetes related distress and depression and while controlling these variables in the model of stepwise multiple regression, diabetes related distress emerged as significant predictor of depression in type 2 diabetes. **Conclusions:** Findings support the routine screening of patients with diabetes for depression and diabetes-related distress. The study can prove helpful to health care specialists who can play a key role in counseling the patients to promote positive behavioral change and supporting self management in type 2 diabetic patients.

Key words: *Depression, Diabetes-related distress, Type 2 diabetes*

FACTORS LEADING TO STRESS AMONG STUDENTS

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Stress can reduce the efficiency of healthy individual and it has been shown in most of the physiological studies. It is an unavoidable phenomenon in every aspects of life. Students stress is an unavoidable phenomenon which is often seen in their life. The present study was aimed at search of factors leading to stress among students. The study tries to find factors and its effects on students' life whether it is academic or social factors. The findings from this study may be further used to investigate which sources of stress cause the highest levels of stress among the students, and may helpful in creating stress management programmes.

Keywords : *Academic Factors, Social factors, Stress, Students*

INSTITUTIONALIZATION AND ITS PSYCHOSOCIAL CONSEQUENCES FOR ELDERLY POPULATION

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India, like any other developing country is witnessing elderly population because of the advancement of health care services and education. Despite the advancement of health services and education the elderly people are faced with many psychological, social and physical challenges. The present study was aimed at studying

loneliness, quality of life and psychological distress in elderly population living in institutional settings and those living within family set up. The sample of the elderly population was selected using the 'purposive sampling' technique. The total sample consisted of 100 people in the age group of 60-80 living in Jammu city (J&K). The first sub sample consisted of 50 people living in institutional settings and second sub sample consisted of 50 people living within family set up. Data was collected by using General Health Questionnaire (Gautam, Nuhawan & Kamal, 1987), Quality of life by WHO (WHO QOL) and the revised UCLA (University of California, Los Angeles) loneliness scale (Russell et.al, 1980). Detailed results will be presented at the conference.

Key words: *Elderly Population, General Health, Institutional Settings, Loneliness, Quality of life*

DISABILITY AND HEALTH CARE: AN OVERVIEW

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The present paper attempts to highlight the concept of disability and health with its emphasis on the types and causes of disability. The relationship between health and disability is the major concern of this paper, covering certain factors that affect the lives of the people living with some form of disability. These factors can be health behaviors and activities that may facilitate or act as barriers to the health of people with disabilities. The focus is mainly on the barriers to health care as it is most neglected issue especially in a country like India. Therefore, a very basic World Health Organization (WHO) conceptual framework for health and disability i.e., International Classification of Functioning, Disability and Health has been discussed in order to understand the need for enablement and decrement of disability experience. In the light of the same, the social model, the medical model and the bio psychosocial model have been briefly covered. In the later section of the paper, the preventive methods highlighting the importance of immunization, use of health services, curative and rehabilitative intervention for person with disability are mentioned especially in Indian context. The need is not only to understand the factors leading to health and disability problems but also its elimination as well as realizing maximum potentialities of disabled.

Keywords: *Disability, Healthcare, Models, Rehabilitation*

PREVALENCE AND CORRELATES OF NOMOPHOBIA AMONG SCHOOL AND COLLEGE STUDENTS

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Nomophobia is one of the biggest modern age phobias in which one experiences a constant fear of being without mobile phone. **Objective:** The purpose of the present study was to investigate the prevalence of nomophobia among school and college students. Relationship of nomophobia with mental health and personality was explored. Differences in nomophobia with respect to gender and age (adolescents vs. young adults) were also assessed. **Method:** Cross sectional survey design was used for data collection using standardized questionnaires. Purposive sampling was used for the selection of sample consisting of 116 students (aged between 17-22 years) studying in various schools and college of Jammu. **Results:** Detailed results, using statistical techniques such as t-test and correlation, will be presented in the conference. A discussion of the findings will be noted. Furthermore, recommendations for future research on nomophobia will be elaborated on.

Keywords: *Mental health, Mobile Phone, Nomophobia, Students*

LIFE STYLE OF PULMONARY TUBERCULOSIS PATIENTS

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Aim : This paper investigated the life style of persons affected by PTB, as perceived by them through structured interview schedule and life style with their selected personal variables viz., age, gender, education, occupation, income, place of residence, duration of illness, presence of complications due to PTB and number of counseling and health education sessions attended with regard to PTB. **Background:** Life style refers to the abilities of persons affected by PTB to perform the activities of daily living, to maintain relationship with others, to continue his occupation, to seek healthy behavior and to have usual sleep patterns etc., as measured through structured interview schedule. **Method:** A total number of 100 pulmonary tuberculosis patients equally distributed in male and female for the age range 21 to 40 years were selected by purposive sampling technique from Shiv Prasad Gupta Hospital Varanasi, Sir Sunder Lal Hospital (Chest Department) BHU, Varanasi and Delhi Tuberculosis Association New Delhi. Only those patients were selected who were diagnosed by T.B. specialists. Only those patients were selected who did not had any history of psychiatric problem. Data was collected by using structured interview schedule and they were provided counselling. Obtained data was analyzed by using descriptive, frequency, percentage and Chi-square. **Results:** Result revealed that significant association was found between level of impact of PTB on lifestyle with age, gender, income and place of residence, indicating that level of impact of PTB is influenced by these selected personal variables. There was no significant association found between level of impact of PTB on lifestyle with educational status, occupation, duration of illness and number of counselling and health educative sessions attended which indicated that, impact of PTB on lifestyle is not influenced by the educational status, occupation, duration of illness and number of counseling and health educative attended by adult persons affected by PTB. **Conclusion:** Findings revealed that there was lack of counseling and health education rendered by all the health workers and lack of motivation and awareness among PTB patients regarding protection, prevention and management of PTB which has perhaps had increased the impact of PTB on lifestyle. Hence, the efforts towards improvement of counseling, health education programmes and motivation is essential to lessen the impact of PTB on lifestyle of patients with PTB.

Keywords: *Counseling, Life Style, Pulmonary Tuberculosis*

ORGANIZATIONAL ROLE STRESS AND WORK CULTURE AS PREDICTORS FOR SOMATIC COMPLAINTS AMONG EXECUTIVES IN PRIVATE SECTOR ORGANIZATIONS

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The purpose of this paper is to explore the organizational role stress and work culture as predictors for somatic complaints among executives in private sector organizations. Somatic complaints lead to disability, absenteeism, job loss and subsequent unemployment in the organizations. The present study was conducted on 210 executives and results reveal that only organizational role stress (total), role overload, role ambiguity, and role conflict (dimensions of organizational role stress) are significantly positively correlated with somatic complaints. The results of stepwise multiple regression analysis show organizational role stress (total) and role conflict (dimension of organizational role stress) emerge as significant predictors to influence the somatic complaints. The findings of this study will help in reducing the somatic complaints through considering the role of the present predictors so that organizations will achieve their goals.

Keywords: *Organizational Role Stress, Somatic Complaints, Work Culture*

EFFECT OF DISTANCE OF DRIVING AND AGE ON GENERAL HEALTH AMONG TRUCK DRIVERS

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Health is a very important aspect of human life. At present time, due to complexity of working and physical environment in India, it becomes most important aspect of human life. In Indian culture, it was said that health is wealth. Truck driving is a complex task which needed both cognitive abilities and physical fitness. It may be for long distance or short distance, which may affect driver's health at different level. The present study planned to assess the effect of distance of driving and age of drivers on their general health. This study was carried out on sample of 500 truck drivers (250 drivers for long route and 250 drivers for short drivers). The sample was selected randomly from National highways of Rajasthan. For this study, age of the drivers and distance of driving is taken as independent variable and general health is taken as dependent variables. General health was measured by G.H.Q. and ANOVA was done to test the hypothesis of the study. Preliminary analysis of data reveals that there is significant difference on general health score of short route and long route drivers. It was also found that there is significant difference among young age drivers and middle age drivers on general health score. The detailed results will be discussed in the paper.

Keywords: *Driving, Health, Long route, Short route*

ROLE CONFLICT, STRESS AND GENDER: A STUDY OF POLICEWOMEN IN JAMMU CITY

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Women play a dual role in present times as the women who work outside the home continue with their earlier role of being a house maker as well. Women are the ones who take the primary responsibility for child care and who in situations of crisis adjust their working levels to accommodate family pressures. Although Indian constitution promotes gender equality but the same gender equality is not present in homes. Child care, domestic responsibility, care for the aged is considered as a woman's primary responsibility. This proves to be a source of stress for women who are working outside especially in occupations like police. Police work is characterized by long working hours, travel, out station training etc that makes it difficult for the women to work equally in home as well as in police occupations. As a result of this the working women feel stress and depression like situation. The present paper is a study of 100 policewomen of district Jammu who were chosen through purposive sampling and were interviewed across different ranks and wings so as to ascertain their experiences and positions. The paper highlights their working conditions, compulsions, hardships, the role conflict, stress and the different coping strategies that they adopt to handle the stress and the conflict. The paper looks at various socio cultural constraints and the gender barriers that women face and which inhibit their participation in challenging responsibilities in police and which add to the role conflict and stress of the policewomen.

Keywords: *Dual role, Policewomen, Role Conflict, Stress*

PSYCHOLOGICAL CONSEQUENCES OF TERRORISM ON STUDENTS

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Terrorism is the part of caste and communal violence which has become a permanent part of our society. Terrorism creates a psychological state of extreme fear and anxiety same as the proportion to the physical damage it causes in terms of loss of life and property. Sensing the gravity of problems arising out of these situations a study was planned in order to see the level of perceived social support, stress and quality of life among the students of Kashmir by comparing them with the students of Jaipur. The sample of 50 Kashmiri students and 50 Jaipur residing students of the age group of 20-25 years was taken, tests were administered and t-ratio was applied. Results revealed that there was a significant difference between the level of stress and social support among the migrated Kashmir students and Jaipur residing students. Although there was no significant difference among them in the level of quality of life, but the difference was clearly observed at the mean level. Thus, perceived social support, stress and quality of life were found better in the case of students residing in Jaipur.

Keywords: *Jaipur Students, Kashmir Students, Quality Of Life, Social Support, Perceived Stress.*

STRESS AND STRESS MANAGING STRATEGIES: A CONCEPTUAL FRAMEWORK

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*** Army School, Domana, Jammu*

This Study aims at developing an in-depth understanding of stress with a clear focus on identifying the underlying Stressors and also evolving coping strategies for managing stress. Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. Stress is a fact of life, wherever you are and whatever you are doing. This research paper focuses on the premise that no one can avoid stress, but one can learn to manage it so it doesn't manage you. Although we all experience change and demands regularly, the way that we interpret these internal and external changes directly affects the degree to which we feel stress. Also, stress can be a result of both positive and negative experiences, and it is a necessary part of our daily lives. Stress may cause you to have physiological, behavioural or even psychological effects. This study also highlights the role of stressors which are anything that cause or increase stress which may be academics, environmental factors, peers – peer pressure, time management; money matters so on and so forth. While you can't avoid stress, you can learn to manage it and develop skills to cope with the events or situations you find stressful. Finally, this paper suggests certain strategies for coping & managing stress.

Keywords: *Stress, Stress Management*

MOOD REGULATION EXPECTANCIES AND SUBJECTIVE WELL-BEING: ROLE OF MINDFULNESS AND EMOTION DIFFERENTIATION

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There is a general agreement among the researchers that mindfulness trait as well as meditation training enhance emotional regulation skills and increases positive psychological resources. Studies on mindfulness and emotional variables seem to converge on the fact that mindfulness is associated with adaptive emotion

regulation strategies and psychological well-being. However, very few studies attempted to relate mindfulness with the cognitive aspects like belief system that control our emotional experiences so far. The present paper attempts to explore the role of mindfulness and emotion differentiation in generalized belief for mood regulation and subjective well-being (positive/negative affectivity & satisfaction with life) on a sample of 300 college students. The participants were assessed on self-report measures of the said variables. The bivariate correlation and regression analyses revealed that mindfulness and emotion differentiation ability are significantly and positively correlated with generalized belief for mood regulation, positive affectivity and satisfaction with life, and negatively with negative affect. The dimensions of mindfulness like act with awareness, non-react also significantly predicted the variances in mood regulation and subjective well-being. The observed patterns of association among the said constructs are discussed in the light of available theoretical and empirical researches.

Keywords: *Affect, Emotion regulation, Mindfulness, Subjective Well-being*

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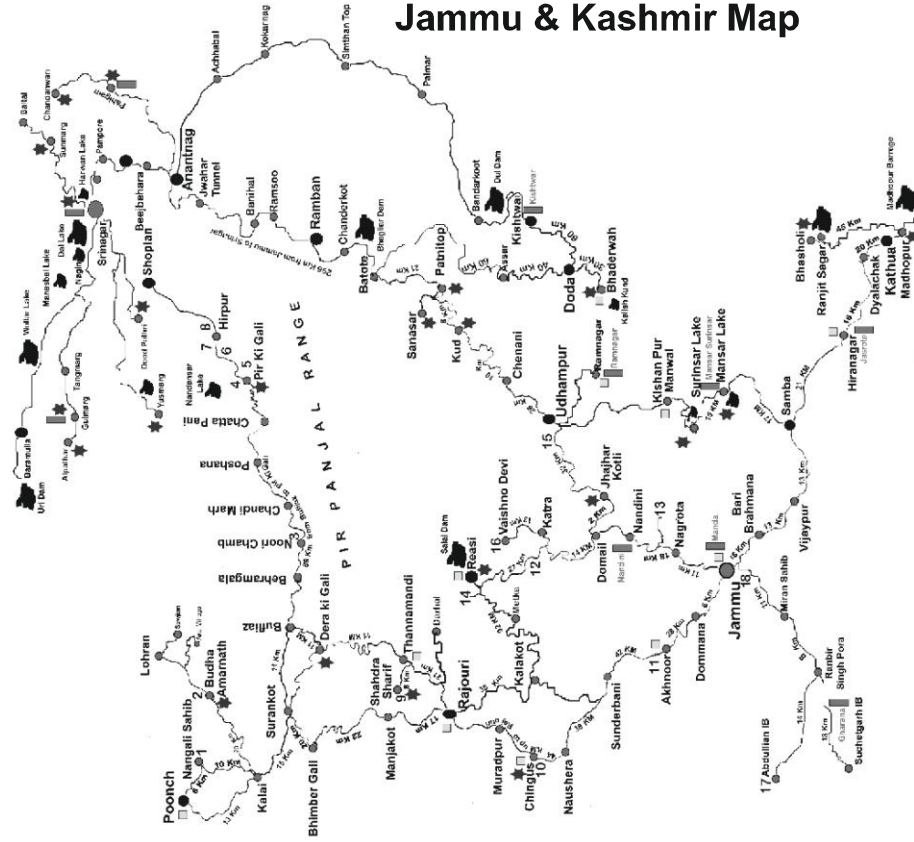
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Jammu & Kashmir Map



- District Head Quarter
 - Other Important Stations
 - Forts
 - ★ Tourist Spots
 - Wildlife Sanctuaries
 - Lakes and Dams
1. Nangali Sahib Gurudwara
 2. Budha Amarnath
 3. Noori Chambh
 4. Pir Ki Gali
 5. Aliabad Sarai
 6. Sukh Sarai
 7. Dubjain Sarai
 8. Hirpora Sarai
 9. Shahdara Sharif
 10. Chingus Sarai
 11. Ambaran Gompa
 12. Dansal Baba
 13. Baba Bairdh
 14. Baba Agar Jittoo
 15. Krimchi Group of Temples
 16. Mata Vaishno Devi Shrine
 17. Chamllial Baba
 18. Pir Baba Jammu

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