

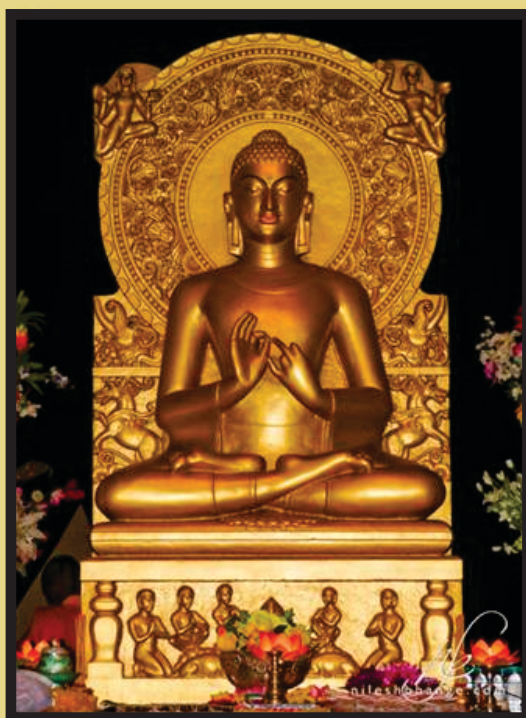


*Souvenir*



# ICIAHP-2016

*(16<sup>th</sup>–18<sup>th</sup> December 2016)*



## 2<sup>nd</sup> INTERNATIONAL CONFERENCE OF INDIAN ACADEMY OF HEALTH PSYCHOLOGY

ORGANIZED BY

DEPARTMENT OF PSYCHOLOGY AND MENTAL HEALTH  
SCHOOL OF HUMANITIES & SOCIAL SCIENCES

Gautam Buddha University, Greater Noida, Gautam Buddha Nagar, U.P.



Indian Academy of Health Psychology (IAHP) is a professional organization committed to the development of professional aspects of health psychology for achieving optimal quality of life and wellbeing of mankind. The primary aim of IAHP is to create awareness/spread knowledge about the field of health psychology through networking, creating data bank, collaborating research and publication of monographs, reports, books etc.

### **Indian Academy of Health Psychology (IAHP)**

Department of Psychology

M.G. Kashi Vidyapith

Varanasi – 221002

E-mail : [iahp@iahp.net.in](mailto:iahp@iahp.net.in)

**Website: [iahp.net.in](http://iahp.net.in)**

Indian Academy of Health Psychology (IAHP) is a scientific community comprising of eminent researchers, scholars, health care professionals and students who share the common vision of promoting science and practice of health psychology and its research-based applications. We are actively involved in organizing seminars, debates, workshops and conferences to bring the scientific community at a common platform to share and spread knowledge related to issues and challenges of health related aspects of mankind.

**Dr. J. P. Sharma** (Ret. I.A.S.)  
Vice Chancellor  
Gautam Buddha University  
Greater Noida



## Message

I am immensely happy to acknowledge that the **Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida** is organizing the *2nd International Conference of Indian Academy of Health Psychology* on the focal theme of “Health Psychology: Expanding Horizons”, from 16<sup>th</sup> to 18<sup>th</sup> December, 2016, where many learned professional psychologists, researchers and students are participating from across the states and nations to share their knowledge and experience for a holistic approach to mental health.

The theme reflects an important and major challenge for the future development of the discipline. Health psychology focuses on the individual and psychological processes underlying health behavior of individuals. Health issues including physical and mental are the most powerful factors impacting health across the lifespan. These issues and solutions have been searched throughout ages; however there is always a scope to find more parameters for the development.

I believe this conference will set up a stage where the academicians, researchers and professionals from multiple discipline will disseminate information on recent issues and developments in the field of psychology and give an understanding on how environmental factors, socio-cultural contexts, behavior changes affect and influence health.

Health is associated with our wellbeing and quality of life. Hence, I believe that during this event an attempt would be made to understand the new parameters of improvising the wellbeing and quality of life of our society. An emphasis on what could be done to tackle these issues would also be getting a focus of deliberations in this conference.

I wish the organizers a great success for the deliberations during the conference. I hope that it would be a rewarding and an enriching experience for every participant/delegate.

**Dr. J. P. Sharma**

## **Prof. Jitendra Mohan**

Member Governing Council: ICSSR  
President : Asia Pacific Association of  
Psychology  
Professor Emeritus of Psychology  
Panjab University, Chandigarh, India



## **Message**

It is a matter of great rejoicing that the 2nd ICIAHP is being held under the dynamic patronage of Dr. J.P. Sharma, I.A.S. (Retd.), Vice-Chancellor, Gautam Buddha University, Greater Noida, U.P. INDIA.

I appreciate your leadership in choosing the right place for the deliberations about Health Psychology: Expanding Horizons!

There has been a quantum change in the concept of Health and its multidimensional determiners, correlates and practices. With the enlightened definition of Health by the World Health Organization the concern about physical, emotional, social, mental and spiritual well being has allowed many avenues of different disciplines to work in consonance and collaboration. A newer concept of wellness linked with genetics, lifestyle and beliefs has also taken center stage.

Recent advances in research in the fields of medicine, surgery and therapy need to be combined with psycho-social aspects and philosophy of life, in a new world order. The ancient knowledge of Yoga has been accepted by the United Nations even.

Since 2002, first as a National Fellow of INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH, studying Cardiac Psychology and later on linking it with Sports Psychology and Positive Psychology, I visualize the upcoming International Congress as a special platform for sharing of research, exchange of views and developing a practical strategy for enhancing health as a national as well as global goal!

I wish 2nd International Conference of Indian Academy of Health Psychology a great success!

**Prof. Jitendra Mohan**

## **Prof. Anand Kumar**

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



## **Message**

I am delighted that the Department of Psychology and Mental Health, Gautam Buddha University, Yamuna Expressway, Greater Noida is organizing Second International Conference of the Indian Academy of Health Psychology in which more than 350 delegates are participating. The focal theme of the conference “**Health Psychology: Expanding Horizons**” is the most significant and important subject of contemporary world.

Promoting holistic mental health and well-being is a much needed and well deserved aspect in today’s society. Not only the treatment of psychological illnesses but the prevention of illness and the promotion of good health are of prime importance in today’s scenario. Healthy or unhealthy behaviours can result from bio-psych-socio reasons and the theme of this year’s conference focuses on all aspects of the holistic health.

This conference 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 delegates of 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.

**Prof. Anand Kumar**  
President: Indian Academy of Health Psychology

**Dr. Neeti Rana**

Convener, ICIAHP-2016  
Dean, School of Humanities &  
Social Sciences, GBU



**Message**

I am pleased to note that department of Psychology and Mental health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida, Uttar Pradesh is organizing an international conference on “Health Psychology: Expanding Horizons”, 2<sup>nd</sup> international conference of Indian academy of health psychology (ICIAHP-2016) from December 16- 18.

I believe this conference will be focusing on the important issues concerning the health of individuals which affects emotionally and mentally with the help of researches. In today’s era, majority of population is suffering from mental health issues, like anxiety, depression, affecting almost people of all ages. The awareness has been increasing on these parameters and its effect on our lives yet many aspects are yet to be learned to understand the causation and intervene solutions to improve our wellbeing.

I hope that deliberations in the conference focus on causes and solutions of various aspects of human behavior affecting health. The experts pioneered in the field are expected to discuss latest developments, raise issues not only in the dimension of finding reasons behind cause of change in a behavior but also making an attempt to focus on finding solutions towards it. I am certain that experts and participants will help in initiating ways of providing new directions in areas of mental health and psychology with the help of researches.

I take this opportunity to give best wishes to all the guests, speakers, participants who have gathered here to gain enriching experience during these three day conference.

I congratulate the organizing team and give best wishes for the grand success for the conference.

**Dr Neeti Rana**

## **Dr. Anand Pratap Singh**

Organizing Secretary, ICIAHP 2016  
Head, Dept. of Psychology & Mental Health  
Gautam Buddha University



## **Message**

Foremost, I on behalf of the Department of Psychology and Mental Health, wish to extend a heartfelt welcome and I am proud to acknowledge that our department is hosting the 2<sup>nd</sup> International Conference of Indian Academy of Health Psychology from December 16<sup>th</sup> to 18<sup>th</sup>, 2016.

Holistic health encompasses the psychological, physical, spiritual and social wellbeing and the synergy of which, results in the optimal functioning we need in our lives.

With a view to expand the scope and reach of health psychology, I look forward to the constructive discussions and healthy dialogues among the delegates of the conference.

I look forward to the sharing of knowledge and respective expertise in the field of mental health and also taking part in many of the presentations as possible in what promises to be an outstanding, stimulating and scholarly conference.

My humble regards to the eminent scholars in the field and my colleagues and my warmest regards to the young scholars of this conference.

**Dr A P Singh**

## **Dr. Janmejy Pradhan**

Scientist 'F'

Defence Institute of Psychological Research,  
Delhi

Academic Secretary, 2<sup>nd</sup> ICIAHP-2016  
(Finance Secretary IAHP)



## **Message**

I am pleased to be part of the **2<sup>nd</sup> International Conference on Health Psychology: Expanding Horizons** being organized by the Department of Psychology and Mental Health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida, U. P. during 16-18 December, 2016. This event marks a step forward towards exchange of views and experiences on the emerging trends and expanding horizons of health psychology. Coalition of various stake holders like, scientists, academia, civil societies, NGO's, public and private sectors can lead us towards bringing out some of the most innovative solutions and adapt to the efficiency model of positive health psychology and overcome the deficiency model of human pain and suffering.

I hope this conference will help us reach some concrete suggestions for the policy makers to help them foster development of health psychology in India. I offer my best wishes for the event to be a great success.

**Janmejy Pradhan**

Academic Secretary, ICIAHP-2016



## HEADQUARTER

Indian Academy of Health Psychology (IAHP)  
Department of Psychology  
M.G. Kashi Vidyapith  
Varanasi – 221002  
Website : iahp.net.in



## INDIAN ACADEMY OF HEALTH PSYCHOLOGY (IAHP)

Indian Academy of Health Psychology (IAHP) is a professional organization committed to the development of professional aspects of health psychology for achieving optimal quality of life and wellbeing of mankind. The primary aim of IAHP is to create awareness/spread knowledge about the field of health psychology through networking, creating data bank, collaborating research and publication of monographs, reports, books etc.

Indian Academy of Health Psychology (IAHP) is a scientific community comprising of eminent researchers, scholars, health care professionals and students who share the common vision of promoting science and practice of health psychology and its research-based applications. We are actively involved in organizing seminars, debates, workshops and conferences to bring the scientific community at a common platform to share and spread knowledge related to issues and challenges of health related aspects of mankind. The key aims and objectives of Indian Academy of Health Psychology (IAHP) are as follows:

- To create awareness/spread knowledge and education about the field of health psychology through networking, creating data bank, collaborating and cooperation research, awareness, workshops and publication of monographs, reports, books etc.
- To serve as a nodal agency for imparting training for the development of counselors and be an independent agency for certification of the trained professionals to serve as counselors in various organizations.
- To liaison with Universities, research institutions, educational bodies, various government as well as industry bodies/ institutions both in India and abroad for approval and recognition for the programmes in health psychology in India to spread knowledge of health psychology.
- To impart training and consultancy for schools, colleges, educational institutions and corporate sector on various areas relating to career development in particular and human resource development in general and also to conduct surveys on behalf of various organizations on the issues related to State and National relevance.
- To organize seminars, debates, workshops and conferences to bring the scientific community to the platform to share and spread the knowledge related to health.
- To create awareness about and undertake research, education & training, service, counseling of all aspects that contribute to sustainable human development, keeping in view the specific needs of youth/weaker section/ gender/elderly people.
- To petition national, regional, and local government on behalf of issues relevant to association members and the profession.
- To purchase, acquire, build, and manage any moveable and immovable property for earning income for the society to attain the aims and objectives of society.
- To raise funds for carrying out activities of the society by subscription and contributions, donations and grants from individuals, institutions, governmental and non-governmental agencies and others.
- To raise loans for carrying activities of the society from individuals, institutions, banks, financial institutions, governmental and non-governmental agencies, corporate, business, houses and others on suitable terms and conditions.
- To set up other societies and Institutions for carrying out the aims and objects of the Society.

**GOVERNANCE**  
**OFFICE BEARERS**

<p><b>Professor Anand Kumar</b> (President) Former Head Department of Psychology M.G.Kashi Vidyapith, Varanasi E-mail : profananda@yahoo.com</p>	<p><b>Dr. Amool Ranjan Singh</b> (Vice-President) Director RINPAS, Kanke, Ranchi E-mail : sisamool@yahoo.com</p>
<p><b>Professor Rakesh Pandey</b> (Secretary General) Head Department of Psychology Banaras Hindu University, Varanasi E-mail : rpandeybhu@gmail.com</p>	<p><b>Dr. Ashok Rai</b> (Joint Secretary) Director Indian Institute of Cerebral Palsy and Handicapped Children, Varanasi E-mail : drashokrai@gmail.com</p>
<p><b>Dr. Janmejay Pradhan</b> (Finance Secretary) Scientist- F, DRDO, Delhi E-mail: jimmy_pradhan@rediffmail.com</p>	<p><b>HEADQUARTER</b> Indian Academy of Health Psychology (IAHP) Department of Psychology M.G. Kashi Vidyapith Varanasi – 221002 E-mail : iahp@iahp.net.in</p>

**EXECUTIVE COUNCIL OF IAHP**

The names, addresses, occupations and designations of the members of the Executive Committee to whom the management and affairs of the Society are entrusted, as required under Section 2 of the Societies Registration Act 1860 are as follows:

S. No.	Name	Address	Designation in IAHP
1	Prof. Anand Kumar	Former Head, Department of Psychology, M.G. Kashi Vidyapith, Varanasi. profananda@yahoo.com	President
2	Prof. Amool Ranjan	Former Director, RINPAS, Kanke, Ranchi. sisamool@yahoo.com	Vice-President
3	Prof. Rakesh Pandey	Head, Department of Psychology, Banaras Hindu University, Varanasi rpandeybhu@gmail.com	Secretary General
4	Dr. Ashok Rai	Director, Indian Institute of Cerebral Palsy & Handicapped Children, Varanasi drashokrai@gmail.com	Joint Secretary
5	Dr. Janmejay Pradhan	Scientist- F, DRDO, Delhi jimmy_pradhan@rediffmail.com	Finance Secretary

<b>S. No.</b>	<b>Name</b>	<b>Address</b>	<b>Designation in IAHP</b>
6	Prof. Arti Bakhshi	Head, Department of Psychology, University of Jammu, Jammu artibakshi@gmail.com	Executive Member
7	Prof. Radhey Shyam	Professor, Dept. of Psychology M.D. University, Rohtak rshyam033@gmail.com	Executive Member
8	Prof. Mahmood S. Khan	Professor, Dept. of Psychology Aligarh Muslim University, Aligarh profmahmoodkhan@yahoo.com	Executive Member
9	Prof. C.P.Khokhar	Head, Department of Psychology Gurukul Kangri University, Haridwar cpkhokhar@gmail.com	Executive Member
10	Prof. R. S. Singh	Former President, Community Psychology Association of India, Rewa singhdrs@rediffmail.com	Executive Member
11	Dr. P. K. Khatri	Head, Department of Psychology, National P.G. College, Lucknow pkkhatri@yahoo.com	Executive Member

# DEPARTMENT OF PSYCHOLOGY & MENTAL HEALTH

## SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

Gautam Buddha University, Greater Noida

### INTRODUCTION

The inception of **Department of Psychology & Mental Health** under the School of Humanities & Social Sciences at Gautam Buddha University took place in the academic year 2011, having the philosophy of Buddhist Psychology in its root. The department envisions earning the national and international recognition, particularly in the area of Applied Psychology and Mental Health. At its core, the Department carries the mission to promote the virtues of mindfulness, social equanimity and psychological well being among students and the people around through its academic and research ventures and mental health services. The Department strives to be a premiere research & training centre in the area of Psychology and Mental Health.

### Academic Programmes offered by the Department:

The Department currently offers three programmes in the area of Psychology at Post Graduate level and higher research level which are:

1. M.A. in Applied Psychology

(Specializations in Clinical & Counselling Psychology and Organizational Psychology), a Four semesters-2years programme

2. M. Phil. (Clinical Psychology), 2 years programme (RCI Accredited)

3. Ph.D. (Applied Psychology)

The Course Curriculum for Post Graduate & Ph.D. programmes is designed in accordance with UGC guidelines and for the M. Phil. (Clinical Psychology) course, it is as per the **Rehabilitation Council of India (RCI)** guidelines.

The department has established the “Clinical Psychology O.P.D” and “Psychology Laboratory” which facilitate the practical training and clinical exposure of the students and provides mental health services to the people in need. The details of the activities of these programmes are as below:



**a) Lab activities**

- The department facilitates the psychological assessments through Intelligence tests, Cognitive tests, Personality tests, Aptitude tests, and leadership skills at work place.
- To diagnose various psychological conditions, the department also facilitates the assessment of anxiety, depression, phobia, OCD, and severe mental disorders such as schizophrenia, acute psychosis, BPAD, etc to cater the needs of the target group.

**b) O.P.D. activities**

- The Department runs clinical psychology O.P.D. on each week day and provides following clinical services: o Mental Health Clinic
  - o Child & Adolescent Clinic
  - o Neuro-psychological Clinic
  - o Mental Retardation and Developmental Pathology Clinic
  - o De-addiction Clinic and
  - o Marital & Psychosexual Clinic

In O.P.D. the Department has provisions of **Psychodiagnostic assessment, Psychotherapeutic management of psychological problems, Psychotherapeutic intervention & counselling, Bio & Neurobiofeedback training and relaxation therapy by EEG, ECG & EMG machines to the patients of depression, anxiety, phobia, OCD, tension headache and other psychological conditions.**

**c) Associations for Practical Training & Clinical Exposure**

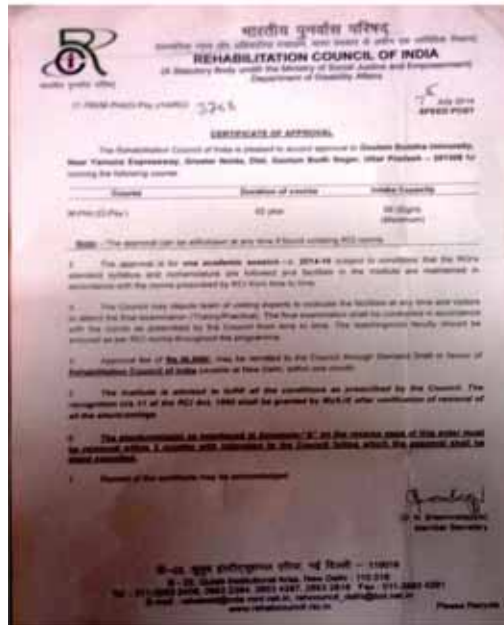
The department has its association with many health organizations where the students of different programmes are posted for variety of clinical exposure and field training. The names of the organization are as follows:

- Greater Noida Medical University, Greater Noida, U. P.
- Post-Graduate Institute of Paediatrics (under Greater Noida Medical University), Noida, U. P.
- SHANTI HOME, Psychiatric and De-addiction Hospital, Greater Noida & New Delhi.
- Jain-Neurological Psychiatric Hospital, East Delhi.

Besides these as above, the students have actively participated and attended various workshops and seminars details of which are listed below:

- Conducted workshop on “*significance and Use of Thematic Apperception Test in Psychological Assessment*” on 22nd and 23rd September’ 2012 in association with **Indian Institute of Psychology** at School of Management, Gautam Buddha University.
- Conducted workshop on “*Introduction to EMDR – Principles and Applications*” on 12th-13th October’2012 in association with **Indian Institute of Psychology** at School of Management, Gautam Buddha University.
- Attended workshop on “*Rorschach Comprehensive System, Administration, Scoring & Interpretation*” on 15th & 16th February’2013 in association with Department of Psychiatry, at Moolchand Hospital, New Delhi.
- Conducted workshop on “*Career Assessment, Exploration, and Counselling*” on 26th and 27th February’ 2013 in association with **SkillGapfinder** at School of Management, Gautam Buddha University.
- Attended workshop on “*Research Methodology & Statistics*” on 7th to 11th October’2013 by **Institute of Psychology, TGOU** at Unique Psychological Society, Paryavaran Complex, New Delhi.
- The Department facilitates field visit exposure at **Community Centre of Richmond Fellow Society, Najafgarh, New Delhi** on different occasion.

# RCI Approval



Office Contact Number: 0120-2344488/2344426  
 Email ID: psychology@gbu.ac.in

*"Human beings are like a mirror covered with dust. It is up to us to choose the way we remove the dust particles and bring forth clarity."*

**Faculty Profiles:**

**Dr. Anand Prasad Singh**  
Head, Dept. of Psychology & Mental Health  
Area of Expertise: Psychology & Clinical Neuropsychology

**Dr. Pooja Paul**  
Faculty  
Area of Expertise: Forensic & Clinical Psychology

**Dr. Nisha Das**  
Area of Expertise: Clinical Psychology

**Gangadhar Das**  
Area of Expertise: Clinical & Forensic Psychology

**Harjit Singh**  
Area of Expertise: Clinical & Forensic Psychology

**Dr. Anamika Singh**  
Area of Expertise: Clinical Psychology

**Dr. Pooja Paul**  
Area of Expertise: Clinical Psychology

**Dr. Nisha Das**  
Area of Expertise: Clinical Psychology

**Dr. Anand Prasad Singh**  
Area of Expertise: Clinical Psychology

**Gautam Buddha University**  
Established by the Uttar Pradesh Government, India. Act 2003, UP Act No. 14 of 2003

**Department of Psychology & Mental Health**  
School of Humanities & Social Sciences

**CLINICAL PSYCHOLOGY SPECIALITY OPD**

**Faculty of the Department**

**Dr. Anand Prasad Singh**  
The Department of Psychology & Mental Health was established in the School of Humanities & Social Sciences at Gautam Buddha University in the academic year 2013-14. Having the expertise in Psychology and the rich tradition of the Department, it is a center of excellence, particularly in the area of mental health and psychological well-being. We at the Gautam Buddha University working hard towards bringing to you the premier studies of excellence in the country in promoting psychology & well-being of the society. Our programs are meticulously designed to facilitate the young learners to develop skills and competence in effective dealing with life stressors, efficient and effective work stress and to improve their health with helping effective emotional well-being.

If we compare and actively experienced Clinical Psychologists at our Mental Health Center (Clinical Psychology Speciality OPD) offer various psychological interventions that are most vital in helping people to reach their mental health goals. They may be best in helping the people facing the various stressors in their life such as chronic illness, bereavement, anxiety & depression, learning disabilities & behavioral problems, eating & sleeping disturbances, difficulties at work place, etc. across generations. They also deal the credible professionals in helping the people during any crisis situation, natural disasters, and victims of all sort of trauma. Besides the above, the professionals in our center are the people in identifying their psychological coping skills and enhancing their strategic skills.

We have this opportunity to invite the people from the surrounding areas, who are in psychology need to seek an assistance in our Clinical Psychology OPD being offered by the Department of Psychology & Mental Health and be the part of our mission of promoting the psychological well-being, removal of mental illness, psychological barriers & recovery and quality of life across generations.

Such a great center is the Department of Clinical Psychology Speciality OPD.

**Dr. J.P. Sharma**  
Head of the Department

**Academic Programmes**  
The Department offers the following academic programs in the area of Psychology & Clinical Psychology:

- B.A. Honors in Psychology
- B.A. Honors in Psychology (Clinical/Forensic)
- B.Sc. in Applied Psychology

**Research Programmes**

The Department has been established with the primary and secondary of mental health issues for great significance in recent years. The growth has been observed across the generations and community. The major of these mental health problems are the individuals who are struggling to find social acceptance and quality. Therefore, the Department aims to promote mental health in the community at large and encourage the local masses of people with mental health problems to their social acceptance.

We have people to get help with such recognizing the signs and symptoms associated with mental health problems.

**Undergraduate Programmes**  
The Department facilitates the enrolment of various psychological capitals of the individuals such as intelligence, cognitive abilities, Personality, aptitude, leadership with etc. at the Clinical Psychology Laboratory.

To diagnose the psychological disorders among the people, the Department provides the enrolment of various emotional & behavioral problems of a wide variety of disorders, anxiety, OCD, ADHD, Bipolar, etc. across the generations.

**Clinical Psychology Speciality OPD**  
The Department runs clinical psychology speciality OPD on each week day and offers following clinical services:

- Assessment/Intake/Case
- CBT & Behavioral/CBT
- Behavioral/Cognitive/CBT
- Group/Behavioral and Developmental/Behavioral/CBT
- Use individual Case and
- Motivational/Performance/Case

In the OPD, the Department has provided of Psychological Assessment, Therapeutic, social, developmental of areas of psychological disorders, Behavioral & Developmental therapy for CBT & CBT, evidence, and comprehensive in the clinical setting, which is the most effective in the clinical psychology speciality OPD.

**Workshops & Seminars**  
The Department organizes workshops and seminars continuously throughout the year on various domains of research in mental health area and various professional activities to encourage mental health change of our community.

# COMMITTEES

## Organizing committee

**Chief Patron:** Dr. J.P Sharma, I.A.S. (Retd.),  
Vice Chancellor, Gautam Buddha University

**Convener:** Dr. Neeti Rana  
Dean, SHSS, Gautam Buddha University

**Chairman:** Prof. Anand Kumar  
President, Indian Academy of Health Psychology

**Organizing Secretary:** Dr. Anand Pratap Singh  
Head, Dept. of Psychology and Mental Health  
Gautam Buddha University.

**Academic Secretary:** Dr. Janmejay Pradhan  
Scientist - F, DRDO, New Delhi

## SUB-COMMITTEES

### Logistics and Hospitality

Dr. V.K. Shanwal- Coordinator  
Dr. Obaidul Gaffar -Member  
Dr. Prakash Dilare-Member

### **Student Members**

Mr. Halley Thokchom  
Dr Ashutosh Shrivastava  
Ms Pragya  
Mr Lokesh Bhati,  
Mr Sameer Broota,  
Mr Ankur Hooda,  
Ms Deepti Bhati  
Col. Joginder,  
Ms Anusha

### Academic Committee

Dr. Om Prakash-Coordinator  
Ms. Riya Raj- Member  
Dr Rupali Srivastava-Member

### **Student Members**

Mrs Ritu Chauhan  
Ms Shivani  
Ms Swati  
Ms Ayushi Madan

**Reception and registration**

Dr Shubashish Bhadra - Coordinator

Dr Bipasha Som – Member

Priyanka Singh - member

**Students members**

Ms Nidhi

Ms Muskaan

Mr Shiv Kumar

Ms Supriya

Ms Isha Yadav

**Transportation and Accomodation**

Dr. Md. Asif -Coordinator

Dr. Diwakar Garwa-Member

**Student Members**

Col. Ravinder Kumar Singh

Ms Sana

Mr Ankush Ahuja

Ms Payal

Mr Vaibhav Kumar Singh

**Cultural Committeee**

Dr Vibhavari - Coordinator

Dr Rehana Sultana - Member

**Student Members**

Col. Anurag Saxena

Ms Jyoti

Mr Arpit Mohan

Ms Jainab Rangoonwai

Mr Mohit Raj

Mr Nishant Bahukhandi

Mr Arpit Mohan

Ms Karishma

Ms Pragya Singh

Ms Usha Rani

Ms Shristi Pardesi

Ms Snigdha Chakraborty

Ms Divneet Kaur Puri



# PROGRAMME SCHEDULE

## ICIAHP - 2016

**2<sup>nd</sup> International Conference of Indian Academy of Health Psychology  
(December 16-18, 2016)**

### CONFERENCE PROGRAM (ICIAHP-2016)

#### **15 December, 2016 (Thursday)**

**11:00 - 17:00** Pre- Conference Workshop on Rorschach and SIS  
**EXPERT** Prof. B.L. Dubey, Ph.D., D.M. & S.P., D.P.M  
Adjunct faculty, University of Alaska, Anchorage (USA)

#### **16 December, 2016 (Friday)**

**09:00 - 10:00** Registration and Breakfast

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

*Conference Anchoring & Coordination: Dr. Sarita Sood*

**Welcome Address** **Dr. A.P. Singh**  
*Organizing Secretary, ICIAHP-2016*  
Head, Department of Psychology & Mental Health  
School of Humanities & Social Sciences  
Gautam Buddha University, Greater Noida

**IAHP Brief** **Dr. J. Pradhan**, Scientist 'F'  
Academic Secretary  
DIPR, DRDO, Delhi

**Souvenir Release**

**Key Note Address** **Professor Jitendra Mohan**  
Member Governing Council: ICSSR  
President : Asia Pacific Association of Psychology  
Professor Emeritus of Psychology  
Panjab University, Chandigarh, India

**Special Address** **Dr.G.S.Saun**, Former Member secretary  
ICSSR, New Delhi

**Book Release** **New Directions in Spiritual Psychology**  
**Prof. Akbar Hussain & Shahina Maqbool**

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

**Felicitation Presentation**

**Chief Guest Address**    **Dr. J.P. Sharma, IAS (Retd.)**  
Vice Chancellor, Gautam Buddha University

**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) Cognitive Drill Technique**  
Dr. Rakesh Jain  
Institute of Mental Health and Hospital, Agra

**(2) Awareness, Action, and Integration to Expand The Horizon of Health Psychology**  
Dr. Sarada Sree Devi Amma  
Former Co-Director of Women Centre  
San Francisco State University, U.S.A

**13:30 - 14:30**            **LUNCH**

**14:30 - 15:30**            **PLENARY SESSION – II (Auditorium)**

**CHAIRPERSON**            **Professor Mahmood S. Khan**  
Aligarh Muslim University, Aligarh

**Invited Address**            **(1) Anxiety-cognition interaction: Effect of trait and state anxiety on cognitive control**  
Professor Bhoomika Kar  
Allahabad University, Allahabad

**(2) Posttraumatic Growth in the aftermath of Trauma: A Positivistic Perspective**  
Prof. Waheeda Khan  
Dean, Faculty of Behavioural Sciences  
SGT University, Gurgaon

**15:30 - 15:45**            **TEA BREAK**

15:45 - 18:00

**SYMPOSIUM (Auditorium)**

**Perspectives of Health and Well Being**

**MODERATOR:**

**Professor N.K. Saksena**

Former President: Indian Science Congress Association, Kanpur

**Speakers**

**(1) Exploring the Possibilities of Making Health Psychology as a Profession in India**

Professor P.K. Rai

Doctor Harisingh Gour Vishwavidyalaya, Saugar

**(2) Trait Emotional Self-Evaluation and Children's Enthusiastic Relations**

Dr. Mohammad A. Khalid

Vice-President: Bangladesh Psychological Association

Dhaka, Bangladesh

**(3) Harmonize Capacities to Harvest Quality of Life: An Indian Perspective**

Professor Novrattan Sharma

Department of Psychology

M.D.University, Rohtak

**(4) Towards Introducing The Aspect Of 'Heart' As A Dimension Of Spiritual Health**

Professor Akbar Hussain

Department of Psychology,

Aligarh Muslim University, Aligarh

**(5) Rabindrik Psychotherapy**

Dr. D. Dutta Roy

Psychology Research Unit

Indian Statistical Institute, Kolkata

**(6) Preventing Suicides through Spirituality: Issues and Challenges**

Dr. Updesh Kumar, Scientist 'G'

Head Mental Health Division,

Defence Institute of Psychological Research (DIPR), Delhi

**(7) Age Proof Living**

Professor K.S. Sengar

Department of Clinical Psychology

RINPAS, Ranchi

19:00 - 20:00

**CULTURAL PROGRAMME (Auditorium)**

**Followed by Dinner**

**17 December, 2016 (Saturday)**

**09:00 - 10:00**                      **Breakfast**

**10:00 - 11:00**                      **SYMPOSIUM (Auditorium)**

**Positive Military Psychology in India: Implication for Health and Operational Effectiveness**

**MODERATOR:**                      **Dr. Y.K. Nagle, Scientist 'F'**  
Defence Institute of Psychological Research (DIPR)

**Speakers**                              **(1) Dr. Jitendra K. Singh, Scientist 'D'**  
**(2) Dr. Janmejy Pradhan, Scientist 'F'**  
**(3) Dr. Nishi Misra, Scientist 'F'**  
**(4) Dr. Nity Sharma, Scientist 'D'**  
**(5) Dr. Sandhya Verma, Scientist 'F'**

**11:00 - 12:15**                      **Scientific Session- I (Auditorium)**

**Chair**                                      (1) Professor B.L. Dubey     - USA  
(2) Prof.C.P. Khokhar         - Haridwar

**Scientific Session- II (Seminar Hall-I)**

**Chair**                                      (1) Prof. Shambhu Upadhyay - M.G.K.V.P., Varanasi  
(2) Sanjay Pal, Sc 'G'         - DRDO, Delhi

**Scientific Session- III (Seminar Hall-II)**

**Chair**                                      (1) Prof.P.K.Rai                 - Saugar  
(2) Prof.S.K. Srivastava       - Haridwar

**Scientific Session - IV (Seminar Hall- III)**

**Chair**                                      (1) Prof. Nov Rattan Sharma - Rohtak  
(2) Prof. R.P.Singh             - M.G.K.V.P., Varanasi

**12:15 - 12:30**                      **TEA BREAK**

**12:30 - 13:45**                      **Best Paper Award Session (Auditorium)**

**Scientific Session - V (Seminar Hall - I)**

**Chair**                                      (1) Dr. Rupesh Ranjan         - Bhopal  
(2) Dr. O.P.Sharma             - Jaipur

**Scientific Session - VI (Seminar Hall-II)**

**Chair**                                      (1) Prof. M. G. Hussain       - Jamia, Delhi  
(2) Prof U. K. Sinha             - IBHAS, Delhi

**Scientific Session- VII (Seminar Hall-III)**

**Chair**                                      (1) Dr. Updesh Kumar         - DIPR, Delhi  
(2) Dr. Dimpy Mahanta         - Guwahati

**13:45 - 14:30**

**LUNCH**

**14:30 - 15:45**

**Scientific Session – VIII (Auditorium)**

**Chair**

- (1) Prof. Meena Sehgal - Chandigarh  
(2) Prof. Meera Jaiswal - Ranchi

**Scientific Session – IX (Seminar Hall-I)**

**Chair**

- (1) Dr. Y.K. Nagle - DIPR, Delhi  
(2) Dr.D.Dutta Roy - Kolkata

**Scientific Session - X (Seminar Hall-II)**

**Chair**

- (1) Prof. Arti Bakhshi - Jammu  
(2) Prof. Yama Khokhar - Haridwar

**Scientific Session - XI (Seminar Hall- III)**

**Chair**

- (1) Dr. Leela Kansakar Pradhan - Nepal  
(2) Prof. Zokait Tluangi - Mizoram

**15:45 - 16:00**

**TEA BREAK**

**16:00 - 17:30**

**Young Scientist Award Session (Auditorium)**

**Scientific Session - XII (Seminar Hall-I)**

**Chair**

- (1) Prof. Akbar Hussain - Jamia, Delhi  
(2) Dr. Renuka Dubey - Dehradun

**Scientific Session – XIII (Seminar Hall-II)**

**Chair**

- (1) Prof. Akbar Hussain - Aligarh  
(2) Dr. Shailja Singh - DAV PG College, Varanasi

**Scientific Session - XIV (Seminar Hall-III)**

**Chair**

- (1) Prof. Wahida Khan - Delhi  
(2) Prof. Bhumika Kar - Allahabad

**18:00 - 19:00**

**Executive Committee Meeting of IAHP**

**18 December, 2016 (Sunday)**

**09:00 - 10:00**

**Breakfast**

**10:00 - 11:30**

**Scientific Session - XV (Auditorium)**

**Chair**

- (1) Prof. Neeti Rana - GBU, G. Noida  
(2) Mr. Inder Singh - DRDO, Delhi

**10:00 - 11:30**

**Scientific Session - XVI (Seminar Hall-I)**

**Chair**

- (1) Prof. Mohammad A. Khalid - Bangladesh  
(2) Dr. B.C. Kar - Allahabad

**Scientific Session - XVII (Seminar Hall-II)**

**Chair**

- (1) Dr. Roshan Lal - Punjab University, Chandigarh  
(2) Dr. Durgesh Upadhyay - AMITY University, Lucknow

**Scientific Session - XVIII (Seminar Hall-III)**

**Chair**

- (1) Prof. Mahmood S. Khan - AMU, Aligarh  
(2) Dr. Om Prakash - GBU, G. Noida

**11:30 - 12:30**

**General Body Meeting of IAHP (Seminar Hall-I)**

**PANEL DISCUSSION - (Seminar Hall-II)**

*Impact of Parental Lifestyle on Psychological Well being of Children*

**MODERATOR**

Dr Gauri Sankar - AIIMS, Delhi

**11:30 - 12:30**

**SYMPOSIUM (Seminar Hall- International Guest House)**

*Human Development, Spirituality, Mindfulness & Indigenous Perspectives on Health & Well Being*

**MODERATOR**

Dr. Nishi Misra - DRDO, Delhi

**PANEL DISCUSSION - (Seminar Hall-III)**

*Geriatric mental health and Intervention*

**MODERATOR**

Dr. Shubhasis Bhadra - GBU, G. Noida

**WORKSHOP - (Seminar Hall-IV)**

*Roadblocks to Meditation and building Gratitude Practice in daily Life*

**MODERATOR**

Dr. Anand Singh - GBU, G. Noida

**13:30 - 14:30**

**VALEDICTORY FUNCTION (Auditorium)**

**Followed by Lunch**

# **PRESIDENTIAL ADDRESS**

## **PRESIDENT: INDIAN ACADEMY OF HEALTH PSYCHOLOGY**

**Professor Anand Kumar**

*Former Head, Department of Psychology, M.G. Kashi Vidyapith, Varanasi*

I am delighted that the Dept. of Psychology, Gautam Buddha University, Greater Noida has organized this memorable event. This conference 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. This is so because he is undergoing stress and strain due to ever growing cut throat competition in today's society in which it appears that even 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. 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

- \* Biological determinants consist of genetic conditions and inherited personality traits.
- \* Psychological factors are stress and 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 psychological well-being. Psychological determinants in health have been in focus since the beginning of the 20th century in India 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.

The vedic and pre-vedic period of Indian society is full of the evidence of scientific methods of the living life and maintaining health of the individuals 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 or systems were not only making individual happy and healthy rather providing the opportunity to the individuals to lead their life active and free from illnesses.

India is developing country and passing through various transitions as organizational, educational, cultural, ethical and above all climatic and many more. 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. Achieving the high standard target and perfectionism is overall influencing 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.

**Health psychology encompasses a wide range of issues:**

- ❖ understanding chronic pain to terminal illness
- ❖ helping people to improve their quality of life
- ❖ addressing specific health issues.
- ❖ maintaining a positive outlook in life
- ❖ preventing anxiety and depression
- ❖ trying to enhance the quality of life of individuals

**To enhance the potential of health psychology in the contemporary society, we need to take several actions including the following:**

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

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 ships of life in the stormy oceans.



# KEYNOTE ADDRESS

## ADVANCES, ISSUES AND PROMISES OF HEALTH PSYCHOLOGY

**Professor Jitendra Mohan**

*\*Professor Emeritus of Psychology, Department of Psychology,  
Panjab University, Chandigarh, INDIA*

*E-mail address: mohanjitendra@hotmail.com*

Better health is central to human happiness, well-being and wellness as it is a multidimensional issue which sustains the totality of human existence. It has been very well understood that human behaviour plays a significant role in most of the leading causes of death and therefore, an effort to understand well-being and its causes is immensely pertinent and has captured the attention since time immemorial and as an issue, it has raised interest of researchers, practitioners and doctors alike (**McMahon, 2006**).

Psychology as both a science and a profession has been closely identified with other disciplines in the broad field of health since the turn of the present century as it has the potential to enhance health outcomes through a better understanding of health promoting and health damaging behaviours. Health psychology and the related field of behavioural medicine focus on the interplay among biological dispositions, behaviour, and social context. Recent advances in health care have reinforced the growing belief that the promotion of health and the prevention and treatment of illness can be greatly enhanced by incorporating the scientific findings and modern techniques of psychology into everyday practices (**Holtzman et al., 1987**).

### **Advances in Health Psychology**

The eternal urge of mankind has been to attain good health. Today, the very face of health and illness has undergone a tremendous change and this advance in operational definition of health has been brought about by the science of Health Psychology. In contrast to the early 1900's, when mortality and morbidity was understood as a result of external pathogens causing infections, the advances in medical knowledge have controlled these bacterial diseases and viral infections by and large and have highlighted the fact that in the modern times, people are dying or exhibit disability/morbidity because of lifestyle diseases. A white paper released by CII and academia, by Sushma Dey revealed that one out of four Indians is at risk of dying from non-communicable diseases (NCD) like diabetes, cardiovascular ailments or cancer before the age of 70. Every year, roughly 5.8 million Indians die from heart and lung diseases, stroke, cancer and diabetes (**Sehgal, 2016**).

In order to tackle these lifestyle diseases, the science of health psychology has thus, advanced the concept of promoting excellence in human health, which requires a "community-based, multilevel, interdisciplinary approach." Research has also highlighted the need for Government and scientific community to work hand in hand and make integrative policies to promote excellence in health (**Sehgal, 2016**).

It has generated interested in a preventive form of measure in which every individual is invested with the responsibility of changing the conditions in order to promote health and prevent illness. Health psychology has further advanced the concept of a multidimensional and holistic view of health.

### **Issues in Health Psychology**

As a profession, psychology has a lot to give in virtually every health care delivery system but the major problem is the lack of representation in the above said areas due to lack of acceptance and awareness. There is a dire need for

integration of biomedical and behavioral sciences. However, unfortunately the health care systems including medical education and training in most of the developing countries are still restricted to the biomedical paradigm that cannot meet their health needs. The intellectual challenge, as Lisenberg stated in integrating neurobiology information with behavior in its social context and that “neither the mindless nor the brainless can be tolerated in medicine.” Consequently, the adoption of the biopsychosocial approach is necessary for a holistic response to the individuals’ suffering and community health needs (Wahass, 2005).

### **Promises of Health Psychology**

The American Psychological Associations’ Division of Health Psychology outlined the objectives of health psychology as understanding the etiology, promotion and maintenance of health, prevention, diagnosis, treatment and rehabilitation of physical and mental illness; the study of psychological, social, emotional and behavioral factors in physical and mental illness; and the improvement of the health care system and formulation of health policy (Wahass, 2005).

Health psychology has furthered the concept of holistic perspective to health and has taken into account not only a person’s physical illness and symptoms but also their life experience. It has emphasized the fact that human health is too important to be left alone with doctors. Pursuit of excellence in health is required for understanding of the genesis, determinants and correlates of health so as to develop a balanced policy, scientific attitude and managing the medico-socio-economic-ecological and psychological dimensions of health. The human aspect of health signifies that interplay of individual with social support and spirituality is vital (Sehgal, 2016).

### **Conclusion**

Health makes an important contribution to economic progress, as healthy populations live longer, are more productive, and save more. The science of Health Psychology is concerned with the understanding of behavior, discovering principles beneath individual differences and developing procedures to enhance performance, adjustment and happiness. It has helped people to deal with their problems and come up with the solutions as well as embellishments and the strategies. With a varied repertoire of methods it has evolved to take up the personal and socio-cultural aspects.

With such promises, this field requires advancement by building better collaboration with other fields of medicine, sharing expertise on technical aspects of psychometric outcomes assessment, identifying behavioural interventions to reduce health disparities, and creating an infrastructure that fosters multidisciplinary research. Lastly, the essence of health psychology is that positive emotions are worth cultivating, not just as end states in themselves but also as a means to achieving psychological growth and improved well-being over time.

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## COGNITIVE DRILL THERAPY

**Rakesh Kumar, Ph.D.**

*Senior Clinical Psychologist*

*Institute of Mental Health and Hospital, Agra*

*Email: jain.imhh@gmail.com*

Cognitive Drill Therapy (CDT) aims at reducing stimulus bound anxiety specifically as seen in phobic disorders and Obsessive-Compulsive Disorders (OCD). CDT conceptualizes stimulus bound anxiety as having following four readily discernable components: (1) Objects of fear (2) Body-Mind Reactions (3) Safety Behaviours (4) Danger Thoughts. In short, these four components are called OBSD. An exposure to objects of fear triggers body-mind reactions which are painful to the individual and he/she engages in safety behaviours to get rid of the reactions. At the core of it lies the threat perception. The four components are exemplified in following real case of claustrophobia in an adult male.

*This person identified following objects and situations that triggered fear reactions in him: being in closed room, in basement, in caves, on the backseat of the car, in metro, in lift and so on. Exposure to these objects triggered following Body-Mind Reactions in him: restlessness, irritability, uneasiness, shortness of breath, sweating, rapid heartbeat. In order to get rid of BMR (Body-Mind Reactions), he would avoid using lifts, open windows of the room, avoid caves, sit on front seat in a car, avoid travelling in metro, and uses staircase to climb. When asked what scares him in these situations, he reported following danger thoughts: he felt that there would be suffocation, he may become unconscious and even he could possibly die.*

A person with phobia and OCD manages their problems by avoiding the situation as far as possible or if forced to be in the situations of fear, then he/she would remain in the situation with distress and seek an early opportunity to exit the situation.

The four components in OBSD can further be grouped into two layers: (1) Top Layer and (2) Bottom Layer. Top layer consists of first three components i.e. objects of fear; body-mind reactions and safety behaviours. Bottom layer consists of threat perception i.e. danger thoughts.

Persons affected with phobia and OCD remain struck in the top layer. That is, as and when exposed to their objects and situations of fear, they will experience body-mind reactions and would tend to avoid the objects/situations in order to cool down the reactions. Avoidance gives a temporary relief and acts as negative reinforce to maintain the problem. But this relief due to avoidance creates a misconception in the mind of the affected persons that avoidance is the solution to the problem. They would go at a great length to avoid the objects/situations to get relief from the painful reactions. Covertly, they wish that somehow, if objects of their fear could cease to exist in the environment. Their model of phobia and OCD is that objects/situations are the culprit.

From a psychological perspective, threat perception is the culprit. This threat perception is revealed by the nature of danger thoughts that are tied with objects/situations of fear. Objects and situations are neutral. A person assigns threatening meaning to these objects and situations. The threatening appraisal of objects and situations is the culprit. The affected persons having phobia and OCD do not work to alter their threat perception. If they can modify their threat perception, then their problems will get resolved or at least reduced. When a therapist asks such

patients that if they cease to perceive threat in the objects of fear would still they experience body-mind reactions and engage themselves in safety behaviours? 'No' answer comes almost instantly. They become curious how can this be accomplished? This sets in the stage for addressing threat perception by taking lead from the danger thoughts involved in self-talk of the patients.

Having gathered proper case history and mental status examination, a patient is given psychoeducation regarding nature and determinants of his/her problems. An emphasis is given on the threatening appraisal of the objects and situations of phobia and OCD. A patient is required to identify and make a comprehensive list of objects of fears, body-mind reactions, safety behaviours and danger thoughts.

'Fear is Future' which is reflected in the future timeframe contained in the danger thoughts. Most danger thoughts implicates a future perspective. In above case of claustrophobia, future time reference can be quickly identified in following danger thoughts in closed places:

1. He may get suffocated
2. He may become unconscious
3. He may die

In CDT, drill statements are prepared by changing the timeframe of the danger thoughts. The future time reference is converted into past or present, preferably in present tense. Drill statements of above danger thoughts would be prepared as follows:

1. I am suffocated
2. I have become unconscious
3. I have died of suffocation

Dealing with danger thoughts is the cognitive part in Cognitive Drill Therapy. In Cognitive Restructuring, danger thoughts are addressed by making an appeal to the reason, whereas in CDT, a process of experiential realization takes place. A patient is required to drill the drill statements. In drill, he/she would be required to repeat the drill statements. The key words in danger thoughts are tied with emotions. Mere repetitions of danger thoughts elicit fear reactions similar to the reactions elicited by an exposure to actual physical objects and situations. Words are considered as higher order conditioned stimuli. The verbal exposure in the form of drill, initially elicit the fear reaction which then begin to decline with continued drill. A clear picture of anxiety curve emerges during the drill.

The drill is implemented in following manner. A patient is asked to "imagine object/situation of fear and verbally repeat the drill statements". For example, the person with claustrophobia would be required to imagine himself in a closed room and then repeat, repeat and repeat 'I am feeling suffocated'; 'I am feeling suffocated'; 'I am feeling suffocated'... While performing the drill, moment to moment monitoring of Body-Mind Reactions is done by taking subjective reports of distress (SRD). The patient is required to report at what level he is experiencing the distress during drill. This report can be obtained in terms of (a) Low (b) Medium and (c) High. When a person reports low and medium distress, drill is continued and if he/she reports high distress a pause of 1-2 minutes is given and when the distress comes down to medium or low level, the drill is resumed. The pauses enable massive emotional processing activated during drill. Each identified object of fear and danger thought is subjected to drill. One drill usually takes a few minutes usually 3-5 minutes. Habituation takes place very fast.

It is seen that when verbal exposure in this manner results in substantial reduction in body-mind reactions, then usually a smooth generalization takes place to real life situations. If real life situations still elicit fear reaction, then drill

and daring is prescribed to the person. That means, a homework is assigned to him/her for daring to expose himself/herself to real life situations as far as possible and to covertly continue to perform drill during such daring. The patient is asked to maintain a drill diary to record events and experiences related to his/her phobia and OCD. Preferably, daily or alternative day sessions of about 60 minutes are conducted with prescription of homework.

The case based data generated so far suggests rapid and durable improvements in persons with phobia and some cases of OCD. Evidences are being generated to provide empirical support to the efficacy of Cognitive Drill Therapy in Phobia and OCD. CDT has following distinct advantages: (a) it is a lightweight therapy for both therapist and the patients. The patients are required to learn a minimal set of concepts and skills to deal with their phobia and OCD. (b) A direct exposure to actual physical objects and situations, elicit overwhelming body-mind reactions in many patients and they find it quite troublesome which may lead to drop outs. In CDT, the exposure is done at imaginal and verbal level with pauses at the time of high distress, so it is not that much overwhelming and patients are able to better tolerate and manage the distress. (c) The patients can design their own exposure and regulate the drill. So they feel in charge of their application of the exposure and drill therapy. (d) Since patients learn the drill and its concepts, the relapse prevention is in-built in the procedure. (e) CDT does not require high level of cognitive sophistication because it does not rely heavily on the alternative reasoning by the patients. (f) Response prevention aspect of exposure is quite easy and smooth with verbal exposure.

CDT is still in its infancy hence, there is an ample scope for research. Clinical researches can be conducted for assessing efficacy of Cognitive Drill Therapy in various phobias like social anxiety, agoraphobia and specific phobias by using pre-post designs. Group comparisons can also be done for comparing effect size of cognitive drill therapy vis-à-vis cognitive-behaviour therapy. Those who are into neurosciences, they can consider studying the neural correlates and neural changes before, during and after drill therapy. Cognitive Drill Therapy converges theories of associative learning, cognitive therapy and linguistics. The mechanisms of actions in CDT need to be empirically validated. Psychophysiological monitoring through biofeedback devices can also add to the objective evidence regarding the usefulness of CDT in patients with phobia and OCD.

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## **AWARENESS, ACTION, AND INTEGRATION TO EXPAND THE HORIZON OF HEALTH PSYCHOLOGY**

**Dr. Sarada Sree Devi Amma**

*M.A. (Psychology), M.B.A., M.S. Clinical Psychology (California State University, U.S.A.),*

*Ph. D. (Cusat); International Consultant Clinical Health Psychologist*

### **INTRODUCTION:**

To be or not to be healthy is not a personal choice. Nation needs healthy citizens who can contribute to national asset- the psychophysical wellness of everybody in our country. Therefore, health psychology becomes an invariable field of interest not only to mental health professionals but also to strategy formulators, health care providers, hospital systems, HR professionals, profit and non- profit organizations in private and public sectors, and government and non government organizations. Yes, health psychology touches every aspect of our lives and hence we have to expand the horizon of knowledge, skill, and attitude to realize the intended objectives of health psychology. Escalating global connectivity in health care makes it possible to understand health psychology in a global perspective. Division 38 of the American Psychological Association is health psychology which gives due recognition to global promotion of health psychology.

Health psychology focuses on the psychological and physical wellness at the individual and group level. Expanding the horizon of health psychology means promoting perspectives of awareness, action and integration of health psychology for achieving national and global wellness. Today, in this second international conference, I chose to focus on awareness, action, and integration of health psychology.

First I will elaborate on Awareness in terms of recognition, regulation, motivation, and social skills. Then I will sketch action in terms of confrontation, avoidance, substitution, support system, and adherence and follow up. My next task will be to introduce the concept of integration covering self integration, institutional integration, research integration, and policy integration. Finally I will conclude my presentation with the message for you to take home for further thoughts and actions for integrating health psychology in each one of your life.

**Awareness:** Awareness relates to awareness about the self and the others. Self awareness is the ability of a person for RECOGNITION of one's thoughts, feelings and behaviors. Self awareness is realization about the need for REGULATION of unhealthy thoughts, feelings, and behaviors. Self awareness is the realization about the need for MOTIVATION to the self to pursue intended goals. Self awareness is realization about the need to acquire and stay with social skills to manage relationships to develop social net work. Self awareness ostensibly leads to optimum performance at work. Self awareness channels group awareness to touch the horizon of social awareness. Awareness is the hall mark of human sensibility and sensitivity that help us to promote health friendly approaches to quality of life.

**Action:** When thought and feeling are translated in to behavior, it is called action. Action can be either desirable or undesirable. Desirable action promotes wellness where as undesirable action promotes ill health.

Actions of professionals are perceived as therapeutic interventions. Objectives of therapeutic interventions focus on psycho physical wellness. Generating and applying therapeutic interventions rest on availability of expertise in the respective areas; clear understanding of the needs of the demand group; awareness of the limitations of those interventions; availability of adequate funds and possibilities for follow up of adherence. Interventions include confrontational interventions, avoidance interventions, substitution interventions, support system interventions, and adherence \ follow up interventions.

**Integration:** Integration refers to the process of incorporating intervention system with other relevant sub systems to facilitate psychological and physical health. Appropriate interventions have to be developed and incorporated in the self system, family system, educational system, institutional system like government and non- government systems, profit and non- profit organization systems and particularly in the health care system. Research integration covers universities and other research organizations. Policy integration refers to integration at the government level in association with experts in the area of health psychology and experts in the health care system. Integration can theoretically be well conceived. But to translate it in to practice, it has to face several challenges, such as lack of awareness on health management, delayed policy formulation, insufficient financial support, improper execution of health care system, lack of quality education, and lack of effective training in health care.

**Conclusion:** Health is precious personal and social asset. Health gives meaning to life. Health assures happiness in family and social life. Health promotes fusion of self and work roles. Let us listen to our inner signals of our feelings to watch out our health. Let us participate in the national drive to provide knowledge, skill and attitude to promote health in our society. Challenges in health obviously occur at different stages of one's life. Let us, the health psychologists, equip us to confront those challenges in our personal and professional lives. Let us strive together to expand the horizon of health psychology by meeting the existing and potential challenges of health psychology to develop a healthy nation.

## **ANXIETY-COGNITION INTERACTION: EFFECT OF TRAIT AND STATE ANXIETY ON COGNITIVE CONTROL**

**Bhoomika R. Kar**

*Centre of Behavioral and Cognitive Sciences, University of Allahabad, Allahabad*

Anxiety is a prominent and pervasive affect that occurs when our current or future goals are threatened. The Attentional control theory of anxiety (ACT) was put forward to account for the detrimental effects of anxiety on cognitive performance. Recent studies illustrate the effect of anxiety on cognitive control and how anxiety modulates the dynamics adjustments in control. These studies show the effects of anxiety on different components of control such as preparation time, error monitoring, switching and inhibition. The inefficiency of the control system as a function of anxiety could be due to the faulty interaction among these components. In addition, anxiety may also influence up/down regulation of the proactive and reactive control mechanisms. We have conducted a series of studies to investigate the effect of levels of anxiety, state vs trait anxiety and Generalized Anxiety Disorder (GAD) on control mechanisms. Study 1 aimed to investigate how anxiety modulates the proactive and reactive modes of cognitive control in AX-CPT task. The AX-CPT is a version of the Continuous Performance Task in which a cue is followed by a probe. Participants aged between 18-30 years were recruited from the CBCS database of Spielberg's State Trait Anxiety Inventory which we have standardized and validated on Indian population using convergent validation with variables such as personality, affective control and risk propensity. Participants with T scores higher than 85<sup>th</sup> percentile for trait anxiety, were considered as high trait anxious and those whose T-scores were in the range of 45<sup>th</sup> to 55<sup>th</sup> percentile for trait anxiety, were considered as medium trait anxious. The paradigm used was the AX-CPT. There were four kinds of trials in the experiment, AX, AY, BX and BY. The AX trials were the target trials while the AY, BX, BY were the non-target trials. Participants were asked to respond to target and non-target trials using two different keys. Results show that high trait anxious were faster than the medium trait anxious for all trial types, however their accuracy on the task was not affected. Also the high trait anxious relied more on the reactive control mechanisms as compared to the medium trait anxious. In Study 2, high trait anxious individuals were compared with individuals with GAD with respect to control mechanisms. Results showed greater proactive inhibition among individuals with GAD in terms of higher error rates on AY trials compared to high trait anxious participants. These results suggest specific effect of GAD on proactive inhibition. Study 3 comparing high state and high trait anxious individuals on a stop signal task of response inhibition showed stable effects of trait anxiety. State anxiety showed its effect only when dynamic adjustment in control was required. To conclude, our results so far demonstrate the effect of trait anxiety on proactive control and dynamic adjustments in control and these control mechanisms vary as a function of levels and type (state/trait) of anxiety.

**Keywords:** Anxiety, trait anxiety, state anxiety, cognitive control, proactive inhibition, AX-CPT, generalized anxiety disorder.



## POSTTRAUMATIC GROWTH IN THE AFTERMATH OF TRAUMA: A POSITIVISTIC PERSPECTIVE

**Prof. Waheeda Khan**

*Dean Faculty of Behavioural Sciences, SGT University, Gurugram, Delhi-NCR*

Positive effects of struggling with traumatic events have been prominent themes throughout human history as reflected in literature and philosophy (e.g. Kierkegaard, 1983; Nietzsche, 1955). In the clinical literature as well, many authors have acknowledged the potential for growth from adversity (e.g. Caplan, 1964; Finkel, 1974; Frankl, 1961). In line with a reviving interest in beneficial psychological processes, it is only recently that the phenomenon of posttraumatic growth (PTG) has elicited the attention of clinicians and has inspired systematic research endeavors. Richardson (2002, p. 307) depicts the growing interest as part of a “paradigm shift from a reductionistic, problem-oriented approach to ‘nurturing strengths’ as a prevalent theme across academic disciplines.”

A growing body of empirical studies reveals that many trauma survivors also experience positive psychological changes after trauma. PTG is defined as the subjective experience of positive psychological change reported by an individual as result of the struggle with trauma. The terms posttraumatic growth, positive psychological changes, construing benefits, flourishing, positive by-products, stress-related growth, perceived benefits and thriving are used interchangeably in the literature. While the terminology differs, each definition shares a similar theme. The uniting principle is the belief that adversity can be the catalyst for personal growth. Examples of positive psychological change are an increased appreciation of life, setting of new life priorities, a sense of increased personal strength, identification of new possibilities, improved closeness of intimate relationships, or positive spiritual change (Tedeschi, Park, & Calhoun, 1998). As an outcome of coping with trauma, posttraumatic growth denotes a significant beneficial change in cognitive and emotional life that may be the “antithesis” of posttraumatic stress disorder (PTSD).

The phenomena of PTG has been seen in a range of traumatic events like cancer (Sears, Stanton & Danoff-Burg, 2003), severe illness (Siegel, Schrimshaw, & Pretter, 2005), terrorism (Hobfoll, Canetti-Nisim & Johnson, 2006), sexual assault (Frazier, Conlon & Glaser, 2001), natural disasters (Cryder, Kilmer, Tedeschi & Calhoun, 2006) and violent trauma (Connor, Davidson & Lee, 2003) to name a few. This paper presents results of the two studies conducted on breast cancer, sexual abuse, spouse bereavement cases and the people affected by continuing violence. The results demonstrated significant accounts of PTG among breast cancer patients as compared to cases of sexual abuse and bereavement. Social support, resilient/spiritual world view, emotion regulation were significantly and positively related to reported growth (Chandiramani & Khan, 2014). PTG showed a moderately positive significant relation with psychological wellbeing and accounted for gender differences in adults experiencing traumatic events as a result of violence (Tasneem & Khan, 2012).

However, the self-perceived PTG is still not well understood and cannot yet be described in a theoretically satisfying manner or measured with reliability and validity. For example, the role of emotions, in particular positive ones, has been underestimated in studying PTG. Models of PTG and research studies have usually concentrated on cognitive factors, coping strategies, or personality differences when assessing predictors of PTG, but the role of emotions might play a greater role than previously assumed. More research, especially longitudinal and possibly process-oriented research, is highly needed. Psychotherapy also constitutes a good context to explore positive changes in the aftermath of trauma.

## TRAIT EMOTIONAL SELF-EVALUATION AND CHILDREN'S ENTHUSIASTIC RELATIONS

**Dr. Mohammad Ali Khalid**

*Director, Academic Programs, Professional School of Business.*

*Former Faculty member (Part Time), MBA & EMBA Program of Ahsanullah University of Science and Technology, Bangladesh*  
*and*

*Practicing Clinical Psychologist*

Trait emotional intelligence ('trait EI') is a constellation of emotion-related Self-perceptions and dispositions comprising the affective aspects of personality. The present study investigated the role of trait EI in children's enthusiastic relations at Junior Secondary Certificate School. One hundred and thirty three pupils (73 girls; mean age = 9.7 years) were administered the trait emotional intelligence questionnaire and were subsequently asked to nominate all classmates who fitted each of seven distinct behavioral descriptions ('co-operative', 'disruptive', 'shy', 'aggressive', 'dependent', 'leader' and 'intimidating'). The teachers were also asked to nominate all pupils who fitted the seven descriptions. Pupils with high trait EI scores received more nominations for 'co-operation' and 'leadership' and fewer nominations for 'disruption', 'aggression' and 'dependence'. Factor analysis of teacher nominations revealed two orthogonal factors encircling pro social and antisocial descriptions, respectively. High trait EI pupils scored higher on the pro social factor and lower on the antisocial factor. The discussion focuses on the construct validity of trait EI and its implications for children's enthusiastic relations in Junior Secondary Certificate School. School-aged children begin developing emotional coping skills, even if those skills are at very basic levels. For example, children may rationalize situations and behaviors or reconstruct scenarios to make them seem less upsetting emotionally. The ability to suppress negative emotions is a factor of normal development, as well as other influences, such as gender, the specific situation, cultural influences, and the person likely to receive the expressed emotion. The issue of violence has taken an elevated importance in schools. Concern has been expressed that discipline provisions in the Individuals with Education Improvement rules would promote school violence by unfairly protecting students with rules who exhibit disruptive or violent behaviors. Students with and without disabilities generally were disciplined in the same manner and that Education Improvement rule played a limited role in affecting schools' ability to properly discipline students.

**Keywords:** Trait Emotional Self-Evaluation and Children's Enthusiastic Relations.

## **HARMONIZE CAPACITIES TO HARVEST QUALITY OF LIFE: AN INDIAN PERSPECTIVE**

**Nov Rattan Sharma**  
*Professor & Head,  
Department of Psychology,  
M.D. University, Rohtak.*

*“To keep the body in good health is a duty....otherwise we shall not be able to keep our mind strong and clear”-Buddha.*

Quality of Life(QOL) encompasses the best functional conditions for an individual. Without attaining health one cannot think of Quality of Life. Health and QOL have become a core subject of teaching, research and applications for the discipline of Psychology. There may be many dimensions of health but mental health issues have dominated the journey throughout. It is vividly reflected in psychological researches and applications that psychology is much more known for its growth and development in the area of mental health. Mental health, being under current for all the dimensions, is the dear most to professionals. Indian perspective to health is of preventive and promotional in nature. It talks about the integration of mind and body. It teaches practical methods to find peace, joy, love and happiness which are not only integral part of QOL but also reside in every human being. The need is to realize capacities such as gratitude, forgiveness, hope, meaning in life, contentment, happiness, resilience etc., which consistently and significantly contribute to health and well being. The role of such capacities in maintaining QOL has been highlighted in our great Indian epics. However, emergence of Positive Psychology Movement since last few years has given further impetus to empirical linkages between capacities and QOL. The collection and verification of scientific evidences have successfully demonstrated that harmonization of positive capacities will help the person to harvest the stable Quality of life up to a greater extent. The presentation will focus on some of positive capacities with a critical examination on health and well being issues.

## TOWARDS INTRODUCING THE ASPECT OF 'HEART' AS A DIMENSION OF SPIRITUAL HEALTH

**Professor Akbar Husain**  
*Department of Psychology*  
*Aligarh Muslim University, Aligarh. (INDIA).*

### **Spiritual Health**

Spiritual health is an inner resource for everyday life that improves personal, mental, and existential well-being. Spiritual health refers to harmony within the body, mind, heart, spirit, and the absence of disease related to these states. Spiritual health is vital and unique to each person. It is determined by physiological, psychological, socio-cultural, emotional, environmental factors. Spiritual beliefs, values and experiences impact on spiritual health. Spiritual health is a dynamic force in our daily lives which is influenced by beliefs, experiences, cognitions, values, inner unity and harmony.

Discipline of heart is always emphasized by Muslim scholars. It is of course, a matter of debate as to why discipline of heart is needed in the maintenance of spiritual health. In my opinion, one needs to delve deep into the role of heart. The Quranic perspective can be thrown which can be inquired into and debated. The reason, in my opinion, will have to be sought in psychological inquiry. Health psychologists need to open the gate of heart into psychological inquiry and intellectual pursuits.

**Heart** is a constitutive dimension of human body. Heart regulates our feelings and emotions, thinking, and establishes relationship. Feelings and emotions are intrinsically rewarding by the heart. Heart helps us in dealing with traumatic situations involving death, loss and disappointments. Heart evokes the positive emotions such as love, non-violence, admiration, etc. and negative emotions (e.g., anger, envy, jealousy, hatred, conceit, malice, etc.). in the cognitive context, it is the heart from which the most powerful intrinsic reward of spirit is generated. The spiritual response associated with heart has connections with feelings and emotions and significance in our life.

Truth is the essence of heart. Heart is at the centre of man's spiritual health in terms of his thinking and emotions. For him maintaining discipline of the heart should be full responsibility. The spiritual value of 'heart' is not merely breathiness of life, but for everyone who realize the importance of it in terms of expressing positive behaviour such as confession, forgiveness, and gratitude.

Health caregivers hardly give importance to the treatment of diseases of heart such as envy, jealousy, hatred, conceit, malice, etc. These are responsible for the development of negative psychological states or behavioural problems. Attempting the inclusion of the dimension of 'heart' would bring enlightenment and enlightenment means greater consciousness of the psychospiritual problems.

### **Spiritual Stations of the Heart**

According to the spiritual Masters of the Naqshbandi-Haqqani Sufi Order, the human heart is a reflection of the spiritual Heart of the Prophetic Reality. This spiritual Heart represents the Divine Ocean of Power ("Barh' ul Qudra"), which is the Origin of all creations. Whoever reaches the Knowledge of the Heart is able to understand the true Prophetic Reality of Nur Muhammad {s}, the Muhammadan Light {s} inhabiting the Ocean of Power. There are 5 lata'ifs (subtle points of spiritual Energy), or Maqams (spiritual stations), on the human heart. These five stations are, in an ascending order.

Qalb ("External Structure of the Heart")

Sirr (“Secret”)

Sirr as Sirr (“Secret of theSecret”)

Khafa (“Hidden”)

Akhfa (“Most Hidden”)

Out of the 5 stations of the Heart, there are 4 that are related to creation and 1 that is related to the Creator. The last Station, called Akhfa (“Most Hidden”) is related to the Creator while the remaining 4 stations are grouped together as the stations that are related to creation. The first 4 Stations (the stations that are related to creation) have a special relation to Sound while the last Station (the station that is related to the Creator) has a special relation with Silence.

Each station is a complete universe appearing with particular characteristics. As the *murid* (spiritual student) progresses on the Way that lead to the Divine, his Shaykh (spiritual Guide) pours in his heart the knowledge that is associated with each station. The ultimate goal is to reach the 5<sup>th</sup> and last station of the Heart, for it is the highest adobe of the Ocean of Divine Power within which dwells Nur Muhammad (s), the Muhammadan Light (s).

**Conclusion:** Spiritual health depends upon the extent to our functioning of body, mind, heart and spirit. The relationship is intertwined among them. An individual’s body, mind, heart and spirit forms the basis of his well-being or health. People will have to be awakened on the role of heart in the maintenance of spiritual health. A man’s active role is needed by this supernatural intervention. Behavioural scientists need to add the dimension of ‘heart’ in the domain of spiritual health in the light of thought and experiences. It is a matter of debate as to why the aspect of ‘Heart’ is to be included to enhance spiritual health. In my opinion, it is important for maintaining spiritual discipline and to preserve the diseases of the heart. Health psychologists need to delve deeply into this dimension in addition to ‘Body’, ‘Mind’ and ‘Spirit’. Addition of this dimension is called for, and this will take rise.

It is a matter of debate as to why the aspect of ‘Heart’ is to be included to enhance spiritual health. In my opinion, it is important for maintaining spiritual discipline and to preserve the diseases of the heart. Health psychologists need to delve deeply into this dimension in addition to ‘Body’, ‘Mind’ and ‘Spirit’. Addition of this dimension is called for, and this will take rise.

## PREVENTING SUICIDES THROUGH SPIRITUALITY: ISSUES AND CHALLENGES

**Updesh Kumar**

*Scientist 'G' and Head Mental Health Division,  
Defence Institute of Psychological Research (DIPR), Delhi  
Email: drupdeshk@gmail.com*

Suicide is a major mental health concern across the globe. Preventing suicides has been a challenge for mental health practitioners and public health officials. Present paper discusses the viability of using spirituality as a pathway for preventing suicides. The paper begins with a discussion of definitional issues pertaining to spirituality, raises the related theoretical concerns and brings in the practical implications of the same. Proposing a holistic definition of mental health as not merely absence of mental illness but presence and enhancement of experiences of wellbeing, the paper proposes developing spirituality as a pathway to enhance wellbeing. Various theories and perspectives on suicide are discussed in detail and it is proposed that the core experiences contributing to suicidal behaviours, viz. 'Loss of meaning and hope' and 'Failure and devaluation' can be mitigated through spirituality. The paper discusses in detail the research evidence correlating spirituality with wellbeing and positive mental health outcomes. It proposes and elaborates upon 'meaning in life' as the core component of spirituality, and how it contributes to suicide prevention efforts. The paper provides an overview of the benefits of inculcating spirituality and spiritual practices. It also raises certain concerns pertaining to research in the area of spirituality and emphasises that research on spirituality needs to go beyond the positivist empirical model in order to explore wider dimensions and implications. Dispelling the myths and fallacies regarding spirituality and mental health outcomes the paper concludes by proposing future directions of research in the area of spirituality and mental health.

**Correspondence may be addressed to:**

Dr. Updesh Kumar, Scientist 'G' & Head, Mental Health Division,  
Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence,  
Lucknow Road, Timarpur, Delhi – 110054.

## **CONCEPT NOTE OF SYMPOSIUM ON POSITIVE MILITARY PSYCHOLOGY IN INDIA: IMPLICATION FOR HEALTH AND OPERATIONAL EFFECTIVENESS**

**Dr. Y K Nagle**  
**Symposium Coordinator**

The notion of positive psychology is based on exploring positive aspects of human life with an idea to facilitate good health, happiness, well-being and quality of life. Though the discipline is nearly two decades old but in short span of time it has covered a long distance ranging from its application in health, education, organization, sports, military etc. The field pursues with the premise that identifying and enhancing positive aspects of human being such as positive traits, positive emotions and positive relationships prevent all the behavioural aberrations and hence help him to have a better quality of life.

Military being a positive institution applies the principles of positive psychology in the domain of personnel selection, training, operational effectiveness, and adjustment of soldier in operational, family, social and professional environment. Some of the constructs which have been studied empirically in military context are character strength, grit, personality hardiness, resilience, and fitness of the soldier in emotional, social, family and spiritual domain. The findings of these studies moreover have indicated for adopting an efficiency model in military context which subscribe to the principles of positive psychology.

The application of positive psychology in Indian military domain is a recent endeavour initiated by Defence Institute of Psychological Research (DIPR). Being one of the leading institutions of military psychology DIPR works in human recourse aspects of Indian Armed Forces such as personnel, selection, training, and operational effectiveness. As a part of proactive operational preparedness strategy it has taken up studies using the principles of positive psychology. These studies address some of the key areas of health, operational effectiveness and adjustment of Indian soldier. Some of these studies are- psychological strength of Indian soldier, comprehensive fitness of the soldier, application of yoga and meditation for well-being etc.

Against this background the proposed symposium highlights some of the key aspects of health and operational effectiveness of the soldier. The abstracts included for the symposium cover a wide spectrum of this dimension in Indian military domain and offers a vantage point to the scholars who are interested to pursue their research endeavours in this applied domain. These abstracts along with the names of speaker are mentioned below:

## POSITIVE PSYCHOLOGY IN MILITARY CONTEXT: CONCEPTUAL ISSUES AND METHODOLOGICAL CONCERNS

**Jitendra K Singh**

*Scientist 'D' Defence Institute of Psychological Research (DIPR), Delhi*

In recent past the application of positive psychology in military domain has created a paradigmatic shift in the approach to look at the personality factors, adjustment pattern, well-being and operational effectiveness of a soldier. It follows the basic premise that military being a positive institution is composed of pathology free soldiers who share positive traits, positive emotions and positive relation. Therefore, enhancing and strengthening these positive aspects is likely to facilitate a soldier to become operationally more effective. In the military domain positive psychology is being used to study virtue & character strength, grit, personality hardiness, resilience, and fitness of the soldier in emotional, social, family and spiritual domains of life. In India, studies rooted in theoretical grounding and methodological principles of positive psychology have been initiated in military domain also. Some of the key areas undertaken to study the operational effectiveness of Indian soldier are psychological strength, soldier's adjustment in different domains of life, and application of yoga and meditation for his health and well-being. Against this background the paper highlights salience of conceptual and methodological issues when positive psychology is applied in military context.

**Key words:** Positive military psychology, Operational effectiveness, Methodological concerns

## ASSESSMENT AND MANAGEMENT OF PSYCHOLOGICAL STRENGTHS OF INDIAN MILITARY OFFICERS

**Janmejay Pradhan\* and Jitendra K. Singh\*\***

*\* Scientist 'F', Defence Institute of Psychological Research, Delhi, India.*

*\*\* Scientist 'D', Defence Institute of Psychological Research, Delhi, India.*

The efficiency model of positive psychology focuses upon positive subjective experiences, positive individual traits and positive institutions to preserve, foster and improve the psychological strengths of human being to fight and overcome all the odds. The Indian Armed Forces constituting relatively young, healthy and pathology free individuals who take on the unforeseen, unpredictable and sometimes inexplicable challenges deserve to be the perfect arena for assessment and management of Psychological strengths what act as forte to soldiers' preparedness. Such preparedness focuses upon the suitability (scientific and robust selection process), sustainability (optimizing operational efficiency through rigorous service training) and adaptability (training to adapt to diverse category of physical climate and socio-cultural environment). The paper deals with structure of psychological strengths of Indian military officers, an assessment tool to map those strengths and a soldier centric psychological strength enhancement training programme. Such an approach rooted in the perspective of positive psychology is likely to facilitate a military officer to deal effectively with the challenges of combat, low intensity and counter insurgency environment.

**Keywords:** Military officers, Intellectual resourcefulness, Nurturance, Dynamism and Self-control



## **FOSTERING WELL-BEING IN MILITARY FAMILIES: A POSITIVE PSYCHOLOGICAL APPROACH**

**Nishi Misra\* & Apoorva Ghanekar\*\***

*\*Scientist 'F', Defence Institute of Psychological Research, Ministry of Defence, DRDO, Timarpur, Delhi-54*

*\*\*Junior Research Fellow, Defence Institute of Psychological Research, Ministry of Defence, DRDO, Timarpur, Delhi-54*

A common saying in the military is that when one person joins, the whole family serves. Although in the background, military families are critical to the successful operation of troops. A healthy family unit is integral to the readiness, retention, and performance of troops. While there has been abundant research on service members and veterans, there is significantly less knowledge around the family members on the home front. Military families face a number of challenges before, during and after deployment, ranging from worry, panic, loneliness and sadness to added family duties and responsibilities, financial difficulties and the like. Six essential dimensions of healthy family functioning include: problem-solving, communication, family roles, affective responsiveness, affective involvement and behavioural control. Positive family functioning boosts a service member's morale, retention and ability to carry out missions. The concept of well-being will not be complete if the well-being of the military family is not looked into. The present paper highlights strategies that can be used for strengthening personal and family competencies to meet the unique challenges of military lifestyle. Communication and coping skills based program are discussed. Evidence-based interventions that reduce risk and support coping and communication skills utilizing positive constructs such as hope, gratitude, optimism that instill positive emotions in military families have been discussed in detail.

**Key Words:** Military Families, Well-Being, Positive Psychology, Resilience, Evidence-based Interventions

## **PERSONALITY AND RESILIENCE AS DETERMINANTS OF PSYCHOLOGICAL WELL-BEING AMONG MILITARY CHILDREN**

**Nity Sharma\* & Y K Nagle\*\***

*\*Scientist 'D', Defence Institute of Psychological Research, DRDO, Delhi*

*\*\*Scientist 'F', Defence Institute of Psychological Research, DRDO, Delhi*

The military children are a population who are susceptible to psychological stress from the hardships of military life, such as frequent moves and separation from their parents during deployment. Military children are both resilient as well as stress prone at the same time. While frequent moves build resilience, combat deployments of their parents makes them vulnerable to risks associated with psychological and emotional health, attachment problems and coping while overcoming traumatic grief due to death of a family member. The risk is highest right after the military personnel leaves for deployment and immediately upon return. In order to understand their psychological health, it is important to understand their resilience and personality in relation psychological well-being. Resilience is not a personal trait but a product of the relationships between children and the resources around them. Despite needs to better understand the impact of deployment on military children and families and to provide proper support for them, rigorous research is wanting. Research and programs need to take a comprehensive approach that is strengths based and problem focused of military children and families often focus on the prevention. The present paper focuses on study of personality, resilience and psychological well-being of Military children. The study was conducted on military children (N= 87) of Army Public School, Bhopal, using HEXACO-PI, Brief Resilience Scale and Psychological Well-being Scale. The data was analyzed using descriptive and inferential statistics. The results and

implications are discussed in the light of emerging findings. Issues in need of further research are emphasized, especially comprehensive approach that helps in building psychological wellbeing in military children and families.

**Keywords:** Personality, Resilience, Psychological Well-being, Military Children

## ENHANCING COURAGE AND SELF REGULATION OF SOLDIERS THROUGH COGNITIVE DRILL TECHNIQUE

**Sandhya Verma\***, **Rakesh Kumar\*\***, **D.N. Tripathi \*\*\***, **Arisudan Tiwari\*\*\*\***

*\*Scientist 'D', Defence Institute of Psychological Research, DRDO, Delhi*

*\*\*Head, Department of Clinical Psychology, Institute of Mental Health and Hospital, Agra*

*\*\*\*Scientist 'D', Defence Institute of Psychological Research, DRDO, Delhi*

*\*\*\*\*Scientist 'D', Defence Institute of Psychological Research, DRDO, Delhi*

Indian Armed Forces continuously strives to develop a soldier as a system where in a soldier is required to reinforce, restore and replace his capabilities to perform extraordinary mission. Defence Institute of Psychological Research aspires to build soldier as a psychological system, enhance his psychological strengths, and enable him to win over any unforeseen, unpredictable and inexplicable challenge surfacing out of cross border operations, Low Intensity Combat (LIC) operations, and miscellaneous relief operations. Psychological preparedness to endure any life threatening situation requires cognitive reappraisal of the situation perceived as life threatening situation. Courage and self regulation are two characters strengthen out of the twenty character strength and virtues (Peterson & Seligman, 2004). These two core character strengths of soldier's psychological system provide him endurance, when he faces any vulnerable situation. Courage being a core military psychological strength can be enhanced by learning self regulation of affects. This paper presents a novel exposure technique named as Cognitive Drill Technique (CDT) (Kumar et. al., 2012), which has been found effective method to enhance cognitive skills to self regulate emotions by neutralising avoidance behaviour patterns. Soldiers exhibiting stimulus bound avoidance behaviour while facing different military situations were identified and CDT was imparted to them, a significant improvement was noticed within two days of the training. CDT emerged as an effective self empowering technique which enabled the soldiers in learning self regulation of affect, cognition and behaviour.

**Key words:** Cognitive Drill Technique (CDT), Courage, Indian Army, Psychological preparedness, Self regulation



# **ABSTRACTS**



# ABSTRACTS

## THE PURSUIT OF HUMAN DEVELOPMENT AND ITS EXPANDING WINGS

Inder Singh

*Defence Institute of Psychological Research, DRDO, Delhi, India.*

The pursuit of human development has gone through several processes and stages of transformation from primitive civilization to modern age scenario. The human development has witnessed enormous changes, modifications and adaptation from one civilization to other. Each civilization has contributed to shape human beings with unique growth and development; in the form of certain attributes, characteristics, values and the purpose of life. Human development as ascertained in its Human Development Index (HDI) report by UNDP encompasses elements of human development level as - the life expectancy, adult literacy, education enrolment and Gross Domestic Product per capita. Human development may be centered on HDI needs, human rights, freedom, capabilities, public reasoning and commodities, enlarging choices, opportunities and functionings. An individual should have the fostering environment (freedom) and opportunity to enlarge his choices, enhance his capabilities and thus be able to enjoy the functionings with positive mental health. The dimensions of human development needs may be termed as basic human values, human needs, intermediate needs, political liberalism, life satisfaction, life domains and central human capabilities. This paper discusses the human development needs of multi disciplinary nature (socio-cultural-political-eco-psychological) in a broader perspective and the human development needs have been clustered as basic needs, safety and security needs, need for empowerment, self-esteem needs and need for reason and self-actualization. A Meta analytical study with empirical evidences would further verify its relevance and merit.

**Keywords:** Human Development Needs, Human Development Index, Positive Mental Health

## ROLE OF FAMILY ENVIRONMENT AND WORK VALUES IN VOCATIONAL PREFERENCE ACROSS CAREER STAGES

Anisha Juneja\*, Monica Rikhi \*\* & Akanksha Juneja\*\*\*

*\*University of Delhi*

*\*\*Department of Psychology, Sri Aurobindo College*

*\*\*\*Jamia Milia Islamia University*

Career choice has the potential to influence the social mobility, economic security, employment opportunity, emotional well being and quality of life of an individual and his/her family. The process of choosing a career is a developmental task that comes as a challenge to both the child and the parent. As the child progresses across the career stages, decisions of persistence and shift are also made. The present research aimed to study the role of family environment and work values in determining the vocational preference and work values across career stages. The participants included children freshly enrolled in college, those who had been working for less than 2 years after post graduation and those working for less than 10 years, the sample size being 120. The measures used in the study were General Health Questionnaire-12, Family Environment Scale, Vocational Preference Inventory and Values Scale. Regression analysis was used to assess the relationship between the variables. The study has clinical implications for emphasising the importance of making a more planned career decision and evaluating various aspects in making career stream persistence or transitions.

**Keywords:** Family Environment, Values, Career

## PSYCHOLOGICAL CAPITAL AND WELL-BEING AMONG STUDENTS - A STUDY ON GENDER DIFFERENCES

**Aadi Garg**  
NCERT, Ajmer

Psychological Capital is an individual's positive psychological state of development that is characterised by four eligible constructs: self-efficacy; optimism; hope; and resilience. Well-Being means a sense of individual vitality and to undertake activities which are meaningful, engaging, and which make them feel competent and autonomous. Well-being also relates to both mental and physical health. The present study attempted to assess the effect of gender on Psychological capital and Personal Wellbeing among male and female teachers. The sample consisted of 100 senior secondary students (50 from each gender) randomly selected from schools of Chandigarh, age ranging, 17-18 years. The tools used for the present study consisted of the Psychological Capital Questionnaire and the Personal Wellbeing index. The T-test was used for the purpose of statistical interpretation to assess the significance of difference between the two means for male and female students.

**Keywords:** Psychological Capital, Personal Wellbeing, Gender and Students

## GENDER DIFFERENCES IN RELATION BETWEEN OPTIMISM AND PSYCHOLOGICAL WELL BEING: A CORRELATIONAL STUDY

**Ayushi Madaan & Aanchal Harjai**  
Gautam Buddha University

The term 'optimism' embraces two closely correlated concepts: the first is the inclination to hope, while the second more generally refers to the tendency to believe that we live in "*the best of all possible worlds*". Several researchers have proved that optimism is positively associated with psychological well being of a person. The present research was carried out to study the gender differences in relation between optimism and psychological well being of middle aged people. *For the following purpose the Life Orientation Test Revised version given by Michael F. Scheier, Charles S. Carver & Bridge (1994) was used to measure the optimism and Ryff well being scale of measurement (1989) was used to measure psychological well being of the participants.* The sample size taken for the present study was 90 (45 Males and 45 Females). The participants belonged to age range 25-30. This age range was chosen as during this time the struggle phase of life starts when the person tries to maintain a balance between his/his professional and personal life which requires an optimistic outlook towards life challenges. Both the tools were used to study gender differences in the between optimism and psychological well being by using correlation technique. The hypothesis formulated for the present study states that there will be a higher positive correlation between optimism and psychological well being among females than males. Results indicated that optimism has more positive influence on psychological well being of females as compared to males, though positive correlation between the two variables was also found among males.

**Keywords:** Optimism, Psychological Well Being, Gender Differences, Middle Age

## **A STUDY OF MENTAL HEALTH OF ADOLESCENTS IN RELATION TO SELF EFFICACY, RESILIENCE AND SPIRITUALITY**

**Jitendra Mohan & Aastha Sharma**

*Department of Psychology, Panjab University, Chandigarh*

Mental Health, according to WHO (2001), is “a state of well being in which the individual realises his own or her own abilities, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” The aim of the present investigation was to study mental health of adolescents in relation to self efficacy, resilience and spirituality. For this purpose, a sample of 200 adolescents (100 males, 100 females) in the age range of 15-18 years were selected. The respondents were administered the Mental Health Inventory (WHO, 1999), Generalised Self efficacy scale (Schwazer and Jerusalem, 1995), Resilience scale (Wagnild and Young 1993) and Daily Spiritual Experiences Scale (Underwood, 2005). It was hypothesized that mental health would be positively related to self efficacy, resilience and spirituality. Intercorrelations were computed. The results were in the predicted direction. In addition, gender differences were also studied by applying t-test.

**Keywords:** Mental Health, Self Efficacy, Resilience, Spirituality, Adolescence.

## **IMPACT OF MATERNAL EMPLOYMENT ON ADJUSTMENT OF SCHOOL GOING ADOLESCENTS**

**Farha Naaz & Aanchal Rani**

*Dept. of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar*

The aim of the present study is to find out adjustment of school going adolescents in terms of employment of women. For fulfillment of this study we comprised 100 participants and divide them into two groups, 50 were employed and 50 homemaker women were selected. Each group of participants further divided into gender of their adolescents, i.e. 25 boys and 25 girls were included in the sample. For assessing adjustment of adolescents, adjustment inventory constructed and standardized by A.K.P.Sinha and R.P. Singh was administered on them. Data was collected from different schools of Haridwar, Roorkee and Rishikesh of Uttarakhand State. Result found to be significant between adjustment of adolescents of employed and homemaker women on the dimension of social adjustment. Regarding gender relationship also found to be significant on social adjustment in favor of boys of employed women as compare to homemaker. Although, girls of homemakers showed more adjustment on the dimension of social adjustment then the girls of employed women and also boys of the same group found to be more emotionally adjusted then the counter group.

**Keywords:** Employed Women, Homemaker Women, Adjustment, Gender.

## **COPING STRATEGIES AMONG WIDOWS**

**Abhishek Pratap Singh, Parul Malik & C. P. Khokhar**

*Dept. of Psychology, GKV, Haridwar*

Loss of spouse is one of the most negative life events. This is the more challenging and life changing event especially for women. They are clouded with many social and economic problems. The aim of present study is to find out the difference in coping strategies among young and old age widows. The present study is conduct on 60 widows selected through purposive sampling technique from Meerut city, U.P. Respective variables coping strategies scale

constructed by A.K Srivastava and A.P Singh is administered on the participants only are willingly interested to participate. Data is analysed through t-test. The result revealed that a significant difference in coping strategies among young and old age widows is found. In different status it is conclude that old age widows use more coping strategies in comparison of young age widows.

**Keywords:** Coping Strategies, Young Widows and Old Widows

## **MENTAL HEALTH AND ADJUSTMENT AMONG PUBLIC AND GOVT. SCHOOL OF ADOLESCENTS**

**Abid Husain\* & Akbar Husain\*\***

*\*Department. of Psychology, Jamia Millia Islamia, New Delhi-110025*

*\*\* Department of Psychology, University Counseling and Guidance Centre, Jamia Milia Islamia, New Delhi.*

Adolescence as commonly understood is a period of transition between childhood and adulthood, a period of empowerment and participation, a period of learning and shaping attitudinal, behavioral and social responsibility. 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 difficulties in adjustment also aggravate the problem of mental health. Present Study was undertaken to examine the extent of mental health and adjustment of adolescents of public and govt. school and also to see relationship between the two variables. For the purpose 360 students of class XI and XII were selected randomly from two different types of schools. Out of total 360, 180 were public schools and remaining 180 were govt. schools. 55 items Jagdish and Srivastava mental health inventory for the assessment of mental health of adolescents whereas level of adjustment among the adolescents were measured by 60 items Sinha and Singh Adjustment Inventory. Results indicated that mental health of adolescents among public school was slightly better than that of govt. school adolescents. Conversely adjustment of govt. school adolescents was also much better than that of public school adolescents. Results further showed direct relationship between mental health and adjustment of the adolescents belonging to the two different groups.

**Keywords:** Mental Health, Adjustment, Public School and Govt. School, Adolescents.

## **WORKING MEMORY TRAINING IN CHILDREN WITH MILD INTELLECTUAL DISABILITY: MAINTENANCE AND GENERALIZABILITY OF TRAINING EFFECTS ON EXECUTIVE FUNCTIONS**

**Abdul Majeed Bhat, S. P. K Jena & Vikas Sharma**

*Department of Psychology, University of Delhi*

Intellectual disability (ID) is characterized by deficits in general intellectual functioning and adaptive behaviour. Recent studies suggest that it is feasible for individuals with mild ID to undergo intensive working memory training (WMT); however, findings regarding training and transfer effects are mixed. **Objective:** The current study aimed to investigate the effects of a process-based training intervention on executive functions (EF) in a sample of children with mild ID and explored maintenance of training and transfer effects. **Method:** For that purpose, 17 with mild ID (10-14years) were randomised to a 12-week adaptive WMT (intervention group) or non-adaptive training (active



control group) for 15 sessions. Performance on trained and transfer tasks was assessed in all participants prior to and directly after training period, as well as at a 6-month follow-up. **Results:** Analysis revealed that participants in adaptive training group showed substantial progress on all practiced tasks and these training gains were sustained at six months of follow-up assessment. Furthermore, WMT showed robust generalization as compared to non-adaptive training. Adaptive training gains were generalised to un-trained tasks tapping verbal and visuo-spatial working memory and visual sustained and divided attention, verbal and visual-spatial short-term memory, verbal inhibition, and fluid intelligence. The transfer effects were sustained only in the domain of verbal working memory at follow-up assessment. **Conclusion:** A major finding of this study is that WMT can lead to broad transfer effects in this clinical sample and training gains are maintained over 6-months time period.

**Keywords:** Working Memory Training, Transfer, Executive Functions, Intellectual Disability

## **RESILIENCE AND COPING STRATEGIES AMONG MILITARY PILOTS**

**Akansha Gautam\* & Sudha Rathore\*\***

\* *Directorate of Aerospace Safety, Air HQ, RK Puram, Delhi*

\*\**IIS University, Jaipur*

Military life is as such where Pilots are exposed to a wide range of stressor as part of military training, mission and various operations. Pilots are generally regarded as having superior stress-coping skills. Resilience acts as a protector and reduces the negative effect of stress. The aim of the present study was to identify the coping strategy in a sample of 240 Military Pilots. The study investigates the resilience among the pilots. Data was collected by using coping strategy inventory and resilience scale. Relevant statistical analyses were used to find out the differences in resilience and coping strategy among pilots. Results revealed that high, medium and low resilient pilot's groups were differentially and significantly related to specific stress coping strategies. The present study shows that military pilots with low resilience utilize problem avoidance, wishful thinking and self-criticism stress coping strategies. Pilots with high resilience predominantly use problem-solving methods, social support and express emotion coping style to deal with stressful situation. The study suggests stress management and resilience building program may be organized for the stress prone pilots.

**Keywords:** Resilience, Coping Strategy, Military Pilots

## **SELF-COMPASSION: THE STRENGTH OF HAPPINESS AND QUALITY OF WORK LIFE IN WORKING WOMEN**

**Akansha Gautam**

*Directorate of Aerospace Safety, Air HQ, RK Puram, Delhi*

Growing evidence indicates that self-compassion is related to a wide range of desirable psychological outcomes, little research has explored self-Compassion in working women. Self-Compassion refers to a kind and nurturing attitude toward oneself during situations that threaten one's adequacy, while recognizing that being imperfect is part of being human. Working women are essential to the process of upliftment of economic, social and political status. The present study investigated the relationships between self-compassion, happiness and quality of work life among single and married working women. A sample of 220 working women recruited from four Multinational Companies. Data was obtained by self-reported measures of self-compassion, happiness and quality of work life. Results revealed the relationship and predictive effect of variables. Correlation and regression analysis indicated that self-compassion is positively correlated with happiness and quality of work life. It also showed that self-

compassion act as a predictor of quality of life among working women. The study recommended that self-compassion can provide perpetual improvements in happiness and may be beneficial for stressed working women. These results suggest that interventions designed to increase self-compassion in working women may be a fruitful direction for future applied research.

**Keywords:** Self-compassion, Happiness, Quality of Work Life, Working Women

## **TEST ANXIETY: EXPLORING PERFORMANCE, RESULTS AND TYPE OF ATTEMPT BEFORE GROUP SITUATIONAL TASKS USED FOR PERSONALITY ASSESSMENT IN SELECTION**

**Anam Masood & Durlabh Singh Kowal**  
*DRDO, Selection Centre Central, Bhopal*

Test anxiety is defined as perceived arousal, reported worry, self-denigrating thoughts, tension, and reports of somatic symptoms in exams or similar evaluative situations (Zeidner, 1998). There are two dimensions of test anxiety viz. Worry and Emotionality. This paper examined the role of Test Anxiety in selection context. Relations were explored between dimensions of Test Anxiety with respect to Applicant's Performance (average/below average), Type of Attempt (fresher/repeater) and Results (recommended/not recommended) and applicant's performance in group testing. It consists of leaderless group situations in which the applicants have freedom to choose their own behavioural roles, lay down their own priorities for action and engage themselves in collective group activity, hence, bringing about changes in their own and other's behaviour. A sample of 109 male subjects (71 fresher and 38 repeater) pooled through purposive sampling had undergone group situational tasks. Test Anxiety Inventory developed by Spielberger et al. (1978) was administered prior to the group situational task. A significant difference was found between Type of Attempt and Performance ( $t=2.45$ , sig .05); Result and Performance ( $t=8.1$ , sig .01). However, no difference was found between Type of Attempt, Result and Performance in relation to dimensions of test anxiety. This finding is consistent with the assessment of behaviour made on the basis of overall group effectiveness of the subject in relation to his group. Similar study can be replicated for interview and at the time of facing panel of experts.

**Keywords:** Test Anxiety, Personality Assessment, Performance, Situational Tasks

## **IMPACT OF FACEBOOK USAGE ON THE PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS**

**Amisha Verma**  
*Department of Psychology, University of Jammu, Jammu and Kashmir*

Facebook is part of the daily routine, either first thing in the morning or first thing at work. It's definitely a part of our consciousness, and a big part of how we connect with others. But research is finding that it may not be the healthiest habit, psychologically speaking; It can actually make us feel worse about our lives, instead of better, and ironically make us feel less, instead of more, connected to the people around us. The intent of this paper is to explore the impact of Facebook on mental health of young adults. There is a connection between increased social media use and deteriorated mental health. Since young adults are the most active Facebook users, have a predominantly high risk for developing mental health issues. This study was conducted with the help of Facebook Intensity Scale developed by N. B. Ellison, C. Steinfield, & C. Lampe (2007) and Kessler Psychological Distress

Scale (K10) developed by R. Kessler (1994) on a sample of 100 young adults between 18-35 years. Pearson's Correlation and Regression analysis was done and the result shows positive relationship between excess exposure to Facebook and psychological distress. Moreover, the impact of these heavy social networking sites users were more likely to report having poor mental health, psychological distress (symptoms of anxiety and depression).

**Keywords:** Facebook, Psychological Distress, Social Networking, Mental Health, Stress

## **GERIATRIC CARE INTERVENTION AND POLICY IMPLEMENTATION**

**Anjali Samal and Savita Jain**

*Deendayal Antyodaya Yojana-National Urban Livelihood Mission (DAY-NULM), Ministry of Housing and Urban Poverty Alleviation, Nirman Bhawan, New Delhi, India.*

Aging is inevitable process of life. The scenario towards ageing population has now been changed with the developmental challenges and its support system. Currently, an estimated elderly population in the age group of 55-64 years (young-old) is 6.9% and 5.7% in the age group of 65 and above (old-old) in India (Census of India, 2011). Overall, the elderly percentage is 8.6% among the population, and compared to Census, 2001 which was 7.4%. India is therefore experiencing a demographic transition, which will have impact on the individual, family, community, society at large and the nation. Geriatric Care now a days not limiting to only medical care for elderly people, expanding its scope with medical, social and psychological needs of an elderly person in a holistic approach to cope with aging and its effects. Demographic explosion among the elderly, the changing economy and social milieu, advancement in medical research, science and technology and high levels of destitution have been the causative factors in framing the National Policy for Senior Citizens 2011, with special emphasis to cater the special needs of the "oldest old and older women. Various intervention strategies are required to be adopted and practiced, to ensure the senior citizens for leading a secured, dignified and productive life. This noble goal can only be achieved with the dedicated humane service of the Geriatric Care Professionals, Social Workers, Psychologists, and Health care professionals. Finally, the increased level of awareness among senior citizens about their rights, security and support system from family, community, government and geriatric care organizations would help to cope with the ageing issues and lead a healthy life.

**Keywords:** Geriatric care, Aging, Psychological Needs, Oldest Old, Intervention.

## **ERGOGENIC AIDS IN SPORTS: MAJOR ASPECTS AND CHALLENGES IN INDIAN SCENARIO**

**Anju Gautam\* & Simerjeet Kaur\*\***

*\*Department Of Humanities and Social Sciences, Bharat Institute of Technology, Meerut, (U.P).*

*\*\*Department Of Psychology, C.C.S University, Meerut (U.P).*

In today's society, several of the biggest names in sport. We can say sports as forms of competitive physical activity played by the people through casual or organized participation. It helps everyone to improve and maintain physical ability and skills. The nature of sports fosters a strong desire to win, and some athletes will do anything to rise to the top. Every elite athlete wants to get an edge somehow over his or her opponents. Many athletes have turned to supplements to gain this edge and the use of performance enhancing drugs has increased dramatically. Elite athletes are highly motivated and disciplined and the rewards and accolades that are available are enormous and these athletes only have a limited time to get to the top in their chosen sport adding to the huge pressure to succeed. This pressure to become successful or to be the best has contributed to the rise in drug taking within the sporting community. Performance Enhancing and prescription drugs were a growing issue in professional players,

as more players in recent years have fallen victim to drug testing; resulting in lengthy suspensions and fines. This research aimed to show that the challenges and culture of using performance enhancing and prescription drugs in order to play playing starts at the college level or even earlier.

**Keywords:** Drugs, Sports, Ergogenic Aids.

## A STUDY OF MENTAL HEALTH PROBLEM AMONG SCHOOL CHILDREN

Advita Singh & Tej Bahadur Singh

Department of Psychology, Central University of South Bihar, Patna

**Background:** Mental health is “emotional, behavioral, and social maturity or normality; the absence of a mental or behavioral disorder; a state of psychological well-being in which one has achieved a satisfactory integration of one’s instinctual drives acceptable to both oneself and one’s social milieu; an appropriate balance of love, work, and leisure pursuits”. **Aim:** A Study was conducted to estimate the size of mental health problem among school children. **Sample:** A Sample of 680 children from both rural and urban locale were recruited as a sample of the study from the district of Bihar. **Tools** used to collect data were MMQ (Maudsley Medical Questionnaire), An structured interview Scheduled, Bhatia battery intelligence scale and the percentage of the last examination. **Result:** It was found that more that 50% of the school children were having mental health problem. **Conclusion:** It was found that school children were having mental health problem.

**Keywords:** Mental Health, School Children, Children, Health

## REACTIONS SUBSEQUENT TO THE DIAGNOSIS OF HIV: NARRATIVE INQUIRY

Anu Malik & Shikha Dixit

Department of Humanities and Social Sciences, Indian Institute of Technology, Kanpur - 208016, UP., India

**Background:** Living with HIV is a daily struggle including several challenges, but people tend to adapt with the illness as it progresses. The worst reactions come just after the diagnosis of illness and in the case of HIV these reactions can be more adverse due to the issues of stigma, identity and morality attached to it. **Objective:** This study characterizes the subsequent reactions of people post diagnosis of HIV and explains the concerns of People living with HIV (PLWH). Reactions just after diagnosis can lead people to take adverse actions, there is a need to address these reactions and changes in behaviour in order to design interventions. **Method:** For the purpose of this study 23 in depth interviews were conducted among PLWH using a semi structured interview schedule. These interviews were conducted until no new information emerged. The sample included in the study were attending antiretroviral therapy (ART) Centre and diagnosed with HIV at least 3 months prior to the interview. Prior to this study ethical clearance was taken from the institute ethics committee and all the participants were requested to give their oral and written consent. All the interviews were tape-recorded and Narrative analysis technique employed for data analysis. **Results:** The major focus of this article is to explore subsequent reactions of people post HIV diagnosis. Four major sub themes emerged from the analysis: Denial – it cannot happen to me, Unable to believe – several tests to confirm HIV, Death – thinking of death and contemplating suicide, Mental Health – depression and isolation. **Conclusion:** Understanding people’s reaction to HIV diagnosis will help in developing strategies for pre HIV test and post diagnosis counselling.

**Keywords:** HIV, Reactions, Diagnosis, Death, Denial and Mental Health

## **BIG FIVE FACTORS AS CORRELATES OF SPIRITUAL INTELLIGENCE IN COLLEGE STUDENTS**

**Isha Sharma & Aprajita Slathia**

*P. G. Department of Psychology, University of Jammu, Jammu*

The paper outlines the importance of big five personality factors in the life of students in higher education. The spiritual intelligence regulates the overall behaviour of an individual. This study aims to find out the personality correlates of spiritual intelligence in students. Data were collected using convenience sampling from 217 students in government colleges in Jammu. The mean age of the participants is 20.13 years with the age range of 17 to 24 years. Spiritual Intelligence Scale and Ten Item Personality Inventory were administered on the students. Pearson's correlation was applied for statistical analysis. Statistically significant and positive correlation has been found between Transcendental Awareness, Personal Meaning Production and Agreeableness; Conscious State Expansion, Personal Meaning Production and Conscientiousness; Personal Meaning Production and Neuroticism. The data were subjected to regression analysis. Agreeableness is the predictor of transcendental awareness and neuroticism predicts personal meaning production. As spiritual intelligence is considered to be very important for the success the factors of personality found to be linked with it should be taken into consideration while dealing with the students in higher education. These findings are relevant for the educationists and counselling psychologists.

**Keywords:** Big Five Factors, College Students, Spiritual Intelligence.

## **MENTAL HEALTH AMONG SENIOR CITIZENS LIVING IN OLD AGE HOMES**

**Aparna Verma, Manglesh Kumar Manglam, & Chetna Jaiswal**

*Central University of South Bihar, Patna*

**Background:** Old age homes have gained importance over the years because of significant life-styles changes, disintegration of joint family, rapid urbanization, and changing social values have together caused major problem for the aged people. The old age citizens that live in old age homes experience mental health problems of depression, anxiety, loneliness, and stress. **Aim:** The aim of the present study is to assess mental health among senior citizens living in old age homes. **Material & methods:** The participants of the study were selected through purposive sampling method from old age homes at Patna. 25 senior citizens living in old age homes and 25 senior citizens living in their own homes were interviewed for socio-demographic details and Rosenberg self-esteem scale, Hamilton anxiety inventory, and Beck depression inventory was administered to assess various mental health related problems. The study was approved by ethical committee of the university. **Results and conclusion:** Significant differences were found in depression and self-esteem between elders living in old age homes as compared to the elders living in their own homes. Higher level of depression and low self-esteem was significantly higher in elders of old age homes.

**Key words:** Anxiety, Depression, Self-esteem, Senior Citizens

## STUDY OF INTERNET ADDICTION AND PARENTING STYLE

Aparna Pathak

Amity University, sector 125, NOIDA Uttar Pradesh

Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Internet gaming should be monitored, maybe by simply setting some boundaries. Several types of parenting approaches are discussed in the literature. Parental monitoring and parental style are the more common parental skills in the daily life of adolescents, rather than paying specific attention to particular types of adolescent activities. The parenting styles are namely authoritarian parenting, authoritative parenting, permissive parenting and uninvolved parenting. **Objective:** To assess the relationship between internet addiction and parenting styles. **Participants:** 100 adolescents participated in the present study. **Materials:** Internet Addiction test by Young (1998) and Parenting Style Questionnaire (PSQ) by Mandlco. B. Olsen. **Results:** After a series of statistical analysis it was found that adolescents who were brought up with authoritarian and uninvolved parenting styles were more addicted to internet as compared to adolescents who were brought up with authoritative and permissive parenting styles. **Conclusion:** Addiction is a psychological and physical dependency. Those who are over-dependent on the Internet & even overuse it, may have problems when they are no longer capable of controlling their own on-line activity. This would be shown in their abnormal & pathological behaviours. One identified factor related to internet usage addiction that influences adolescent behaviours is parenting, degree of parenting strongly relates to adolescent behaviour.

**Keywords:** Addiction, Internet Addiction, Parenting Style, Parental Monitoring

## ANXIETY AND DEPRESSION WITH DIABETES AND HYPERTENSION PATIENTS

Aqueleem un Nabi & Musab Mubarak Ilmi Qadri

Department of Psychology, Aligarh Muslim University, Aligarh, Uttar Pradesh- India

The main objective of present investigation was to compare the anxiety and depression with diabetes and hypertension patients. The sample consisted of 40 patients (20 diabetes and 20 hypertension patients), the age range was 25 to 60 years. The data was collected from Rajiv Gandhi Centre for Diabetes and Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh. Purposive sampling technique was used to collect the data. In the present study two inventories were used for the purpose of collecting the information, one is Beck Anxiety Inventory was designed by Beck, Epstein, Brown, Steer (1998), contains 21 items and the other is Beck Depression Inventory; second edition (BDI-2<sup>nd</sup>) developed by Beck, Steer, Brown (1996), contains 21 items. To analyze the data t test was used. When we compare the overall score with diabetics and hypertensive patients on depression t value is 0.282 which is not significant. It means that there is no difference on depression with diabetes and hypertension patients, and the t value on anxiety is .004, which is also not significant, showing that there is no difference on anxiety with diabetes and hypertension patients respectively. Further result showed that male and female differ on depression with hypertension patients and the t value is 4.05 which is significant at .01 level. It shows that there is a difference in male and female with hypertension patients, when we compared the mean of the male and female on depression with hypertensive patients mean is higher in female hypertensive patients, which concluded that females have more depression than males. We found that male and females differ with hypertension on anxiety and the t value is 7.48 which is also significant .01 level, result showed that females have more depression than male.

**Keywords:** Anxiety, Depression, Diabetes, Hypertension.

## **BHAKTI YOGA: CAPACITY TO LOVE, LIVE AND ENJOYING SENSE OF, TRUST AND SERENITY**

**Archana Singh**

*Gautam Buddha University*

Capacity to live is the capacity to love. We all live but we don't live with the same level of serenity. Modern education and materialistic world view in present scenario teach us to doubt complain exploit and grow in outer dimension. . . but growth in materialistic way does not always insure rejoicement in simple things in life. The Sanskrit word *bhakti* comes from the root *bhaj*, which means "to adore', serve', love', to be devoted" Bhakti yoga has been called "love for love's sake" Bhakti yoga, like any other form of yoga, is a path to self-realization, to having an experience of oneness with everything. Bhakti yoga is the yoga of love and devotion. It is devotion to the divine in whatever form or non-form. It can be devotion to truth, God, the supreme Brahman. Bhakti is surrender, opening of heart, trust and gratitude. What is the mechanism of Bhakti? Is there can be bhakti without a God? Ability to surrender, becoming open, receptive and sensitive to the life with a sense of trust and gratitude has a highly therapeutic value in itself... How it can be cultivated and facilitated in human psyche is a worth exploring phenomena. Present paper deals with these potential questions to be explored and to fathom in depth.

**Keywords:** Bhakti Yoga, Devotion, Surrender, Gratitude.

## **SELF-ESTEEM AND SELF-CONTROL OF YOUNG ADULTS**

**Arun Kumar. S & Rakesh Vivek. G**

*Government Arts College, Coimbatore, Tamil Nadu*

Young adulthood is a difficult period of adjustments to new patterns of life and new social expectations. Self-esteem can be defined as the perception of self-worth, the extent to which a person values, prizes, or appreciates the self (Nupur Srivastava and Shalini Agarwal, 2013). This study explored whether self-control is associated with self-esteem and if there is any gender difference in these variables among young adults. Self-control and self-esteem scales (Rosenberg) were given to 100 college going young adults (50 males and 50 females) and was found that 9% of young adults have High self-control, 78% moderate self-control and 13% have low self-control. Majority of males (70%) and females (86%) have moderate self-control. Compared to females (2%), more males (24%) have low self-control. The mean self-control of males is 2.86 and that of the female is 3.212. The mean difference is statistically significant at 0.05 level showing males having very less self-control than the females. In self-esteem, 16% of the young adults have High self-esteem, 79% have moderate and 5% have low self-esteem. It is seen that the mean self-esteem of males is 15.92 and that of the females is 16.92, indicating higher self-esteem of the females. Though there is difference in the mean self-esteem among the males and females, it is not statistically significant, indicating that no gender difference in self-esteem. There exists a very weak positive correlation between self-control and self-esteem indicating the complex interrelation between self-control and self-esteem.

**Keywords:** Self-Esteem, Self-Control, Young Adults

## **SPORTS, COGNITION AND HEALTH: IMPLICATIONS FOR THE ROLE OF SPORTS IN ACADEMIC AND GENERAL COGNITIVE PERFORMANCE**

**B. C. Kar\* & Anand Kumar\***

*\*Selection Centre East, Allahabad*

*\*\*<sup>2</sup>MG Kashi Vidyapith, Varanasi*

Sports/physical exercise influences one's physical, cognitive, affective, and social well being. Sports or physical exercise can make distinctive contributions towards enhancing one's cognitive performance ranging from its effect on academic performance in school children and college students to healthy cognitive aging. Academic achievement in children, adolescents and college students has been found to be positively correlated with sports or physical education. There has been a recent upsurge of research interest in cognitive sport psychology or the scientific study of mental processes (e.g., mental imagery) in athletes. Sports are known to show global cognitive advantage across cognitive and affective domains. However, different kinds of sports may impact upon different cognitive processes. One of our previous studies aimed to examine attentional processes like spatial orienting, visual search, sustained attention, inhibitory control, attentional networks, and working memory among sports persons playing different sports. The study aimed to compare the cognitive mechanisms underlying performance in sports, which place cognitive demands with respect to perception and attentional control and thus determine the action execution relevant to a particular sport like football/basketball. Sports persons show a cognitive advantage particularly with respect to vigilance, voluntary orienting, attention control, and motion perception. Football players were found to be significantly better with perception of apparent motion. Basketball players were found to be significantly better with respect to vigilance or sustained alertness, attentional facilitation and disengagement and executive control compared to football players. Alerting network was found to be most efficient for sports persons as compared to non-players. However, basket ball players indicated better efficiency with the orienting network of attention. Both the sports groups were players were comparable with respect to working memory and visual search. Other studies in this line of research also highlight the specific effects of certain sports on cognition particularly attentional shifting and working memory. Such studies have implications for understanding the link between sports and cognitive performance and also that this interaction could be affected by the critical cognitive requirements associated with a particular sport. Overall, sports persons do show an advantage with respect to cognitive abilities particularly vigilance, selective attention, visual search, executive attention and inhibitory control as compared to non sports persons. Systematic longitudinal studies could establish the long term effects of sports on cognitive health of sports persons.

**Keywords:** Sports Cognition, Health, Cognitive Performance, Academic Performance, Attention, Orienting, Executive Control, Working Memory.

## **IMPACT OF HIGH PERFORMANCE WORK SYSTEM ON BURNOUT: ROLE OF MENTORING**

**Jeevan Jyoti, Asha Rani & Poonam Sharma**

*Commerce Deptt. University of Jammu, Jammu (India)*

**Purpose-** The study evaluates the role of mentoring between high performance work system and burnout. **Design/Methodology/ Approach-** Data has been collected from 218 employees working in telecommunication sector in



J&K (India). The confirmatory factor analysis has been done for confirming the factor structure and Little et al. (2007) methodology has been adopted for testing the hypothesized relations. **Findings-** Results revealed that mentoring moderates the relationship between high performance work system and burnout. **Limitations-** The data has been collected using a questionnaire at a single point of time. For future research longitudinal study should be conducted.

**Keywords:** High Performance Work System, Mentoring, and Burnout

## HEALTH AND HUMAN RESOURCE DEVELOPMENT (HRD) IN INDIA

Asha Rani Lakra

*P.G. Dept. of Psychology, Ranchi University, Ranchi*

The Government of India has recognised the importance of human factor in development. As a consequence of this, a new Ministry of Human Resource Development (HRD) has been established. Health, along with education, has been acknowledged as an important determinant of HRD. As per the study the low health status in India has been acknowledged as one of the two most important obstacle to HRD, the other being illiteracy. In a sense, without undermining the detrimental effect of illiteracy, health may be considered to be relatively more important obstacle to HRD than illiteracy because an illiterate person may acquire certain skills and competence for meaningful life.

The low health status of India is one of the most important obstacles to HRD in India (A.K.Singh, 1936). It is revealed by major health indicators such Infant mortality rate (IMR), Child mortality rate (CMR), Maternal mortality rate (MMR), Low birth weight, Premature birth, Malnutrition, Immunization coverage and incidence of preventable and curdle diseases such as tetanus, tuberculosis, poliomyelitis, measles and diarrhoea. As it has been found that above mentioned indicators are because of low coverage of immunization. India has a lower Health status not only in relation to developed countries such as USA, Japan, Sweden and Germany butalso in relation to equally economically backward countries such as its neighbouring country Sri Lanka. India has a higher IMR, MR and MMR compared to Sri Lanka and lower couple protection rate and life expectancy rate.

**Keywords:** Infant Mortality Rate (IMR), Child Mortality Rate (CMR), Maternal Mortality Rate (MMR), Low Birth Weight, Immunization.

## SUBJECTIVE HAPPINESS AND DIFFERENTIAL LONELINESS AMONG INDIAN ADULTS

Ashutosh Srivastava

*Department of Psychology & Mental Health , Gautam Buddha University*

This paper aims at exploring the role of age and gender in the experience of subjective happiness and differential loneliness among Indian adults and also to see how these two variables relate with each other. 200 young adults were interviewed for the purpose. ANOVA revealed significant age and gender related differences in the experience of subjective happiness and differential loneliness; while correlations have shown that of Subjective happiness has negative relationship with differential relationship.

**Keywords:** Subjective Happiness, Differential Loneliness, Social Relationship, Family, Friends

## **ROLE OF FAMILY ROLE STRESS IN MENTAL HEALTH OF DUAL CAREER TEACHERS**

**Avantika Singh**

*Department of Education, R R PG College, Amethi,  
Dr. Ram Manohar Lohia Avadh University, Faizabad (Uttar Pradesh).*

The purpose of this study was to explore the role of family role stress in mental health of dual career couples. Mental health plays an important role in different aspects of an individual's life. It equally affects teacher's professional as well as personal life. This includes involvement in job, productivity, job satisfaction and family satisfaction etc. This study was conducted on 254 dual career couples from two cities of Uttar Pradesh i.e. Lucknow and Varanasi. The participants were taken from universities and their affiliated colleges situated in Varanasi and Lucknow. The results of correlation indicate that family role stress was found to be significantly and negatively correlated with mental health only in female teachers. The results of t test reveal that mental health was found high in low family role stress group as compared to high family role stress group in females only. Findings of this study will help in increasing mental health of dual career couples through reducing the family role stress among teachers which in turn will increase their performance.

**Keywords:** Family Role Stress and Mental Health.

## **INFLUENCE OF SERVANT LEADERSHIP ON ACHIEVEMENT MOTIVATION OF PRIVATE AND PUBLIC SECTOR EMPLOYEES**

**Ayushi Deb Roy**

*University of Delhi*

The energy of the organization needs to be invested and directed to a fruitful result. Without an effective leader, the organization will do nothing but fall apart. There are many types of leadership and each type has its own effectiveness on the organization performance. Servant leadership is a type of leadership in which the leader is actually a servant in nature- their primary function is to serve his followers and then lead them to achieve the goals of the group as well help them to achieve their individual goals. They bring out the best in the people. Achievement motivation is the tendency to approach challenging and engaging tasks in order to satisfy the need for achievement. Literature shows that the style of leadership influences a number of variables like job satisfaction, organizational commitment, and motivation of the employees. The current study attempts to see the influence of servant leadership on the achievement motivation of the employees from public and private sector employees. The questionnaires were circulated via online medium to almost 200 people of which 92 responded. After excluding four based on the exclusion criteria, 88 data were analyzed. The result shows that achievement motivation of the employees is significantly correlated (.338\*\*,  $p < 0.01$ ) with their perception of servant leadership on the part of their employers. Further, it was found that the gender and sector of the employee have minimal influence on their achievement motivation. Hence, servant leadership is an effective form of leadership in increasing the achievement motivation of the employees.

**Keywords:** Leadership, Servant leadership, Achievement motivation, organization.

## **SOCIAL SUPPORT AND SUBJECTIVE WELL-BEING IN PEPTIC ULCER PATIENTS**

**Avita Maurya**

*Department of Psychology, M.G. Kashi Vidyapith, Varanasi, India*

This investigation reported the association of social support and subjective well being with peptic ulcer patients. Sample consisted of 50 male and 50 female patients of the age range of 40 to 60 years, diagnosed by the gastrologist, education atleast up to high school and suffering from peptic ulcer for the preceding six months period. Patients with a history of psychiatric or other psychosomatic disorders were excluded from the sample. Another group of 50 male and 50 female controls of the same age range and education was included in the sample who did not had any history of psychiatric or any other psychosomatic disorders. PGI Social Support Questionnaire (Nehra et al. 1996) and PGI General Well- Being Scale (Verma & Verma 1989) administered to these groups individually. Findings reveled that social support and subjective well-being are negatively associated with the onset of peptic ulcer.

**Keywords:** Social Support, Subjective Well-being, Peptic Ulcer, Psychosomatic

## **A CASE STUDY ON THE EFFECTIVENESS OF CBT COMBINED WITH RELAXATION TRAINING ON MIXED ANXIETY AND DEPRESSIVE DISORDERS**

**Bhavna Mukund\* & A. P. Singh\*\***

*\*Defence Research Development Organization*

*\*\*Department of Psychology, Gautam Buddha University, Noida*

This single subject case study was conducted to determine the effectiveness of cognitive behavioural therapy and deep breathing relaxation in noting the changes in dysfunctional thinking and reducing anxiety symptoms. A subject diagnosed with mixed anxiety and depressive disorder was determined to be the most appropriate choice for assessing the effectiveness of CBT in clinical setting. The cognitive behavioural treatment implemented was a manualized approach using Beck CBT This treatment was a collaborative effort between the individual and the therapist; the individual using the manual for homework assignments and for reinforcement of what was learned in the therapeutic sessions. From baseline to termination the patient attended a total of 10 sessions, with a follow-up approximately one month later. Assessment involved clinical interviews, Beck Depression Inventory (BDI) Beck, Steer & Brown, 1996) to assess the severity of depressive features. And Hamilton Anxiety rating scale (M.Hamilton, 1959) to assess the severity of the anxiety symptoms, chosen for the treatment and study. BDI and Hamilton Anxiety rating scale were used at baseline, at termination, and at follow-up to note any changes (or cessation) dysfunctional thinking and reduction in anxiety symptoms throughout treatment. The research findings indicated reductions in self report scores as the client and therapist worked through the manualized treatment. Homework was an important component. Two self reports BDI and Hamilton Anxiety rating scale were completed for each session. Reading and working on the manual and the chapter exercises was essential; other homework varied according to the individual's needs. Those included completion of a Daily Thought Record (DTR) to determine patterns and/or triggers in distorted thinking. Maintaining an activity schedule and also using positive auto suggestion with regular breathing exercises to overcome the symptoms were practised. CBT techniques to Socratic questioning of core beliefs and CBT techniques of identifying and modifying automatic thoughts for her cognitive distortions were used. She learned and practiced, in session- the assertiveness skills which were to be used beyond the

therapeutic setting. The results indicated that cognitive behavioural therapy- in a manualized format was effective in reducing depressive symptoms and relaxation training helped her to overcome anxiety.

**Keywords:** CBT, Anxiety, Depression, Relaxation Training

## **OPTIMISM AND LOCUS OF CONTROL IN ASTHMA PATIENTS**

**Beena Kumari Yadav & Geeta Kumari**

*Department of Psychology, M.G. Kashi Vidyapith, Varanasi*

This study explored the association of optimism and locus of control with asthma patients. 2 x 2 factorial design with two groups (Asthma patients and Control group) and 2 genders (Male and Female) was planned. Sample consisted of 50 male and 50 female asthma patients of the age range 25 to 50 years, education at least up to high school and suffering from asthma at least for the preceding one year period. Only those patients were selected who fulfilled the diagnostic criteria of asthma, diagnosed by chest specialists. Patients with a history of psychiatric or any other psychosomatic disorders were excluded from the sample. Another group of 50 male and 50 female controls of the same age range and education was included in the sample who did not have any history of psychiatric or any other psychosomatic disorders. Hindi adaptation of Optimism Scale (Parashar, 1989) and Hindi adaptation of Rotter's Locus of Control Scale (Kumar & Srivastava, 1985) were administered to these groups individually. Results indicated that asthma patients were found to be externally controlled. They exhibit tendency to experience negative emotions and to inhibit these emotions while avoiding social contacts with others. They tend to worry, to take a gloomy view of life, and to feel tense and unhappy. They are more easily irritated and in general are less likely to experience positive mood states. Asthma patients exhibit high pessimistic attitude and thinking towards their life.

Male asthma patients were found to be highly pessimistic, having internal locus of control and exhibit tendency to experience negative thinking as compared to female patients. Findings of this study may be utilized by the health professionals for the psychological management of asthma.

**Keywords:** Optimism, Locus of Control, Asthma

## **IMPACT OF ICT ADDICTION ON MENTAL HEALTH**

**Atul**

*P.G Dept. of Psychology, R.D.S College, B.R.A Bihar University, Muzaffarpur*

The intrusion of ICT (Information and Communication Technology) has affected every aspect of life across all ages, professions and occupations. ICT addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug. Its rapid and deep penetration has changed the mental horizon, concept and style of life entirely. There are a number of risks associated with ICT use, specially, negative effects on mental health. Regularising ICT initiate mood disorders and negative self-view. Those suffering from ICT addiction, use of virtual fantasy world to connect real people through the internet, as substitution for real life human connection which they are unable to achieve normally. Impairments of real life relationship are disrupted as a result of the excessive use of the internet (ICT). Spend less time with real people in their lives and are often viewed as socially awkward. ICT have played significant role in making people become more isolated. Lack of face to face contact could alter the way genes work, upset immune response, hormonal levels, function of arteries and influence mental performance. This could increase the risk of health problem like cancer, stroke, heart disease and dementia. Face to face interaction has sharply fallen with increase in use of ICT. It has the first evidence that social isolation is linked to

alterations in human gene transcription. DNA analysis showed 209 genes were differentially expressed for people with high level of social isolation. This research study tries to explore all negative impacts of ICT on its users.

**Keywords:** ICT (Internet, Social Media etc.), Addiction, Mental Health, Social- Isolation, Dementia.

## **ASSESSMENT OF ADJUSTMENT AMONG DAY'S SCHOLAR AND HOSTEL COLLEGE STUDENTS**

**Cheran. M U.Tamizharasan &U. L. Bhuvaneshwari**  
*Government Arts College, Coimbatore-18, Tamil Nadu*

The present study aimed at comparing the adjustment of day scholar and hostel students in college. The objectives of the study were to measure the difference in the levels of home and social adjustment of the day scholar and hostel students and to find out the relationship between home and social adjustment of the sample. From two government colleges (one in Coimbatore and one in Tiruppur), 70 students (35 day scholars and 35 hostel) were selected using Purposive Sampling. Personal Data Sheet, Home and Social adjustment sub-scales of the Adjustment Inventory for college students by Sinha and Singh were the tools used. It was found that 3% of the samples have excellent home adjustment, 30% have good home adjustment. Moderate home adjustment is found in 66% of the sample. No one in the sample has unsatisfactory home adjustment. 1% of the sample has very unsatisfactory home adjustment. No day scholar students and 6% of the hostel students have excellent home adjustment. 34% of the day scholars and 26% hostel students have Good home adjustment. Average home adjustment is experienced by equal percentage (66%) of day Scholars and Hostel students. 3% of the hostel students have Very Unsatisfactory home adjustment. The mean home adjustment of the day scholars is 5.57, whereas, the mean home adjustment of the Hostel students is 4.89. The calculated t-value is 0.329. The mean difference in home adjustment of the two groups is not statistically significant. None of the samples have excellent social adjustment. 18% have good social adjustment and 38% have average social adjustment. 21% of the samples have unsatisfactory social adjustment and 23% of the samples have unsatisfactory social adjustment. Good social adjustment is experienced by (17%) of day scholar and hostel students. 28% of day scholars and 49% hostel students have average social adjustment. 35% of the day scholars and 8% hostel students have unsatisfactory social adjustment. 20% day scholars and 26% hostel students have very unsatisfactory social adjustment. The mean social adjustment of the day scholars is 9.83 and the mean social adjustment of the hostel students is 8.88. The calculated t-value is 0.256403, indicating no statistical difference. The mean home adjustment of the sample is 5.228571 and the mean social adjustment of the sample is 9.357143. The calculated value is 0.14385. This indicates a weak positive relationship between the two variables.

**Keywords:** Adjustment, Day's Scholar, Hostel College Students

## **STUDY ON CLIMATE CHANGE DISTRESS OF RURAL AND URBAN PEOPLE**

**Debdulal Dutta Roy\* & Smita Dey\*\***  
*\*Psychology Research Unit, Indian Statistical Institute, Kolkata*  
*\*\*Indian Institute of Psychometry, Kolkata*

**Background:** Climate change is a global challenge which is likely to affect the mankind in substantial ways. Not only climate change is expected to affect physical health, it is also likely to affect mental health. Increasing ambient

temperature is likely to increase rates of aggression and violent suicides, while prolonged droughts due to climate change can lead to more number of farmer suicides. Climate related disaster such as- floods, hurricanes and bush-fires are associated with stress related psychiatric disorders. How rural and urban people experience the climate change distress is subject of current interest. **Objective:** Objective of the present study is to examine difference in climate change distress of rural and urban people. **Method:** Data were collected from 64 (Male=31, Female=33) urban and 86 (Male=17, Female=69) rural people with age ranged from 20 to 65 years. Based on literature review, observation and discussion with local people, one 45-item rating scale with five point response categories ranged from most to least of the time was developed to assess three domains of distress experience in climate change. The three domains are difficulties in Interpersonal relationship (n=6, alpha=0.80, M=14.83, SD=5.89), Physical complaints (n=9, alpha=0.78, M=24.15, SD=7.52), and Psychological discomfort (n=30, alpha=0.90, M=86.99, SD=20.65).

In earlier study (Dutta Roy and Dey, 2016), it is noted that all the domains were significantly correlated with GHQ-12 scores suggesting validity of the questionnaire. **Results:** One way ANOVA shows that rural people reported significantly more distress in physical  $F(1,148)=13.06, p=0.0001$  and psychological discomfort  $F(1,148)=9.13, p=0.003$  than urban people. But no significant mean differences were found in perceiving difficulties in interpersonal relations for climate change. **Conclusions:** Rural people experienced more difficulties in climate change. Results are discussed in terms of developing climate change resilience.

**Keywords:** Climate Change, Climate Change Resilience.

## PERCEIVED STRESS AMONG AANGANWADI WORKERS (AWWs) IN INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS) PROGRAMME

Chhavi Bhatnagar & Subhasis Bhadra

Department of Social Work, Gautam Buddha University, Greater Noida, Uttar Pradesh, India

**Background:** ICDS Programme started on 2<sup>nd</sup> October, 1975 is a nationwide programme of GOI for maternal and child health. Under this programme, six services consisting of Pre-school Education, Immunization, Nutrition and Health Education, health checkup and referral services are provided to children upto six years of age, pregnant and lactating mothers. These services are delivered through key service providers of the programme called AWWs. The purpose of the study was to study the stress among AWWs they encounter which effect quality of their services. **Objective:** This study was carried out to study the perceived stress among AWWs in urban and rural areas of U.P. **Method:** An interview schedule was used for AWWs for the purpose of study. Perceived stress was assessed using the Cohen's Perceived Stress Scale (PSS-10) which is an internationally validated 10 items questionnaire. **Results:** A total of 200 AWWs were selected through purposive sampling method which consists of 100 AWWs from Urban areas and 100 AWWs from rural areas of U.P. The mean PSS score was 16.17 (S.D. 5.592) for urban AWWs and 17.99 (S.D. 5.092) for rural AWWs. The findings shows that 71.5% AWWs have moderate stress level. **Conclusion:** There was stress and dissatisfaction among majority of AWWs who were studied. Improvements in their remuneration and an improved administration are also required for better work efficiency of AWWs. There is a need to ensure both the physical and psychological well-being of AWWs.

**Keywords:** ICDS Programme, AWWs, Perceived Stress

## PSYCHOLOGICAL IMPLICATIONS OF ROMANTIC RELATIONSHIP AMONG YOUTH

**Bhooma K\* & Akbar Hussain\*\***

\* *Research & Development Centre, Bharathiar University, Coimbatore-641 046.*

\*\* *Department of Psychology, University Counseling and Guidance Centre, Jamia Milia Islamia, New Delhi.'*

The period of adolescence is marked by the state of turmoil and full of energy. Youth try their level best to have a partner with whom they can share their emotions. The moment they get a partner they start sharing their views and gradually the personal likings are also expressed. But most of the relationships do not excite as much as they experience in the beginning and at some point the difference of views and dislike develop which results in the strain or breakup of relationship and intimacy between the two partners. The breakup results in heart breaks and consequently leading to depression and anxiety. Since the authors are attached to the University Counseling Centre, large number of students turn up to the centre with prominent complaint of depression and anxiety which manifests in the form of social anxiety, lack of self confidence, low self esteem, inability to decisions and find solution to day to day problems, sleeplessness besides, psycho-somatic symptoms and escaping through smoking and alcohol. On the basis of administration of Depression Anxiety Scale (DASS), their anxiety and depressions levels were found to be alarming. The youth seek help of the counselors on urgent basis for the restoration of the normal life. The **objective** of this study was to explore the romantic relationship issues and resultant anxiety among university students. The counseling intervention **strategies or methods** includes CBT, Pranayam and Self Management Techniques which have been **effective in reducing the anxiety** besides restoring balance and wellbeing among adolescents

**Keywords:** Adolescent, Relationship Issues, Counseling Intervention, Restoring Balance

## EXERCISE MOTIVATION IN YOUNG ADULTS VISITING HEALTH CLUBS IN JAMMU CITY

**Dhanvir Kour & Sarita Sood**

*P.G. Department of Psychology University of Jammu*

**Background:** Performing exercise is a health behavior with numerous positive outcomes. Literature is abundant with studies revealing better physical and psychological health among those who are involved in physical activity. There are number of factors/determinants that facilitate exercise behavior. Among those determinants motivation plays a vital role in a person's participation in exercise regimes. **Aim:** The study aims to find out gender differences in the level of exercise motivation of young adults. **Sampling:** Data were collected from 135 young adults in the age range of 18-45 yrs with mean age 27.70 yrs visiting various health clubs located in jurisdiction of Jammu city. Convenience sampling was employed for data collection. **Tools:** Exercise Motivation Inventory was used. **Statistics:** Mann-Whitney U test was applied for analyzing data. **Result:** Significant differences were found in two dimensions of exercise motivation that is ill health avoidance and competition. **Conclusion:** The reason for engaging in exercise behaviour differs with respect to ill health avoidance and competition. Female participants are more concerned with their health and male participants engage in exercise due to competition.

**Keywords:** Exercise Behavior, Exercise Motivation, Gender Differences, Young Adults

## TO STUDY THE EFFECT OF OBESITY ON SELF-ESTEEM AND PSYCHOLOGICAL WELL-BEING OF ADOLESCENT GIRLS

Deepti Bhadoria & Swati Bhadouria

*Department of Home Science, Arya Kanya P.G.College, Bundelkhand University, Jhansi*

Obesity is a growing health problem affecting children and adolescents worldwide. In India, the problem of obesity has been scantily explored even in the affluent population groups. Obese children and adolescents are at risk for significant health problems, but also face many psychological and social consequences, including low self-esteem and decreased psychological well-being. The purpose of this study was to examine the effect of obesity on adolescent girls' self-esteem and psychological well-being. In India, adolescent girls, who constitute a sizable segment of its population form a vulnerable group and are at a greater risk of morbidity and mortality. Adolescence is a critical period for the development of self-esteem among obese boys and girls.. Daniels (2005) stated that multiple evidence exists confirming the notion that adolescence is a period marked by emotional turmoil. The professional community is concerned with the medical concomitants of obesity, but the psychological and social perils are at least as important to those affected by the problem. Sample of the present study consisted of 150 adolescent girl and .data collected in school settings. Self-esteem of the participants was assessed using the Rosenberg Self-Esteem Inventory (RSEI; Roenbergs, 1965) and Piers-Harris Self-concept Scale (Ellen, Peirs, & Herzberg, 2002). Psychological well-being of the participants was measured with the help of Psychological General Well-being Schedule (Goldberg, 1979). Present findings clearly demonstrated that obesity and overweight is a potent indicator of poorer self-esteem and psychological well-being among adolescent girls. This is because obese and overweight adolescents face problems regarding their self-esteem which reduces their psychological well-being. It is important that maintaining satisfactory body image in them can help decrease the risk of psychological distress.

**Keywords:** Obesity, B.M.I, adolescents, Self-esteem, Psychological Well-being.

## RELATIONSHIP BETWEEN COPING SKILLS AND POSITIVE MENTAL HEALTH AMONG STUDENT ATHLETES

Divya Puri

*P.G. Department of Psychology, University of Jammu*

**Background:** Student athletes suffer from multiple demands due to their dual involvement in sport and academics. Inability to cope up with these demands results in poor mental health. Athletes' use of adaptive coping strategies has been linked with lesser negative outcomes and more positive mental health (Cumming, Smith, Grossbard, Smoll & Malina, 2012). **Objective:** The purpose of the present study was to assess the relationship between coping skills and positive mental health among students' athletes in Jammu. **Method:** Cross sectional design was followed and using convenience sampling data were collected from 120 student athletes in Jammu city. Athletic coping skills inventory and mental health continuum short form was administered. Cronbach's alpha reliability of the tools for the present study was .76 and .89 respectively. Mean age of the participants was 20.97 years with age range of 18 to 26 years. Out of 120 student athletes, 85 were males and 35 were females. **Results:** Pearson's Product Moment Method was applied for statistical analyses of the data. Significant and positive correlation comes out between coping skills and positive mental health ( $r=.618, p<0.01$ ). **Conclusion:** It can be concluded that student athletes using coping skills will have better mental health and vice versa. Development of coping skills should be given importance for increasing positive mental health of student athletes. Findings of this study can be used for development of important intervention programmes in this regard.

**Keywords:** Coping Skills, Positive Mental Health, Student Athletes



## YOUTH'S PERCEPTION OF HEALTHY AGEING: A QUALITATIVE ANALYSIS

Garima Joshi\* & Charu Joshi\*\*

\*Neurosciences Centre, AIIMS, New Delhi

\*\*Jamia Millia Islamia, New Delhi

Successful ageing is defined as the low probability of disease and disability, high cognitive and physical capacity and active engagement in life. An exploratory study was conducted to assess stereotypes, current expectations, and preparedness of ageing among Indian youth. A qualitative interview was administered on males and females residing in Delhi between the age group of young adults (18 to 40 years) (N=15), and older adults (40 to 65 years) (N=9) was done using convenience sampling. Qualitative data was collected and measured, and analyzed using grounded theory. The results of the study illustrated an array of negative and positive responses showcasing difference in social construction of ageing, stigmatization of ageing as well as various themes showcasing a shift in collectivist to individualist values which were reflected in the qualitative analysis. The major themes and sub-themes are discussed in this paper.

**Keywords:** Successful Ageing, Preparedness for Ageing, Stereotypes of Ageing, Perception towards Ageing

## BEHAVIOR, ATTITUDE AND PERCEPTION OF SERVICE PROVIDERS ON INTEGRATION OF PUBLIC MENTAL HEALTH SERVICES WITHIN THE GENERAL HEALTH SERVICE SYSTEM IN INDIA

Devaraj Wodeyar Hosahally

Center for Social Medicine and Community Health, School of Social Sciences,

Jawaharlal Nehru University, New Delhi 110067

**Background:** In India, there is a lack of understanding of integration and a lack of research studies on behavior, attitude and perception of service providers on integration of Public Mental Health Services (PMHSs) within the General Health Service System (GHSS) in India from a service providers' point of view and public health perspective. **Objectives:** To understand the providers' behavior, experiences, perception and attitude related to PMHSs and its integration into GHSS with special reference to Chamaraajnar District in Karnataka. To document the perceived challenges faced by the mental health service providers' in integrating PMHSs into GHSS in India. **Methods:** Semi-structured in-depth interviews were conducted with the purposefully selected mental health service providers like ASHAa, ANMs, AWWs, Medical Officers, Programme Officer, Psychologist and mental health policy makers by quota sampling method. **Results:** The research study found that, the paramedical staffs like ANMs, ASHAs and AWWs had positive attitude and behavior towards psychiatric patients. Training had very less impact on their attitude and behavior towards the psychiatric patients. Whereas, trained medical staff have slightly negative attitude towards psychiatric patients. Appointing a well-trained, young and enthusiastic and leadership oriented mental health professional as a programme officer was one of the major perceived and experienced challenges in the district in particular and in general in India. Finally, some of the mental health service providers had a gendered attitude towards female mental health patients and casteist attitude towards poor and so called *lower caste* mental health patients in the district as study reveals. **Conclusions:** Findings demonstrated that the mental health service providers and the policy makers' perceived challenges, behavior, perception, attitude and understanding influence on the implementation of integration and on the quality of mental health services.

**Keywords:** Behavior, Perception, Attitude, Integration, Public Mental Health Services, General Health Service System.

## **HYPNOTHERAPY: A REJUVENATION FOR MILITARY PERSONNEL AFTER EXTREME CONDITIONS, COMBAT STRESS, SUICIDAL ATTEMPTS AND PTSD**

**Dipti Singh**

*Department of Psychology, Kurukshetra University, Kurukshetra.*

Hypnotherapy in the military proved very effective in a variety of dimensions. Today peace loving countries like India and others are constantly suffering through wars, cold wars, terrorism and unexpected war fears. Military is like a strong boundary wall of a country. If they are strong a country is strong. War fire, bombarding, constant gun firing, chemical reactions, fatigue, combat stress and post trauma, suicidal attempts, work during extreme conditions like in low or high temperatures, in cocktail noise, fear of hidden enemies in sea, sleeplessness, discomforts are some of the problems military person faces after his or her deployment but they are also human being, the normal being in abnormal conditions that affect strongly their whole personality and life. Soldiers to military officers all give their duties 24/7 with full dedications without expecting enough time to relax, to sleep, to take care of their health or to see their families again. Studies have shown that various changes have observed in military personnel after deployment. Visible and invisible facts came up. Like an energetic member of military, a military person needs to relax to restore his/her mental, physical and spiritual energy. Greater the energy, better they are able to perform duties. They do most important and great service of their countries and in fact they deserve great honor, a lot of respect, appreciation and support from rest of other country people. Hypnotherapy proved very effective in western military personnel to relax and cure them physically and mentally during war and peace. Studies have also shown during Vietnam conflicts that there was relationship between PTSD and Combat stress and hypnotizability among some military veterans and those veterans with excellent hypnotic potential started to problem solve. This paper discusses about the effective usefulness of hypnotherapy in active military personnel to improve their mental and physical health and to provide them maximum amount of deep relaxation for a long time in minimum time of span instead of medicines with other side effects.

**Keywords:** Hypnotherapy, Military Personnel, Extreme Conditions, Suicidal Attempts.

## **YOGA FOR MENTAL HEALTH AND LIFE SATISFACTION: A COMPARATIVE STUDY**

**Eisha Gohil\* & Priyanka Sharma\*\***

*\*Department of Psychology, University of Jammu, Jammu*

*\*\*Department of Life Long Learning, University of Jammu, Jammu*

**Background:** Good health is one of the greatest resources for energy, creativity, wealth and happiness. The philosophy of yoga perceives the mind and body as an integrated unity. Mental illnesses have become almost inevitable companions of human life. Yoga is considered to be one of the most important, effective and valuable tools available for man to overcome stress, anxiety and depression. Its purpose is to achieve the highest potential leading to happiness and life satisfaction. **Objectives:** To compare the mental health and life satisfaction of practitioners and non practitioners of yoga. **Method:** Sample encompassed 70 participants (35-yoga practitioners and 35-non yoga practitioners) in the age range of 40-60 years. Data were collected by using DASS and Satisfaction with life scale. t test was used for analysis. **Results:** The findings showed a significant difference in the scores of stress, anxiety, depression and life satisfaction among practitioners and non practitioners of yoga. **Conclusion:** Yoga is based on a model of body-mind-spirit interaction. It takes care of the total being without ignoring any of the three

aspects. It has deep positive effects on the practitioner. It is becoming popular as it places emphasis on a spiritual connection between the mind and the body so it is reasonable to explore its role in the treatment of mental disorders.

**Keywords:** Anxiety, Depression, Life Satisfaction, Stress, Yoga

## **SCHOOL STUDENTS HEALTH PROBLEMS IN LIFE SPAN: A PSYCHOLOGICAL STUDY**

**Binda Kumari**

*Department of Psychology, Ranchi University, Ranchi*

There are many diseases or health issues that commonly occur among Indians like Infectious, contagious and waterborne diseases such as typhoid, infectious hepatitis, diarrhea, worm infestations, measles, whooping cough, respiratory infections, malaria, tuberculosis, pneumonia etc. India is a country which is quite infamous for its sanitation and cleanliness. The chaotic waste management system and urban planning is responsible for the overflowing gutters and scattered waste. School students have to suffer a lot because of this mismanagement. To add to the poor sanitary conditions, the population load is increasing each day. This has resulted in slums and poverty. The poor and unhealthy living is the primary cause for many health disorders (Mehta, 2014). The goals of the School Students Health problems continue to focus on disease prevention and health promotion, but have areas of expanded focus. First, the goals emphasize quality of life, wellbeing, and functional capacity—all important wellness considerations. Consistent with national health goals for the new millennium, this book is designed to aid all school students adopting healthy lifestyles that will allow them to achieve lifetime health, fitness and wellness. This emphasis is based on the World Health Organization statement that “It is counterproductive to evaluate development of programs without considering their impact on the quality of life of the community. School Students can no longer maintain strict, artificial divisions between physical and mental well-being (World Health Organization, 1995).” Second, the new national health goals take the “bold step” of trying to “eliminate” health disparities as opposed to reducing them as outlined in Healthy School Students.

**Keywords:** Health Problems, Diseases, Life Span, Psychological Analysis, School Students

## **MILITARY INDUCED STRESS: RELATION TO GENERAL HEALTH AND COPING IN DEFENCE WOMEN OFFICERS AND TRAINEES**

**R. Harini Kumari**

*Selection Centre South, Bangalore*

Every individual in any organisation faces specific demands, commitment that cause stress to them. The military organisation also functions under various circumstances characterised by specific demands and threats, complex goals, invisible enemies and political sensitivities. However, there is not much valid information available on their successful career in the organisation, their problems, experienced at units and formations, ability to perform the assigned jobs, and leadership styles for their achievement in defence. Strong need was felt to venture into this field of research, so that the knowledge from this research may contribute to the selection procedure, training programmes for women trainees and officers in the defence organisation. The purpose of this study is to study the impact of Military Induced Stress on their mental health and coping strategies among defence women trainees and officers. Thirty two women officers and fifty eight women trainees were selected for this study. a) Military induced stress measured by Family Environment Scale by Kelley et al (1994). b) The 28-item Scaled version of General Health questionnaire (Goldberg and Hillier, 1979). c) Measure of coping behaviour (Jalowiec and Powers, 1981) was

used in the study. Results revealed that General Health had positive relation with Military Induced Stress in both the groups of women officers and women trainees. General Health and Military Induced Stress had negative relationship with both Problem oriented coping methods and Affective oriented coping methods in both groups of women officers and women trainees. On comparison, it was found that, both groups didn't differ significantly on Mental Health, Military Induced Stress and Coping Methods.

**Keywords:** Military Induced Stress, General Health, Coping Methods, Defence, Women Officers and Women Trainees.

## **EFFECT OF ACUPUNCTURE STIMULATION ON MENTAL WORKLOAD, PHYSIOLOGICAL AND VIGILANCE TASK PERFORMANCES**

**Gaurav Kuamr Rai**

*Rajeev Gandhi South Campus, Banaras Hindu University, Mirzapur (UP) - 231001*

Vigilance decrement is a vigorous fact that attracts the researcher's attention. Several studies have been used some aids to deal with this problem. On the line of those researches this study an attempt to find out the relationship between Acupuncture Stimulation and vigilance tasks performances. The major objective of this study was to find out the effect of Acupuncture Stimulation on vigilance task performance under high event rate condition. Stomach 39 stimulation along with other four point stimulation was used as Acupuncture Stimulation in experimental condition. Accuracy, false alarm, sensitivity ( $d'$ ), response bias ( $\hat{a}$ ) and reaction time were taken as a Vigilance performance measure and Online NASA-TLX scale were using for mental workload assessment. 48 participants were participated in this study. A 30 Minute vigilance task in which, participants required detecting a bigger square in small squares, was used. A 2 (experimental)  $\times$  3 (Three 10 min. blocks) mixed factorial with repeated on the last factor design was used in this study. The main effect of time period was found significant ( $p < .05$ ) on accuracy, sensitivity, response bias and reaction time. Whether other physiological marker and mental workload measures was found in line of behavioural performance. The major significance this study would help to understand the relation between acupuncture stimulation and vigilance task performance.

**Keywords:** Vigilance, Acupuncture Stimulation, Blood Pressure, SpO2, Body Temperature, Pulse rate, Mental Workload

## **PSYCHOLOGICAL STATUS OF THIRD GENDER**

**Gaurav Kumar Rai & Asheesh Soni**

*Rajeev Gandhi South Campus, Banaras Hindu University, Mirzapur (UP) - 231001*

A few studies have reported the status of third gender especially in psychological perspective. In line of available researches, this study designed to know the real status of third gender. The main objective of this study to find out the level of life satisfaction, self-concept, frustration, emotional regulation and mental health of third gender in respective of male and female. Total 100 participants (33 Male, 34 Female and 33 Third Gender) from Uttar Pradesh were participated in present study. Snow ball sampling technique used for third gender participants and age matched sampling Technique was used for male and female participants. In result, third gender participants have different capacity on frustration and some variable of self-concept and mental health. While no significance deference were found on life satisfaction and emotional regulation. This study may helpful to making a policy for third gender.

**Keywords:** Third Gender, Life Satisfaction, Emotion Regulation, Frustration, Self Concept, Mental Health

## ROLE OF SCHEMA IN INDIVIDUALS WITH ALCOHOL DEPENDENCE SYNDROME: AN OBSERVATIONAL STUDY

Geeta Singh, Gauri Shanker Kaloiya, Anju Dhawan, Yatan Pal Singh Balhara, & Ashwani Km. Mishra  
*Dept. of Psychiatry, AIIMS, Delhi*

**Introduction:** Alcohol dependence is a highly prevalent condition leads to personal, occupational and social dysfunction. It is well known that dysfunctional cognition leads to dysfunctional behaviour (even addictive behaviours). Studies are sparse which have explored schemas objectively (using some standard tests) among individuals with substance use. Here we made an attempt to identify nature of early maladaptive schema among individuals with Alcohol Dependence Syndrome. **Method:** This is an observational study wherein total 20 adult male patients with Alcohol Dependence Syndrome (ADS) recruited from NDDTC, AIIMS through purposive sampling and as per defined inclusion and exclusion criteria. Subjects were assessed on Young Schema Questionnaire-3SF for their early maladaptive schema. **Results:** Findings demonstrate that all schemas were not equally predominant among individuals with alcohol use. Schema of abandonment, mistrust, competence, self-sacrifice, unrelenting standards, incompetence and recognition seeking were more predominant than others. **Conclusion:** Findings lend support to the existing theories that dysfunctional cognition may underlie problematic alcohol use. Recognizing predominant schema may prove to be helpful in case conceptualization, in helping therapists to form management plan accordingly and for improved treatment outcomes and decreased relapse rate.

**Keywords:** Cognition; Early Maladaptive Schema; Behaviour; Alcohol Dependence

## COGNITION & BEHAVIOUR GO HAND-IN-HAND: A CASE REPORT EMPHASISING ON ROLE OF UNDERLYING DYSFUNCTIONAL COGNITION TO TREAT ALCOHOL DEPENDENCE

Geeta Singh, Gauri Shanker Kaloiya, Anju Dhawan, Yatan Pal Singh Balhara, & Ashwani Km. Mishra  
*Dept. of Psychiatry, AIIMS, Delhi*

**Objectives:** Alcohol dependence is a highly prevalent condition leads to personal, occupational and social dysfunction. The WHO (2014) report states that in 2012, 5.9% of all global deaths were caused by alcohol consumption. Less number of studies has performed a comprehensive & objective evaluation of dysfunction cognition among individuals with substance use and interventions have mostly used behavioural strategies to treat addiction. Since it is known that dysfunctional cognition leads to dysfunctional behaviour (even addictive behaviours), here we made an attempt to identify underlying deeper cognition and examine effect of cognitive therapy on this cognition and subsequently on substance use. **Method:** This is a single subject research design based study wherein an adult male with Alcohol Dependence Syndrome (ADS) recruited from NDDTC, AIIMS. Subject was longitudinally assessed on baseline, midterm (after 7 weeks) and post intervention (after 12 weeks) for his dysfunctional cognitions using Young Schema Questionnaire, Dysfunctional Attitude Scale, Cognitive Distortion Scale & Automatic Thought Questionnaire and on Timeline Follow back for alcohol use. He was given 12 sessions of cognitive therapy on weekly basis. **Results:** Findings demonstrate a difference in patient's score from baseline through midterm to post cognitive therapy intervention on measures of dysfunctional cognition and in terms of his alcohol use. **Conclusion:** Findings suggest that dysfunctional underlying deeper cognition may be an important target of intervention for alcohol dependence treatment programmes and may result in improved treatment outcomes and decreased relapse rate.

**Keywords:** Dysfunctional Cognition, Cognitive Measures, Behaviour, Alcohol Dependence

## **ROLE OF LOCUS OF CONTROL AND SELF EFFICACY IN ADHERENCE TO MEDICAL REGIME IN DIABETES**

**Kadambari, Deepti Hooda & Novrattan Sharma**

*Department of Psychology, M.D.University, Rohtak, Haryana*

As of 2016, 422 million people have diabetes worldwide and it is the 8<sup>th</sup> leading cause of death (WHO, 2016). Diabetes is a chronic disease and its management a challenging task. Adherence rates are typically higher among patients with acute diseases as compared to chronic diseases, as Adherence to Medical Regime requires taking medication, following a diet and exercise schedule, life style changes, and other recommendations of healthcare providers. Psychosocial factors play an important role in health behaviours such as adherence to medical regime. Thus, the purpose of the present investigation was to examine the role of Locus of Control and Self Efficacy in Adherence to Medical Regime in Diabetes. The research sample consisted of 100 diabetic patients with type 2 diabetes (41 males and 59 females). Health Locus of Control scale, Chronic Disease Self Efficacy scale and Adherence to Medical Regime scales were administered on all the patients. Correlation analysis revealed that various components of Locus of Control and Self Efficacy are significantly associated with different components of Adherence to Medical Regime. Further, regression analysis points out that Adherence to Medicine is significantly predicted by Managing Shortness of Breath (Self Efficacy) and Other People (Locus of Control). Adherence to Diet Regimen is significantly predicted by Other People and Internal Locus of Control whereas Adherence to Exercise Regimen is significantly predicted by Self Efficacy to Exercise Regularly. Thus, the findings suggest that Locus Of Control and Self Efficacy play an important role in Adherence to Medical Regime. Therefore, intervention programs should focus on these two intrapersonal factors for promoting regimen adherence.

**Keywords:** Diabetes, Adherence to Medical Regime, Locus of Control, Self Efficacy

## **EXAMINING THE EFFECT OF EMOTIONAL INTELLIGENCE ON GENERAL DECISION MAKING STYLES**

**Halley Singh Thokchom & Anand Pratap Singh**

*Department of Psychology & Mental Health, Gautam Buddha University, Greater Noida.*

The present study examined the relationship between the emotional intelligence traits and the general decision making styles. It also examined the effect of age and gender on the general decision making styles. The importance of emotional intelligence in life is irrefutable. Decisions we take in life also give meaning and purpose to our being and shape our goals. This study is a step to understand the nuances of how emotional intelligence can influence and steer our general decisions in life. The study was conducted on a sample of 75 literate individuals chosen at random from NCR Delhi. Four emotional intelligence traits and five general decision making styles were analysed for the present study. Statistical analysis shows a moderate to high positive correlation among the different factors of each variable under the study. Regression analysis shows a mixed response for the effect of the different emotional intelligence traits towards the general decision making styles. Gender was found to have no effect on the decision making styles while age seems to have a positive impact on the same.

**Keywords:** Emotional Intelligence; Decision Making Styles.

## ATTITUDE TOWARDS HEALTH AND NUTRITION AMONG MUNDA TRIBES OF RANCHI

Gyanti Kumari Prasad

*Department of Psychology, Ranchi University, Ranchi*

Attitude towards health and nutrition make significant contributions to the global burden of disease. The underlying cultural beliefs, Attitudes and practices might have influence on the health. Tribals are people living in isolation with their traditional values, customs, beliefs and myth intact. **Objectives:** (a) To study the prevalence of attitude towards health and nutrition among Munda tribes of Ranchi. (b) To examine the impact of place of residence, gender and age on attitude towards health and nutrition among Munda tribes of Ranchi. **Methodology:** The study has been carried on the Munda tribes selected from rural and urban areas of Ranchi, Jharkhand. 50 rural and 50 urban Munda were identified using Random Sampling Technique. Among them 53 were male and 47 were female. Furthermore, there were two age groups- 30- 44 years (A1) and 45-59 years (A2). Health Attitude Scale was administered on the selected sample. Percentage of scores, Analysis of Variance and t- test were used to analyze the data. **Results and Conclusions:** The findings revealed that the majority of Munda tribes (58%) had misconception and unfavorable attitude towards health and nutrition. Urban Munda tribals have significantly more favorable attitude than rural Munda tribals. There was no impact of gender and age on attitude towards health and nutrition among Munda tribes. **Recommendation:** On the basis of results it can be concluded that the prevalence of favorable attitude towards health is low among Munda tribe. This may be one of the causes of their low health status. So there is a need to increase the awareness about health among the tribe. Therefore, it is recommended that effective effort should be done to increase favorable attitude among the Munda tribe. So they can lead to the healthy life.

**Keywords:** Health and Nutrition, Physical Health, Mental Health, Diet and Nutrition, Family Planning, Breast Feeding, Child Care

## PSYCHOMETRIC EVALUATION OF SPIRITUAL ATTITUDE FOR ILLNESS MANAGEMENT SCALE: COMPARING CLASSICAL TEST AND ITEM RESPONSE THEORY APPROACHES

Mohammad Imran Khan

*DIPR, DRDO, Delhi*

To address the possible role spiritual attitude in illness management, present study aimed to develop an assessment measure. Purpose of such assessment tool is to provide assessment on spiritually oriented attitude for managing illness. Total 608 participants (age between 20 to 65 years) participated in the study out of which 150 participants were suffering from various chronic illnesses, 108 participants were having mild but prolonged health issues, 150 participants were having non-chronic health problems and 200 participants were not having any current health issues or disease. Initially scale was consisted of 35 items, however based on experts' opinions, 18 items were finally retained in the scale. Factor analysis revealed the unidimensional structure of the scale. Further, after factor analysis, 8 items were again excluded from the scale due to cross loading or poor item loadings. Internal consistency (Cronbach alpha) of the scale was found to be .84. Item response theory (IRT) with graded response and Rasch rating scale model was applied for comparing psychometric properties of test with classical test theory approach. Findings from both the approach were comparable. Relative advantage in terms of item parameters was evident from IRT analyses.

**Keywords:** Spirituality, Spiritual Attitude, Classical Test Theory, Item Response Theory Illness Management.

## VISION OF HOLISTIC HEALTH IN BUDDHIST WAY OF MEDITATION

**Indu Girish**

*School of Buddhist Studies & Civilization, Gautam Buddha University*

Good health is a basic requisite for living. Being healthy physically and mentally is a perfect state of a healthy life. The World Health Organization defines health as ‘a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity.’ We find the same idea resonating in the concept of holistic health. The most pertinent question then is ‘what is holistic health?’ The concept of holistic health has emerged into wider common usage but has occasionally been misunderstood too. Some feel that if healthcare measures are preventive in nature they are holistic, for some ‘holistic’ refers to natural remedies, for few it means that which does not come under the purview of allopathic medical treatment is ‘holistic’. Hence, the meaning of holistic health needs greater clarification. In this paper, the concept of health will be defined holistically i.e. as encompassing three aspects of being – physical, mental and spiritual. Holism implies the integration of these three facets so that the healthy person is one whose physical, mental and spiritual domains are integrated and in harmony with each other. This paper would focus on the Buddhist concept of holistic health which encompasses the physical, mental and spiritual wellbeing of a person. Buddhism gives due importance to physical health as it is a means to intellectual enlightenment. To attain the highest goal of Nibbana, a healthy body is a prerequisite. Although Buddhism views the mind and the body as existing in interdependence, its teaching gives special attention to the mind and its power. Thus, Buddhism considers mental health as being of utmost importance and stresses the training of the mind not only to attain the highest state of health but also the achievement of the ultimate goal of life. Buddha laid emphasis on training our mind through spiritual practice i.e. meditation, which helps in gradually reducing and eliminating our negative disturbed states and transforming them into peaceful positive emotions. Hence, if viewed in the context of holistic health, meditation (bhavana) is one method prescribed by the Buddha which would help in gaining spiritual, mental and physical health. The objective is to find an alternative paradigm for understanding health issues by investigating into the Buddhist way of meditation.

**Keywords:** Holistic Health, Mental Health, Meditation, Metta, Loving Kindness.

## HAPPINESS AND STRESS AMONG INSTITUTIONALIZED AND HOME CARE SENIOR CITIZENS: A COMPARATIVE STUDY

**J.Jerus Albert Britto\*, Ms.Pruna\*\*& Anusiya\***

*\*Government Arts College-Coimbatore, Tamilnadu*

*\*\*San international college of Arts and Science, Walayar, Coimbatore .*

Happiness and stress among institutionalized and home care senior citizens: A comparative study was done on 60 senior citizens (30 institutionalized and 30 home cares). 30 senior citizens from Jacob’s care centre and Missionaries of charity (Mother Teresa home) and 30 senior citizens from the home care residence in and around Gandhipuram, Coimbatore were selected by purposive sampling method. The tools used were the Oxford happiness inventory, (Argyle, 2001) and Stress inventory ( Natesan & Menon, 2005). The subjects were made to sit comfortably; the oxford happiness inventory and stress inventory were given to the entire sample. The data’s were collected and statistically analyzed using percentage analyses, t-Test and correlation

**Keywords:** Happiness, Stress, Senior Citizens, Institutionalization and Home Care



## A STUDY ON HAPPINESS AND OPTIMISM OF INSTITUTIONALIZED SENIOR CITIZENS

J. Jerus Albert Britto, Nafila Farween & Sarah Salomi

*Government Arts College, Coimbatore*

Old age comprises “the later part of life; the period of life after youth and middle age , usually with reference to deterioration. Happiness is described as “the experience of joy, contentment or positive well being combines with a sense that one’s life is good, meaningful and worthwhile (Lyubomirsky, 2008). Optimism is described as “tendency to expect possible outcome or dwell on the most hopeful aspects of a situation. The main objectives of the study as follows; (a) to assess the level of happiness among institutionalized senior citizens, (b) to assess the level of optimism among institutionalized senior citizens, (c) to identify the gender difference in the levels of happiness and optimism of institutionalized senior citizens and (d) To find the relationship between happiness and optimism of institutionalized senior citizen. **Tools Used:** Personal data sheet was used to collect the relevant background details of the selected sample like their gender, marital status, qualification and social back ground . The oxford happiness inventory, (Argyle, 2001) was used to measure the amount of happiness in the old age people. This is 29 item questionnaire, on a six point Likert scale ranging from 1= strongly disagree to 6= strongly agree. High scores indicate high state happiness with .92 reliability, the total scores are summed and interpreted using the norms. The level of optimism of the sample was measured using Optimism –Pessimism scale by Dr.H.Sell & Dr.R.Nagpal. The scale consist of 40 questions which as positive items and negative items and interpreted as low , average, high according to norms. **Experimental Design:** A single group pre-test design was used in this study. **Procedure:** Initially the permission was obtained from the authorities of Mother Teresa Home and Jacob’s Care centre, Coimbatore. Then the investigator establishes rapport with the inmates of the institution. The personal data sheet was given to each of them and relevant personal back ground details were collected. Later, the Oxford happiness inventory and Optimism –Pessimism scale were provided to them individually one after the other and they were asked to respond to the questionnaires as per the given instructions. Their scores were recorded as per the norms and were interpreted. Out of the sample, 60 senior citizens (30 male and 30 female) whose responses to both the questionnaires were completed were selected as the sample. The result are tabulated and taken for further discussion. **Data Analysis:** The tabulated results were statistically analyzed using percentage analysis, correlation and t-test.

**Keywords:** Happiness, Optimism, Old-Age People in Institution, Senior Citizen

## A STUDY ON DEPRESSION, ANXIETY, AND ADJUSTMENT AMONG INSTITUTIONALISED OLD AGE PEOPLE

J. Jerus Albert Britto, Marithangam & Ranjith

*Government Arts College, Coimbatore, Tamilnadu.*

Old age comprises “the later part of life; the period of life after youth and middle age , usually with reference to deterioration. The world health organization has identified major depression as the fourth leading cause of death worldwide (Rouchell,2001) Depression is a serious illness in the community and is a serious medical problem. The word depression is used to describe a mood, symptom or syndrome. It can be characterized by intensity as mild moderate and severe. Anxiety is described as “a feeling of worry, nervousness, or unease about something with an uncertain outcome. Anxiety may affect twice as many older adults as depression, according to new research. Adjustment and life satisfaction are important components of successful ageing. Adjustment is defined as the restructuring of the individual’s attitude and behaviour in response to new situation by integrating his/her expression

with the expectation and demands of society. **Objectives:** (a) To find out the level of depression in selected old people, (b) To find the level of anxiety in selected old people, (c) to find the level of adjustment in selected old people, (d) to find out the difference in the levels of depression, anxiety, and adjustment with respect to gender and (d) to find the relationship between depression, anxiety, and adjustment among the selected sample. **Tools:** Personal data sheet was used to collect the relevant background of the selected old people, like gender, marital status, ways to adopted by them to manage tension, causes of anxiety/depression, etc. Geriatric depression scale was used to assess the level of depression of the sample. The scale consists of 30 questions which have to be responded by giving Yes or No. Each Yes response carries a score of 1. The total scores are summed and interpreted using the norms. The level of anxiety of the sample was measured by Hamilton Anxiety scale (Hamilton, 1959). It consists of 14 items related to the symptoms of anxiety experienced by the sample over the past one week. Scores are interpreted with the help of the norms. The adjustment of the sample was assessed by the Holmes-Rahe social readjustment rating scale. It consists of 43 items related to the situations experienced by the sample for the past 12 months. **Experimental Design:** A single group pre-test design was used in this study. **Procedure:** Initially, Permission was obtained from the authorities of different old age homes in Coimbatore. Then the investigator established the rapport with the inmates of the old age home. They gave the personal data sheet to each of them and collected relevant personal background details. Later, Geriatric depression scale, Hamilton anxiety scale and Social readjustment rating scale were provided to the inmates individually, one after the other. They asked to respond to the questionnaires as per the given instructions. Their score were recorded and as per the norms, they were interpreted out of the sample, 97 (33 males, 64 females) old people whose responses to all the questionnaires were complete were selected as the sample. The results are tabulated and taken for further discussion. **Data Analysis:** The tabulated results were statistically analyzed using percentage analysis, correlation, Chi-square and t-test.

**Keywords:** Old Age People, Depression, Anxiety, Adjustment, Senior Citizen

## STRESS IN MODERN SOCIETY AND COPING MECHANISMS

Kirti Singh Chauhan\* & Vinay Singh Chauhan\*\*

*P.G. Department of Home Science, University of Jammu, Jammu-180006*

*Army College of Medical Science & Base Hospital Delhi Cant. Delhi-110010*

Stress has emerged as the most destructive force at work in modern society. It affects everyone and is an essential and inevitable part of life. It is a perceptual phenomenon that depends on the balancing of ability to cope with the demands on an individual. Everyone is different, with unique perceptions of, and reactions to, events. There is no single level of stress that is optimal for all people. Some are more sensitive owing to experiences in childhood, the influence of teachers, parents and religion etc. Anything in the environment that leads to activation of the stress response is termed a stressor which can be personal, financial, relational and organizational. We react to stress by expression of anxiety, worry, tension, anger and depression causing psychological, physiological and behavioural effects. Stress can lead to serious accidents, costly mistakes, impaired decision making, poor morale and suicides. Managing stress is important to reduce risk of ill health, enhance family and social relationships and improve performance and creativity. The key factor in coping with stress is striking the right balance between demands and coping skills. Instead of spending all our energy in trying to avoid stress, which may well be impossible, it may be more beneficial to develop coping skills to face stress because complete freedom from it is death. Stress is a great motivating force and admitting it is not a sign of weakness. Stress helps us to do action and results in awareness and newer prospects.

**Keywords:** Stress, Stressors, Coping Skills, Demands, Balance

## **A REVIEW OF THE MENTAL HEALTH IN OLD AGE**

**Ketan B. Kotalwar**

*Amity University*

The old age is the most critical period of life. In modern age, they pass by much psychological and biological deterioration which often leads to the problems related to overt behavior and covert behavior, quality of life, low mental wellbeing and prominently the neuro-degeneration. Old people separated by their family who live either separately or in a common abode where similar people are living with, which can be called as old age homes. People live in these arrangements are more prone to the psychosocial deprivation like lowering of well being communication problems. Neurological deterioration is higher in old age people living in old age home than old age people live with families. So that it is fruitful to study and quantifying problems with the issue to make effective intervention module and policies for making old age a happy experience.

**Keywords:** Mental Health, Old Age, Intervention.

## **A COMPARATIVE STUDY OF FIRST THREE TOPPERS ON HARDINESS AND PERCEIVED HAPPINESS**

**Guneet Inder Jit Kaur**

*Department of Psychology, Jain University, Bangalore*

The endeavour of the present study was to examine the role of hardiness and perceived happiness in academic excellence, by comparing the first three toppers of various post graduate courses. For this purpose, 90 students, within the age range of 20-26 years, were selected from Panjab University (Chandigarh). Hardiness was measured using the Hardiness Scale (Bartone et al., 1989) and Perceived Happiness was measured using a ten point rating scale. ANOVA was carried to find out the differences among the groups and further Post Hoc Analysis was applied. Results revealed the three groups differed significantly with regard to the possession of hardiness and perceived happiness.

**Keywords:** Academic Excellence, Hardiness, Perceived Happiness

## **RELATIONSHIP AMONG WORKPLACE SPIRITUALITY, WORK ENGAGEMENT AND GRIT**

**Jasmeet Singh & Vandana Gambhir Chopra**

*Department of Psychology, Keshav Mahavidyalaya, University of Delhi, India*

**Abstract:** Workplace Spirituality is an emerging concept of occupational health and positive psychology that realizes that employee's inner life at workplace in context with the community is nurtured by meaningful work. It is known to enhance work performance by nourishing the spirit of employees at work. The present study aimed to investigate the relationship among workplace spirituality, work engagement and grit. The authors collected data from 275 full-time employees in Delhi-NCR using convenient sampling. The relationship among workplace spirituality, work engagement and grit was measured using correlation and the influence of demographic variables (age, tenure and educational qualification) on workplace spirituality, work engagement and grit was measured using ANOVA. Results showed significant positive correlation between meaning at work and work engagement ( $r = .359, p < 0.05$ ).

ANOVA findings indicate that age, tenure and educational qualification significantly differed across workplace spirituality, work engagement and grit.

**Keywords:** Workplace Spirituality, Inner Life, Meaning at Work, Work Engagement, Grit

## ACCULTURATIVE STRESS AND CULTURAL IDENTITY: A SYSTEMATIC REVIEW

**Jita Behera & Basheer Hasan**

*Psychometric laboratory, School of studies in Psychology, Pt. Ravishankar Shukla University, Raipur (C.G.)*

**Objective:** To find out the research status, from the relevant research literature, on the relationship between acculturative stress and cultural identity. **Method:** A literature search using J gate, Google Scholar database covers the period from 2000 to 2015, the author acknowledged 15 studies gathering inclusion criteria. Search terms were cultural identity, acculturative stress and acculturation. **Result:** After examining different aspect of 15 empirical papers, it was found that there is significant association between acculturative stress and cultural identity. Every dimension of different cultural identity play an important role in determining acculturative stress. **Conclusion:** So far as number of dimension are concerned, researcher are concerned researcher are not unequivocal some of them have identified three dimensions where as in some other studies five dimensions have also been reported. All most all researcher are agree positive relationship between cultural identity and acculturative stress.

**Keywords:** Acculturative Stress, Cultural Identity, Language Opportunity, Social Interaction, and Cultural Activities

## STUDY ON STRESS IN MEDICAL AND NON MEDICAL POSTGRADUATES

**Krishan Kumar, Vikas, & Rajeev Dogra**

*Department of Clinical Psychology, Institute of Mental Health, UHS, Rohtak*

Stress is a common phenomenon of everyday life. All of us experience stress to some degree in one or another form throughout lives. However, some forms of stress are pathological and lead to development of wide variety of symptoms and disorders. Stress affects individual irrespective of age and gender. While medical students train to improve the health of others, they often lose sight of their own. The present study was carried out to study stress and anxiety in PG Medical and PG non Non-Medical students. **Methodology:** This cross-sectional study examined 50 participants out of which 25 were PG Medical and 25 PG non Medical. State trait Anxiety Inventory (STAI) was administered on both groups. Data was analyzed by using SPSS 16.0. **Results:** will be discussed further.

**Keywords:** Stress, Students, Anxiety

## WOMEN'S ATTITUDE TOWARDS OBSTETRIC CARE IN RURAL AREAS OF ALLAHABAD DISTRICT OF UTTAR PRADESH

**Lakhan Singh**

*Centre for Human Resource Development*

*National Institute of Rural Development & Panchayati Raj, Hyderabad*

Maternal mortality is one of the important indicators of social development for any country. India still contributes one fifth to the total world maternal deaths. Among the Indian states, Uttar Pradesh which is the largest populous

state is also highest in maternal deaths. One of the major reasons for high maternal deaths in Uttar Pradesh is that institutional delivery is still very low compared to other states of India. In other words, the accessibility to obstetric health care services in rural Uttar Pradesh is very poor. There is paucity of studies on exploration of why women do not access obstetric care services when they are in urgent need of those services. In view of the above objective was set up to explore the women's attitude towards the reasons of poor accessibility to obstetric care. The data was collected from six villages of Allahabad District of Uttar Pradesh. Total 401 women who had pregnancy complications during their recent delivery were selected through systematic random sampling and a Likert Scale comprising of five point scales on 14 items was administered on them. These 14 items belongs to four major reasons of poor obstetric care mainly household level problems, health facility level problems, logistical problems, and importance of pregnancy care. For analyzing attitude, bivariate analysis, Chi square test and factor analysis were carried out. Women's attitudes were categorized in to favourable, unfavourable and satisfactory attitude. The bivariate and chi square test reveals that husband education, age at first birth, standard of living status, exposure to maternal health care, distance from community health center, received antenatal care and preparedness for delivery significantly influence women's attitudes. Factor analysis highlights majority of women think that health facility and household related problems were prime factor for poor accessibility to obstetric care in rural areas followed by logistical arrangements and traditional view on pregnancy care. Further, lack of privacy at public health facility (.784) and delay in receiving health services even after reaching at time (.672) were the major drivers for women to make attitude that it is better to stay at home during delivery which subsequently result into late decision of visiting health facility. Women who perceived logistical arrangements as a major problem were also driven by the attitude that Govt. health services have failed in providing quality therefore, rural women prefer to opt private health facility. It is clear from results that the more than the individual level factors, health facility and household level factors are significantly contributing in forming the attitude towards poor accessibility to obstetric care. The study concludes based on the findings that there is need of focusing more on the programme variables rather than the individual factors to improve the accessibility of obstetric care services in rural areas.

**Keywords:** Obstetric Care, Rural Areas, Attitude

## **ROLE OF VULNERABILITY IN SELF COMPASSION AMONG YOUNG ADULTS**

**Jyoti Sharma, Anusha Jaiswal & A.P. Singh**

*Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida*

Vulnerability is a major contributor in understanding the symptomatology of psychological disorders including anxiety, depression. Core vulnerability is the emotional state which is most alarming reaction to an individual; in reaction to which defenses are developed. Some states of emotion lessen the stimulation of individual's vulnerability if avoided. However, if not than it constitutes to core vulnerability and may drag in the whirlpool of negative thoughts and emotions. Shame is one of such emotion. It aggravates the concept of self and tends to stuck individuals in self criticism mode making the person less compassionate towards self and worsening one's state of blissful mind and psychological wellbeing.

The Current study aimed to explore Vulnerability and Self Compassion among Young Adults. The data obtained from a sample of 105 students showed significant negative correlation between Shame and Self Compassion. Rumination a cognitive vulnerability was also studied along with shame and data obtained showed a significant positive correlation between shame and rumination.

**Keywords:** Vulnerability – Shame, Self Compassion, Rumination, Young Adults

## PERCEIVED STRESS, GENERAL HEALTH AND WELL-BEING AMONG ADULTS IN MIZORAM: A COMPARATIVE ANALYSIS

C. Lalfakzuali

*Department of Psychology, Mizoram University, Aizawl-796004.*

Growing research demonstrates the importance of mental health and wellbeing in relation to the overall health of a person. There are clear links between our physical and mental health that further supports the case for protecting health and wellbeing. Poor mental health like stress is associated with an increased risk of diseases while good mental health is a known protective factor. Poor physical health also increases the risk of people developing mental health problems. The present study examines the gender differences and relationship between Perceived Stress, General Health and Well-Being in a sample of 200 Mizo adults from different parts of Mizoram, ranging in age from 20 to 30 years. Data was collected through the use of three self-report psychological measures. The Perceived Stress Scale (Cohen & Williamson, 1988), General Health Questionnaire-12 (Goldberg & Williams, 1988) and Warwick-Edinburgh Mental Well-Being Scale (NHS Health Scotland, University of Warwick and University of Edinburgh, 2006). Psychometric adequacy and parametric statistic assumptions were checked for the selected population. Pearson correlation and One-Way ANOVA was applied. The result revealed significant group differences and significant relationship between the variables. Implications of the present findings for future research are discussed, as well as potential interventions for increasing general health and well-being among adults.

**Keywords:** Adults, Depression, General Health, Well-Being.

## BEHAVIOUR PROBLEMS IN CHILDREN WITH LEARNING DIFFICULTIES

Mala Agarwal

*No 1 Air Force Selection Board, Dehradun*

Children with learning difficulties have been found to have definite behavioural problems. The Interest in learning difficulties has attracted the attention of educationists and psychologists in the last few decades. However, very few studies have been done on this, especially in India. Keeping this in view, the present study was undertaken with the objective of studying behavioural problems in children with learning difficulties. The sampling was purposive in nature. The sample was collected from secondary schools in Ranchi, Jharkhand which constituted children diagnosed as having learning difficulties by ICD-10 (WHO 1992) criteria for SDDSS. The Subjects consisted of thirty children with learning difficulties with ages ranging between eight to eighteen years of which seventeen were males and thirteen were females. Subjects with the educational level between class 5-7 and 8-11 were included in the study. *Standard Progressive Matrices* was used to assess intelligence in children. Later they were screened and NIMANHS specific *Learning Disabilities Index* was administered to assess different types of learning difficulties. *Reiss Screen* for maladaptive behaviour and *Developmental Psychopathology Checklist* were administered to note psychopathology and behavioural problems. The data was analysed using non-parametric statistics namely Chi-square, Man-Whitney U Test, Mean and Standard deviation. Findings provide evidence that certain demographic variables like, sex, educational level and IQ have an effect on different types of learning difficulties. Secondly, it also provides evidence that sex and educational levels, has an effect on behavioural problems of children with learning difficulties. Thirdly, the present study unfolds the unexplored area of intelligence level and its effect on behavioural problems of children with learning difficulties. To sum up, the present study gives an additional understanding of the existing knowledge of behavioural problems of children with learning difficulties.

**Keywords:** Learning Difficulties, Behavioural Problems, Intelligence.

## THE DIFFERENCES IN EMPLOYEES' PERCEPTION OF ORGANIZATIONAL CULTURE IN HOSPITAL AND IT SECTOR

Lodoe Gyaltzen

*Department of Psychology, University of Delhi, Delhi, India.*

This exploratory research aims at understanding the differences in the employee's perception of organizational culture in hospital and IT sector organization. The main aim of this study has been on understanding dominance and prevalence of four different dimensions of organizational cultures (autocratic, bureaucratic, technocratic and entrepreneurial) in each respective setting, which has been essentially proposed by Prof. Udai Pareek. This study tested four hypothetical statements, which are (a) autocratic organizational culture will be more prevalent and dominant in hospital setting, (b) bureaucratic organizational culture will be more visible in the IT setting, (c) technocratic organizational culture will be more prevalent in IT sector organization than hospital and (d) the prevalence of entrepreneurial organizational culture type is almost same in both the settings. Data has been collected from 200 participants (100 each) of IT sector and Hospitals sector private organizations of Bangalore, Delhi, Gurgaon, Hyderabad and Noida. To test the hypotheses, descriptive and inferential have been employed. The results shows that autocratic culture was found to be similar in both the IT and Hospital settings, bureaucratic culture was found to be more prevalent in IT sector than hospitals, technocratic culture was found to be more prevalent in hospital than IT sector and entrepreneur culture was found to be similar in both settings.

**Keywords:** Organizational Culture, Organizational Climate, Autocratic Culture, Bureaucratic Culture, Technocratic, Entrepreneurial Culture.

## A QUESTIONNAIRE SURVEY OF AWARENESS RELATED TO HIV INFECTION/AIDS AMONG HEALTHY POPULATION

Mamta Yadav\*, Meha Jain\*\*, Reema Sinha\*\*\*, & Sujit Kumar Kar \*\*\*\*

\* National mental health mission (UHM District hospital Kanpur nagar )

\*\* National mental health mission (Raibareli)

\*\*\* IIMSR lucknow

\*\*\*\* Department of Psychiatry, KGMU Lucknow

**Background:** HIV is a stigmatized chronic illness and most people don't even disclose their HIV status. Insufficient knowledge, less favorable attitudes and risky sexual practices are the major hindrances to prevent the spread of HIV. **Aims-**In view of this the present study is aimed to assess the awareness of otherwise healthy individuals of the community towards HIV infection/AIDS. **Method-**The study population include 100 individuals aged 18 years and above. Self designed semi-structured questionnaire was used to collect the information. **Results-** The result will be discussed at the time of presentation. **Implications-** There is still lack of awareness present in the society regarding HIV infections/AIDS, those should be addressed for prevention and mode of treatment.

**Keywords:** Awareness, Stigma, HIV Infection/AIDS

## **EFFECT OF ANXIETY ON MOOD STATES AND DEFENSE ORIENTED REACTIONS AMONG ADOLESCENTS**

**Renuka Joshi & Kanchan Yadav**

*Department of Psychology D.A.V. (PG) College, Dehradun, Uttarakhand, India.*

The present study was conducted to investigate the effect of Anxiety on Mood states and Defense oriented Reactions among Adolescents, for which 2x2 factorial design was made. The sample of the study consisted of 100 adolescents, between the age ranges of 14 to 17 years. The randomly selected subjects were equally divided on the basis of high and low levels of Anxiety and gender. For measuring Anxiety, Anxiety scale developed by A.K.P Sinha and L.N.K Sinha (2011) was administered. Defense mechanism Inventory developed by N.R. Mrinal and Uma Singhal (2012) was administered to measure Defense mechanisms of the subjects. The results revealed that, High and low anxiety subjects differ significantly with each other on Projection, whereas, no gender difference existed on Defense Oriented Reactions.

**Keywords:** Anxiety, Mood States, Defense Oriented Reactions, Adolescent

## **INTERVENTION OF PSYCHOLOGICAL CAPITAL: A REVIEW**

**Kahkashan Hashmi**

*Psychometric Laboratory, School of Studies in Psychology, Pt. Ravishankar Shukla University, Raipur*

**Objective:** the objective of the present review is to examine the association between psychological capital and psycho-social functioning. **Method:** 12 Peer reviewed empirical studies on Psychological capital were identified (with inclusion criteria) through the Google Scholar database cover the period from 2006 to 2016. **Result:** Most of the reviewed studies indicated that, psychological capital is positively associated with psycho-social functioning viz. Mental Health, Psychological Wellbeing, Job Performance, Job Performance Organizational Commitment. But, some reviewed studies indicated that, psychological capital is negatively associated with burnout, cynicism, turnover intentions, distributive justice, intentions to quit and counterproductive workplace behaviors. **Conclusion:** The present review concluded that, psychological is significantly correlated psycho-social functioning. The theoretical and practical issues have been discussed.

**Keywords:** Psychological Capital; Psycho-social Functioning.

## **AGGRESSION, STRESS AND COPING AMONG UNIVERSITY LEVEL BOXERS**

**Jitendra Mohan & Kuldeep Singh**

*Panjab University, Chandigarh*

The present endeavor was planned with the aim to find out differences among medal winner boxers, non-medal winner boxers and non-sportspersons on Aggression, Stress and Coping. For this purpose, 300 males (100 medal winner boxers, 100 non-medal winner boxers and 100 non-sportspersons), within the age range of 19-24, were selected from different colleges of Panjab University, Punjabi University, Guru Nanak Dev University and Kurukshetra University as respondents. The Aggression Questionnaire by Buss and Perry (1992), Perceived Stress Scale (PSS) Cohen et al. (1983) and Ways of Coping Questionnaire by Folkman and Lazarus (1988) were used to assess the type of Aggression, level of Stress and type of Coping, respectively, among the sample. One-Way



ANOVA and Scheffe's Post-hoc test were used to assess the differences among the sample. The results showed significant differences among the sample on the variables.

**Keywords:** Passion, Goal Orientation, Aggression, Boxers

## MATHEMATICAL MODELLING AND OBJECTIVE SCORING OF WORD ASSOCIATION TEST FOR AFFECT

**Kuldeep Goyal**

*Defence Institute of Psychological Research, DRDO, Delhi*

Word Association Test (WAT) has been used in the personality assessment, which is a projective technique to measure the thoughts, feelings, emotions or affect. In this test the respondents are given stimulus and ask them to give their responses. The WAT may be used in various forms depending upon the type of stimulus as well as the method and type of responses. The assessment of the personality through this test involves greater amount of subjectivity and there is concern over the reliability and validity of the test. The responses in terms of single word, sentence or a story may be used though the subjectivity increases in this order. This paper explores the mathematical modeling of the measurement using objective scoring by considering more number of responses from the respondent. The measurement of affect is effected by the timing of the response and thus with the passing of time the other factors e.g. cognition comes into picture. The contribution of affect varies with number of response i.e. the third response has less contribution than second response and even lesser than first response. Both, the type of stimulus word and type of responses were coded and A mathematical model along with objective scoring was developed and was used to measure the affect.

**Keywords:** WAT, Mathematical Modelling, Objective Scoring.

## A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE AMONG CUSTOMER TACKLING AND HOUSEKEEPING STAFF OF INDIAN RAILWAYS

**Lovely Gyan\* & Archana Shukla\*\***

*\*Signal & Telecommunication department, DRM Office Lucknow-226001*

*\*\* AIBAS, Amity University Haryana*

**Introduction:** Emotional Intelligence has been identified as one of the paramount behavioral constructs considered to be a major contributor to performance. The awareness about the tenets of emotional intelligence leads to insights into self-regulation and realization of one's optimum potential for better performance. **Objectives:** In the present study an attempt has been made to explore emotional intelligence of railway employees and bring about a comparative analysis of emotional intelligence among customer tackling staff and housekeeping staff of Indian railways. Further emotional intelligence scores were also analyzed to ascertain the gender differences in emotional intelligence among railway employees. **Method:** This was an exploratory study done on 200 railway employees of Lucknow division. The Bar-On EQ-i (1997) is used to measure emotional intelligence. The data was analyzed by SPSS software using descriptive statistics and 2x2 analysis of variance (ANOVA). **Results:** The results show that the customer tackling staff of Lucknow division scored higher than the housekeeping staff. The respondents of customer tackling staff scored better not only on overall score of emotional intelligence but on all the five dimensions of emotional intelligence-Intrapersonal EI, Interpersonal EI, Adaptability EI, stress management EI, General mood EI. Female

respondents scored higher than the male respondents on overall emotional intelligence score, Stress management EI and adaptability scale. **Conclusion:** Keeping in mind, the customer satisfaction, it would be better for railways if all the employees are high on emotional intelligence as the productivity and success of this organization is a synchronized effort of all the employees and cadres. Effective measures can be adopted to improve the emotional intelligence of housekeeping staff of railways.

**Keywords:** Emotional Intelligence, Customer Tackling Staff, Housekeeping Staff, Indian Railway.

## ORGANIZATIONAL ROLE STRESS COPING STRATEGIES FROM TEACHER'S PERSPECTIVE

**Meenakshi**

*Dept. of Social Sciences, Biyani Group of Colleges, Jaipur*

Stress has become the buzz word for today's world. It has become a very common phenomenon now of our routine life, and an unavoidable consequence of the ways in which society has changed. This change has occurred in terms of science and technology, industrial growth, urbanization, modernization, and automation on one hand; and an expanding population, unemployment, and stress on the other. The concept of role stress was introduced by Kahn, et al. (1964) who identified three role stressors (i.e., role conflict, role ambiguity and role overload). In this framework, role conflict included intersender conflict, intrasender conflict; interrole conflict, and person role conflict. According to Vazquez (2001), stress depends on the perceived danger to individual well-being. Since stress is dependent on perception and perception is influenced by personal variables, it can be expected that role stress is dependent on personal variables. Also, role stress is related with job satisfaction (Teas 1983), and job satisfaction is related with personal variables (Asadi, et al. 2008). Hence, role stress should be related with personal variables. The present paper is a glimpse of what the employees believe can be possible means or techniques by which the organizational role stress can be relieved. The present study comprises of college faculties sharing their opinion regarding effective techniques used as stress relievers.

**Keywords:** Stress, Organizational, Role, Effective Technique, Conflict.

## MENTAL HEALTH STATUS OF TREATED PATHOLOGICAL GAMBLERS

**Awadhesh Upadhyay\*, Vandana Sharma\*\* & M. G. Sharma\*\*\***

*\* Dept. of Psychology, Udai Pratap Autonomous College, Varanasi*

*\*\*S.I. Mental & Physical Health Society (SIMPHS), C.33/204-1B, Chandua Chhittapur, Varanasi*

*\*\*\* Dept. of Psychology, Sri Agrasen Kanya Auto. P.G. College, Parmanandpur, Varanasi*

The present study is conducted a sample of 100 pathological gamblers out of these 50 treated and 50 non - treated pathological gamblers were selected for this study, Mithila Mental Health Status Inventory was administered to these groups individually they were matched on the variable of age group 22 to 35 yrs. with a mean age of 28.4 yrs. they had gambled for an average of 6.3 years with a uncontrollable mean length of gambling was 5.7 years. These all subjects were taken from S.I. Mental & Physical Health Society (SIMPHS), Varanasi, India. Treated pathological gamblers had significantly lower on alienation, emotional instability, and social non-conformity and higher on ego centrism and expression.

**Keywords:** Mental Health, Pathological Gamblers, Treatment, Psychotherapy

## MENTAL HEALTH STATUS AMONG MUNDA TRIBES OF RANCHI DISTRICT

Meera Jayaswal

*Department of Psychology, Ranchi University, Ranchi*

Jharkhand state is a new state separated from Bihar. The state is inhabited by 26.21 % tribes scheduled and primitive tribes, such as Oraon, Munda, Santal, Ho, Savar, Paharia, Malpaharia, Santal etc. The present study is based on one hundred Munda tribes. **Objectives:** (a) to study the mental health status among Munda tribes of Ranchi, (b) to examine the impact of place of residence, gender and age of the Munda tribes on their mental health and (c) To find out the suggestions of responds for promoting mental health. **Methodology: Sample Selection and Information Collection-**One hundred Munda tribes were selected from urban and rural areas of Ranchi district. These were equally divided into rural and urban areas using Random Sampling Technique. The sample consisted of 53 male and 47 females. Furthermore, there were two age groups- 30- 44 years (A1) and 45-59 years (A2). Mental Health Interview Schedule was administered on the selected sample. **Results and Conclusions:** The results revealed that 59% of the Munda tribes had low and 41% had high mental health status. There was no impact of gender and age on mental health. Rural Munda tribals have significantly high mental health as compared to urban Munda tribals. The respondents suggested that information regarding mental health should be given and awareness regarding mental morbidity should be disseminated. **Recommendation:** On the basis of the results, it can be recommended that effort to provide positive attitude towards mental health should be done. These will result into high mental health status.

**Keywords:** Mental health, Tribes, Munda, Attitude

## HEALTH PROBLEMS ACROSS THE GROUPS EXPOSED TO TRAUMA

Mohd Amin Wani

*Department of Psychology, AMU, Aligarh*

There is a scarcity of research conducted on the prevalence of traumatic exposure among the Kashmiri population and its effects on their health. This study was designed to ascertain the lifetime trauma exposure in Kashmiri male adults (aged 23-30 years) and elderly (aged 40-50 years) and to compare them on the measure of their general health and its various sub categories. On an average, the data from 64% participants in both groups was assessed. The participants having exposure to almost 6 traumatic events were identified by administering the Brief Trauma Questionnaire (BTQ) developed by Schnurr, Veilhauer, and Weathers (1995). The assessment of their health problems was done by employing the General Health Questionnaire-28 (GHQ-28) developed by Goldberg (1978). 95% of the participants had an exposure to the events of natural disasters followed by 85% (witnessed life threat), 80% (exposed to other life threatening events), 70% (faced the violent death of a loved one), 35% (physically assaulted), and 21% (faced serious accident). The results from 128 participants (including 64 adults and 64 elderly) revealed that there existed a significant difference on the mean score of general health between adults and elderly despite their exposure to the same traumatic events. The significant differences on the mean scores of the sub categories of (GHQ-28; Somatic symptoms, Anxiety/Insomnia, Social dysfunction, and Severe depression) between adults and elderly were also recorded. The effect of trauma exposure was much stronger among adults rather than elderly. On the basis of obtained results for these groups it may be discussed that the younger minds acquire greater degree of stress that leads to develop the problems of ill-health.

**Keywords:** Kashmir, Trauma, Health, Adults, and Elderly.

## RELATIONSHIP BETWEEN DEPRESSION AND SUBJECTIVE WELL-BEING AMONG FEMALE SENIOR CITIZENS

Manasvee Dubey\*, O.P. Sharma\*\* & Riddhima Sharma \*\*\*

\*12, Bajaj Nagar Enclave, Jaipur (Rajasthan)

\*\*Department of Psychology, University of Rajasthan, Jaipur (Rajasthan)

\*\*\*Jaipur Dental College, MV Global University, Jaipur (Rajasthan)

The present study aims at studying the relationship between depression and subjective well-being among female senior citizens. The sample comprised 200 old age women between the age group of 65 years and above in rural and urban areas of district Jaipur (Rajasthan) India. The participants were administered Subjective Well-Being Inventory by Sell and Nagpal (1992) and Beck Depression Scale by Beck et al (1979). A correlational research design was being used. Statistical analysis like Mean, Standard Deviation and Product Moment Correlation were used. The findings revealed that females scored higher on depression than males. Rural female senior citizens scored higher on depression and had poor Subjective Well Being as compared to Urban female senior citizens.

**Keywords:** Female Senior Citizens, Depression, Subjective Well- Being.

## SOCIAL SUPPORT AND FAMILY STRENGTH

Mithilesh Singh

Department of Psychology, Saltanat Bahadu, Post Graduate College, Badlapur, Jaunpur - 222125

The study aimed to elucidate the (i) factor structure of the behavioural measures that would be accounted for the social support (number of available support and satisfaction) correlates of 'family strength' (family cohesion, family adaptability and total sum of all measures FACES (cohesion and adaptability) and (ii) to check the predictability of various facets of FACES 'cohesion', 'adaptability' and total sum of cohesion and adaptability (family strength) by the social support factors (number of available support and satisfaction). Factor analysis applied to decompose the coefficient of correlation matrix between the various measures revealed two factors. The first factor consisted of cohesion ( $r = 0.961$ ), adaptability ( $r = 0.952$ ), and total family strength ( $0.949$ ), of FACES explaining a total of 49.339 % of variance. The second factor consisted of satisfaction factor of social support ( $r = 0.834$ ) and depressive symptomatology ( $r = -0.756$ ) measures; explaining a total of 18.239 % of variance. Taken together, the two factors emerged to explain a total of 67.578 % of variance, and (c) satisfaction as compared to the number of available support factor of social support emerged as the dominant predictor of the various facets of cohesion, adaptability' family strength and depressive symptomatology. The findings have been discussed in the light of the interplay of social support, cohesion, adaptability, family strength and depressive symptomatology.

**Keywords:** Family Cohesion, Family Adaptability, Depressive Symptomatology

## A STUDY OF PATHWAY OF CARE AMONG PATIENTS WITH DISSOCIATIVE DISORDER

Meha Jain\*, Mamta Yadav\*, Reema Sinha\*\*

\* District Mental Health Program, National Health Mission, Lucknow

\*\*Integral Institute of Medical Sciences & Research, Lucknow

**Introduction:** A lot of misconceptions and stigma is attached with psychiatric illnesses especially with dissociative disorder because of which there is a lot of delay in seeking treatment from qualified medical practitioners. People

generally take treatment from faith healers and other unqualified medical practitioners before reaching psychiatrists. **Aims and objectives:** In view of this the present study was aimed to assess the pathway of care among patients with dissociative disorder. **Methodology:** The study was conducted on 50 patients diagnosed with dissociative disorder coming to the Psychiatric OPD, District Hospital, Raebareli & Kanpur. Their responses were taken on self designed semi-structured questionnaire. **Results:** The study is being conducted and the results will be discussed during the presentation.

**Keywords:** Pathway of Care, Dissociative Disorder, Patients

## PREVALENCE OF CHILDHOOD MENTAL DISORDERS AMONG SCHOOL CHILDREN OF KASHMIR VALLEY

Mohd Altaf Paul\* & Waheeda Khan\*\*

\*Department of Psychology, Govt. Medical College, Srinagar, Kashmir

\*\*SGT University, Gurgaon Delhi.

**Background:** Prevalence of mental disorders among children is affected by armed conflict but no such study has been conducted on children of armed conflict in Kashmir. Hence the present study was designed to study the nature, distribution and prevalence of mental disorders across various socio-demographical variables among school children in Kashmir valley. **Method:** The present study employed multi-stage sampling and multi-informant reporting of mental health problems in children. A sample of 1000 school children were taken from twelve schools of Shopian district through systematic random sampling method. Data was collected at different levels of screening by using Strength and Difficulties Questionnaire (SDQ) (Teacher form) and Mini International Neuropsychiatric Inventory (MINI-Kid). Socio-demographic data sheet was included to gather relevant information. Data was analysed by using chi square test. **Results:** The prevalence rates of mental disorders among school children were presented at different levels of screening. It was found to be 27.1% based on SDQ and 22.2% when assessed by MINI-Kid at second level of screening. The most commonly found mental disorders were of anxiety (8.5%), followed by mood disorders (6.3%) and then behavioural disorders (4.3%). **Conclusion:** Percentage of children with mental disorders in Kashmir is much more than in other states of India. The political conflict in the state and lack of mental health facilities give rise to high prevalence rates of mental disorders.

**Keywords:** Prevalence, Socio-demographic variables, Mental Disorders, School Children, Kashmir.

## PSYCHOLOGICAL WELL BEING IN RELATION WISDOM, SATISFACTION WITH LIFE AND COPING AMONG THE ELDERLY

Meena Sehgal & Mitika Kanwar

Department of Psychology, Panjab University, Chandigarh

When physical weaknesses take their toll in old age, psychological well-being acts as a protective factor (Ardelt, 2011). The current study attempted to study the relationship of psychological well being with wisdom and coping. For measuring wisdom, Self Assessed Wisdom scale (Webster, 2007) was used and for measuring coping styles, Coping style inventory by Tobin (1984) was administered. The sample comprised of 100 older adults in the age range of 60–75 years. Results showed a significant positive association between psychological well-being and dimensions of wisdom, namely, life experiences, emotion regulation, humor, reflection and openness to experiences and total wisdom. Similarly, positive association was found between psychological well-being and engagement coping style. No association was found between psychological well-being and disengagement coping style. The

findings of the study can be used for developing mental health programmes for the elderly wherein protective factors such as wisdom and engagement coping style are inculcated among the elderly through several exercises.

**Keywords:** Psychological Well Being, Wisdom, Coping, Old Age

## **NEUROPSYCHOLOGICAL IMPAIRMENTS IN MEN VERSUS WOMEN WITH RIGHT HEMISPHERIC ISCHEMIC STROKE**

**Mona Ranga & Dinesh Chhabra**

*Department of Psychology, University of Delhi, Delhi, India*

**Aim-** The neuropsychological functioning of right versus left hemispheric brain damage patients with ischemic stroke. Objective was to compare the neuropsychological impairments in men and women with the ischemic stroke. **Method-** The sample (n= 10) consisted of patients with ischemic stroke, drawn on the basis of inclusion criteria of established infarct or brain damage confined to the right hemisphere on the neuro-imaging, age above 18 years age. The neuropsychological functions were obtained with the help of AIIMS comprehensive test battery (Hindi) on the clinical scale. The result showed that the men patients with ischemic stroke had higher neuropsychological impairments than women in the clinical scale. The men right hemispheric brain damaged patients had shown higher neuropsychological impairments in the reading functions, writing functions, expressive speech and right hemisphere functions compared to the women patients with right hemispheric brain damage. The neuropsychological impairment of the motor, tactile, visual, receptive speech, arithmetic, memory, intellectual process, left hemisphere, pathognomonic and the total neuropsychological impairments were found to be compensated by the non ischemic region of the contralateral hemisphere, inter-hemispheric and intra-hemispheric region of the brain. The results have implications for the rehabilitation of patients with the ischemic stroke.

**Keywords:** Neuropsychological Impairments, Right Hemispheric Damage, Ischemic Stroke.

## **STRESS: COPING STRATEGIES AND MANAGEMENT**

**Monika Ojaswita**

*Department of Psychology, BRABU, Muzaffarpur, Bihar, India.*

Every person in the world at any moment in everything is related to biasness. There are two types of biasness: positive or negative. If we have positive biasness it is not harmful. When we feel negative biasness, it is very dangerous. It may be any type of bias viz. religious, caste dependent, nationality related and so on. As for example a child knows that Biharis are dirty people. When he sees a Bihari; he does not feel good. His cognition is not ready to accept him to be a good man. Cognition is directly connected to our mental health. Take another example. A lady felt her father very cruel in her childhood. She set her mind that every man is cruel. So we can say that biasness is a changed concept. If a biased man lives with negative-ness, it will change his mental health and it will affect his physiological health. When stress is within your comfort zone, it can help you to stay focused, energetic, and alert. In emergency situations, stress can save your life giving you extra strength to defend yourself, for example, you slam on the brakes to avoid an accident. Stress can also help you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV. But beyond your comfort zone, stress stops being helpful and can start causing major damage to your mind and body. Bias very much affects our mental, physiological, psychological health.

**Keywords:** Stress, Coping Strategies, Cognition, Stress Management.

## **EFFECT OF PRANIC HEALING ON HOPELESSNESS AND LIFE ORIENTATION AMONG ADOLESCENTS**

**O. P. Sharma, Mridula Pal Singh & Deepika Sharma**

*Department of Psychology, University of Rajasthan, Jaipur, Rajasthan, India.*

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 see effect of pranic Healing intervention on hopelessness and life orientation in the participants. 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:** Optimism, Pessimism, Pranic Healing, Intervention, Hope, Satisfaction with Life, Life Orientation Scale

## **STUDY OF STRESS LEVELS IN WORKING AND NON-WORKING WOMEN**

**Muskan Bajaj**

*Deptt. Of Psychology, Panjab University, Chandigarh*

Stress is a very commonly used for petty issues causing worry. It occurs when there is a lack of coping ability in an individual facing a difficult situation. Stress drains not only mental energy but also affects the physical energy of an individual. Literature suggests that stress lead to various health problems, for example, asthma, obesity, headaches, depression and anxiety, etc. The level of stress can vary from person to person and profession to profession. This paper attempts to study stress levels in working and non-working women. For this purpose, a sample of 40 women, 20 working and 20 non-working aged between 31-50 years was selected, **The Perceived Stress Scale (PSS) by Cohen (1983)** was used. *Comparative Analysis* was done and it was found that the stress levels in non-working women were higher as compared to working women.

**Keywords:** Perceived Stress, Working Women, Non-Working Women

## **RESIDENTIAL CROWDING, SOCIAL WITHDRAWAL AND PSYCHOLOGICAL DISTRESS AMONG DORMITORY RESIDENTS**

**Neethu. P. S. & Surendra Kumar Sia**

*Department of Applied Psychology, Pondichery University, Puducherry*

Living in crowded residents cause various negative impacts on the physical and mental health of the elderly. Place attachments are the positive bonds to physical and social settings that support identity, provide other psychological benefits and improve the quality of life. The present study tries to investigate the mediating role of social withdrawal in crowding and psychological distress relationship among dormitory residents. A sample of 256 dormitory residents was randomly taken from Pondichery University hostel dormitories. The result shows that social withdrawal is fully mediating the crowding and psychological distress relationship. Residents in crowded dormitory settings used

social withdrawal as a coping strategy to overcome the distress in crowded settings. The paper also includes some practical implications and recommendations.

**Keywords:** Residential crowding, social Withdrawal, Psychological Distress, Dormitory.

## **A STUDY OF THE DIFFERENCE IN PHYSICAL AND PSYCHOLOGICAL WELLBEING OF MALE AND FEMALE EMPLOYEES WORKING IN GOVERNMENT AND PRIVATE SECTORS EXHIBITING THREE LEVELS OF ORGANIZATIONAL ROLE STRESS**

**Neeti Bisht**

*Maxfort School Dwarka, New Delhi*

A study of difference in Physical and Psychological Wellbeing of 396 male and female employees working in government and private sector exhibiting three levels of organizational role stress was conducted (N= 198 each, age group 25-45 years). The tools used were Udai Pareek's Organizational Role Stress Scale (1986), a self prepared questionnaire for measuring Physical Wellbeing of employees and for measuring Psychological Wellbeing of the employees also a self prepared questionnaire was used. The data was collected from the employees of well known private companies and government organizations such as Infosys, Reliance Telecommunications, Oil and Natural Gas Commission, State Bank of India etc. Three-way ANOVA for Organizational Role Stress, Physical Wellbeing and Psychological Wellbeing of male and female employees working in the two sectors shows a significant main effect for the two sectors and the three levels of ORS but not for the two genders.

**Keywords:** Organizational role stress, Physical Wellbeing, Psychological Wellbeing, Private Sector and Government Sector.

## **NARRATIVES OF INTIMATE-PARTNER VIOLENCE AND CORRELATES AMONG URBAN INDIAN WOMEN: A CASE STUDY APPROACH**

**Nidhi Sobti**

**Aim:** To identify universal themes, significant issues and the distress of urban Indian women experiencing domestic violence by their intimate partners. **Background:** Despite the extremely high incidence of intimate-partner violence (IPV) amongst women and theorization of possible causations, little is known about the real apprehensions, needs, anxieties, inner conflicts, attitudes and perceptions of the victim/survivor. **Methods:** This was an exploratory, cross sectional, qualitative study. Five women from the community in urban Delhi were identified by purposive sampling through a legal aid cell and referrals. In-depth interviews were conducted to determine nature of violence, perceived causes/circumstances, reactions and feelings to the violence inflicted as well as present and future concerns. The Symptom Checklist-90-Revised and the Thematic Apperception Test (Indian version) were also administered to the participants. **Results:** The main findings were that IPV spanned multiple domains impacting the victims in several dimensions and symptom clusters. Their psychological and physical distress, needs and conflicts were not addressed at family, community, social or legal level. Feelings of ambivalence, anger, frustration, high levels of psychological distress, high needs for affiliation, succor and intimacy were revealed; existential anxieties stemming from interpersonal insecurities and apprehension for future were identified. **Conclusions:** These findings increase



our understanding about the impact of IPV on women in terms of its effect upon their level of psychological distress, degree of presence of psychological symptoms, current needs and conflicts as well as present and future concerns.

**Keywords:** Intimate-Partner Violence, Distress, Psychological Symptoms

## STIGMA AND MENTAL HEALTH LITERACY AMONG YOUTH AND ADULT

Nikhil Kumar Das\* & Mala Sharma\*\*

\* Department of Psychology, J S Hindu PG College, Amroha (UP)

\*\*Department of Psychology, Lucknow University

Stigma refers to labeling someone as deviant, different or flawed in some way. Stigma is the prism through which other people judge the individual, discarding or ignoring other statuses or roles the individual might have. Label of mental disorder is stigmatizing. It has been found that both the general public and the mentally ill hold stigmatizing attitudes concerning psychiatric illnesses (Hayward and Bright, 1997). Mental illness stigma (MIS) is negative evaluation of a person as tainted or discredited on the basis of attributes such as mental disorder, drug misuse or physical disability. Mental health literacy is knowledge and belief about mental disorder which aid their recognition, management or prevention (Jorm, 1997). Its different components are, ability to recognize specific disorders or different types of psychological distress, knowledge and belief about risk factors and causes, knowledge and belief about self help interventions, knowledge and belief about professional help available, attitudes which facilitates recognition and appropriate help seeking and knowledge of how to seek mental health information.. **Aim:** the present study aimed at exploring the mental health literacy of young and adults and Stigma related to mental illness. **Sample** consists of 30 young people (22 males and 08 females) in the age range of 18-28 years and 30 adults (16 males and 14 females) in the age range of 36-55 years. Majority of respondents were from urban area and had education above graduation. **Method:** Mental health literacy was assessed using two case vignettes one for depression and another for schizophrenia developed by Jorm. Mental illness stigma was assessed using Mental Illness Stigma Scale (MISS; Day 2007) which consisted of 28 items and has 7 dimensions. **Analysis:** results were analyzed in terms of frequency percentage for Mental Health Literacy. Stigma was measured overall and area wise. Mean difference (t - test) was analyzed for stigma score, overall and area wise. **Results** showed that both the groups have poor mental health literacy. Young and adults do not differ significantly in terms of stigma towards mental health issues and both the groups have average level of stigma.

**Keywords:** Stigma, Mental Illness Stigma, Mental Health Literacy, Youth, Recognition, Professional Help

## A STUDY OF ANXIETY OF INDIA AND UAE SPORTS PERSONNEL

Shyam Lata Juyal\*, Nidhi Sharma\*, Shubham Kirar Suryawanshi\*, & M. Rafiuddin\*\*

\*Dept. of Psychology, KGC, Gurukul Kangri Vishwavidyalaya, Haridwar, India.

\*\*Manager Student Services, BITS Pilani – Dubai, International Academic City, Dubai, UAE

Sports offer participants opportunity for growth, a chance to push back personal boundaries, and means by which to liberate the body and mind. The purpose of this study to determine the significance of sports in managing anxiety of Indian & UAE sports personnel. The total sample comprised of 320 participants, 160 participants selected from India and 160 from UAE in the sample. Each group of 160 divided into two groups 80 were sports personnel and 80 non sports personnel selected for the study, further bifurcated them into gender in equal numbers (40 girls and

40 boys). For assessing the State Trait Anxiety of the participants we administered State Trait Anxiety Inventory on them which is constructed and standardized by Spielberger (1983). Results revealed that sports personnel of UAE possess more state and trait anxiety in comparison to Indian sports personnel. Indian sports personnel showed less state and trait anxiety in comparison to non-sports personnel. As far as gender, Indian girls & boys both indicated the same trend as compare to non sports personnel whereas there are no significant differences found to be in UAE sports personnel in comparison to their counter group. Results assured that sports play a significant role for managing anxiety of sports personnel of both the countries.

**Keywords:** India, UAE, Sports Personnel, Non Sports Personnel, State and Trait Anxiety.

## QUALITY OF LIFE AND STRESSORS AMONG PARENTS OF CHILD WITH AUTISM SPECTRUM DISORDER

**Nidhi Gupta**

*Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida*

Autism spectrum disorders (ASD) are neuro-developmental disorders which are characterized by qualitative deficits in areas of reciprocal social interaction, verbal and non-verbal communication, and a preference for repetitive, stereotyped behaviours and interests. Raising a child with Autism Spectrum Disorder can be a challenging task and an overwhelming experience for parents. The problematic behaviour of children with ASD influences parenting demands and parenting control. Parents are prone to experience stress and that may affect their quality of life. Most studies on ASD have focused on children's problems and have ignored the mental health needs of parents. The present paper presents a review of studies examining the various sources of stress and the impact it has on the quality of life of a parent of a child with ASD. A review of studies indicates that pervasive and severe deficits often present in children with ASD may lead to a plethora of difficulties in parents, including decreased parenting efficacy, increased parenting stress, and an increase in mental and physical health problems. Further studies support the notion that parental health related quality of life is negatively influenced by their child's ASD. Parents and caregivers are sometimes referred as secondary patients and thus it is important to recognize their mental health needs and provide appropriate intervention in order to improve their quality of life.

**Keywords:** Autism Spectrum Disorder (ASD), Stereotyped Behaviours, Quality Of Life, Parenting Stress, Mental Health

## A RANDOMIZED, CONTROLLED TRIAL OF COGNITIVE BEHAVIOR THERAPY AND ACCEPTANCE & COMMITMENT THERAPY FOR GENERALIZED ANXIETY DISORDER

**Pallavi Raj**

*Department of Clinical Psychology, Institute of Mental Health and Hospital, AGRA*

**Background:** Acceptance and commitment therapy (ACT) and Cognitive behavior therapy (CBT) researchers carry assumptions about the characteristics of these therapies, and the extent to which they differ from one another. **Aim & objectives:** This study examines the proposed differences between ACT and CBT for Generalised anxiety disorder, including aspects of treatment components, processes, and outcomes. Cognitive behavior therapy (CBT) is an empirically supported treatment for anxiety disorders. However, not all individuals maintain their gains over the long-term. Thus, alternative treatments are needed. **Methods:** The current study (N=30) was a 3-arm randomized clinical trial comparing Cognitive Behavior Therapy (CBT), Acceptance and Commitment therapy (ACT), and a

control group in participants with a ICD 10 diagnosis of Generalised Anxiety Disorder. Participants completed 12 sessions of CBT or ACT or a 12-week waiting period. All participants completed assessments at baseline and post-treatment assessment was done after completion of the therapy sessions including control group. Assessments consisted of self-report measures and clinician ratings. **Result:** Both the treatment groups outperformed the control group, with no differences observed between CBT and ACT on post assessment. **Conclusion:** Overall improvement was similar between ACT and CBT, indicating that ACT is a highly viable treatment for anxiety disorders as CBT.

**Keywords:** Acceptance and Commitment Therapy, Cognitive Behavior Therapy, Generalised Anxiety Disorder.

## **A STUDY OF TEACHER-RATED BEHAVIOUR OF SCHOOL CHILDREN**

**Nupur Shree, Narsingh Kumar & T.B Singh**

*Department of Psychology, Central University of South Bihar, Patna*

**Background-** Mental Health has been defined in numerous ways. During childhood this simply means reaching emotional and developmental milestones, learning healthy social skills and how to cope up with the adjustive demands of this age. Mental health problems in children are closely interlinked to Children's normal pattern of development, their academic success and their overall adjustment or social adaptability. **Aim-** To study classroom behaviour of school children based on the reporting of teachers to ascertain number of problems at this stage. **Materials and Methods-** A representative sample of school children (N=100) in the age range of 7 to 9 years in which there were 50 from private school and 50 from government school were randomly selected. The students were rated by teachers on 'Rutter's Behavioural Scale (B2) for children'. Those children, who scored above the cut-off point of a score of 9, were considered as potential cases. **Result-** Observations reported are based on teachers rating of studied children's behaviours. For the purpose most frequently and less frequently reported items followed by problems reported in the whole sample group are discussed in the paper.

**Keywords:** Mental Health, Children's Mental Health Problems.

## **A STUDY OF PREVENTIVE HEALTH BEHAVIOR AMONG SABAR PRIMITIVE TRIBE IN JHARKHAND**

**Nityananda Shaw**

*University Department of Psychology, Ranchi University, Ranchi*

**Objective-** The present study aims to find out the preventive of Health behavior among Sabar primitive Tribes dwelling in East Singhbhum District of Jharkhand. **Method-** Two hundred (200) Sabars were selected by stratified random sampling. The stratification was based on two factors of place of residence (Urban and Rural) x and two factors of gender (Male and Female). Thus there were four strata. From each stratum, 25 Sabars were selected randomly. On the selected sample of Sabar tribe, Health Behavior Scale was used. **Results-** The results revealed that the preventive health behavior was high and low among 42 % and 58% Sabar primitive Tribe. Sabar primitive Tribe of Urban area shown more preventive health behavior (56%) than Sabar lived in rural area (28%). Male Sabar shoed more preventive health behavior(60.4 % ) than Female Sabar ( 25 % ). **Conclusion-** Hence it can be concluded that urban respondents were practicing more preventive behavior than rural ones and male were practicing more preventive behavior than female ones. **Recommendation-** On the basis of findings it can be recommended that there is need of promoting health awareness program among rural and female sabar primitive tribes This will result into their improved health status.

**Keywords:** Preventive Health Behavior, Primitive Tribe

## A COMPARATIVE STUDY OF FIELD INDEPENDENCE WITH REGARD TO LEVEL OF DEPRESSION AMONG COLLEGE STUDENTS

Niyati Garg\* & Vandana Sharma\*\*

\*Meerut Institute of Engineering and Technology, Meerut, India.

\*\*Department of Psychology, S.D. (P.G.) College, Ghaziabad, India.

**Objective:** Field independence is a cognitive style where the person relies on internal cues and will disregard deceptive cues from the external world. The objective of the study was to compare high field independent and low field independent graduate students with regard to their level of depression. **Method:** The sample of the present study consisted 178 graduate students (89 students with high field independence and 89 students with low field independence) studying in an engineering college located in Meerut city, India. Spiritual intelligence scale by Dr. T. Singh, A. Singh and B. Kaur was used to measure field independence and C.M.I. health questionnaire by N.N. Wig, D. Pershad, and S.K. Verma was used to measure depression. For the statistical analysis of the data, t-test was used to compare two groups. **Result:** It was observed those higher field independence groups have scored lower on depression ( $p < .05$ ) in comparison to their counterparts. Lower scores reflect less depression. **Conclusion:** Result showed that students who have high field independence were found to be less depressed.

**Keywords:** Field Independence, Depression, Cognitive Style, Spiritual Intelligence

## MENTAL HEALTH PROBLEMS IN CHILDREN AND CHILD REARING PRACTICES: AN ASSESSMENT OF KNOWLEDGE AND ATTITUDE OF PEOPLE

Amrutha N. V. & Pravin Kumar

IIT Mandi, Kamand, Himachal Pradesh-175005

Researches show that half of all lifetime cases of mental health problems begin in the early stage of life and the changes in the body leading to mental health problems start much earlier before any symptoms appear. It is not easy for parents to identify mental health problems in children, as they are different from adults in their experiences of physical, mental, and emotional changes. For the identification of mental health problems we have to consider how well a child functions at home, at school, within family, with peers, in addition with the child's age and symptoms. Thus the major thrust of this study is to understand the relationship between knowledge and attitude of parents regarding mental health problems in children and how it contributes to their child rearing practices. Focus group discussion has been used to collect data for this study and the preliminary analysis of the data shows that there is a high and positive correlation between knowledge and attitude of parents and their child rearing practices. Final analysis and results of the study will be presented in the conference.

**Keywords:** Mental Health Problems, Child Rearing Practices, Knowledge of Mental Health Problems, Attitude towards Mental Health Problems.

## LIFE EVENTS AMONG HIV DISCORDANT COUPLES

Nupur Tayal & Subhasis Bhadra

\*Department of Psychology, Gautam Buddha University, Greater Noida, Uttar Pradesh, India

\*\* Department of Social Work, Gautam Buddha University, Greater Noida, Uttar Pradesh, India

**Background:** In India the HIV discordant couple's life is full of multiple events that are quite stress producing. HIV itself is a disease status that causes serious stress as a negative life event for a person and in his/her couple relationship, in family and society. A thing those cause stress are called stressor and a situation in life which causes stress is called a life event. HIV discordant couples facing life event means a lot of events that are continuously threatening their well-being. **Objective:** This study is to explore the life events and stress among HIV discordant couples. **Method:** Demographic information and questionnaire Presumptive Stressful Life Event Scale (Singh et. al., 1984) was used to collect data on a sample of 100 HIV discordant couples (200 individual respondents) by convenient sampling from three states Delhi, Punjab and Haryana. **Results:** The analysis showed that 144 respondents have faced some or other events and faced 3.16 number of life events on an average, with stress of 79.26% in the last year. Financial loss or problem (57) is found to be mostly reported event followed by major personal illness or injury (41) and further many other events are reported that are mostly identified as unanticipated, undesirable and very much personal. 'Financial loss' produced 90.70% of stress on an average, where as 'self and family member un-employed' produced 89.41% of stress reported by 32 respondent. The stressors are mostly from the financial and health related issues among the HIV discordant couple showed the poor financial condition and lack of accessibility of health support systems by them. **Conclusion:** The HIV discordant couples face a large number of life events and face a lot of marginalization and stigmatization that needs adequate psychological support at the individual, family and community levels.

**Keywords:** HIV, Discordant Couple, Life Event, Poverty, Desire of Child, Infection

## THE HEALTH STATUS OF WOMEN IN INDIA: AN OVERVIEW OF MENTAL AND PHYSICAL HEALTH

Nitu

University Dept. of Psychology, Ranchi University, Ranchi

Health status is defined as a state of complete physical, mental and social well-being. It is essential for quality of life and the social, economical and human resources developments. Physical health and mental health both are inter-related. The half population of a country is belongs to women, so women's health is the important part for any country. Females are more predisposed to mental disorders and physical health problems. Women's health is affected adversely by gender discrimination, social exclusion, and gender disadvantage like marrying at young age, concern about the husband's substance misuse habits, rapid social change and domestic violence. Divorced and widowed women are at slightly elevated risk of mental disorders. Women's health is a systematic problem because of high mortality rates during childhood and reproductive years. Son preference along with highly dowry costs for daughters, sometimes results in the mistreatment of daughters aggravate the problem, and because of this daughters are neglected for the health care facilities most of the times. It is found that poorer women are more likely to suffer from adverse life events and to have chronic illnesses. Mental and physical health of Indian women is worse in rural area as compared to urban area. Women's health in India needs sincere efforts by the government and the community for improving the quality of life of women.

**Keywords:** Physical Health, Mental Health, Domestic Violence, Gender Discrimination, Maternal Mortality Ratio

## TO STUDY THE IMPORTANCE OF RELATIONSHIP DIMENSIONS, PERSONAL GROWTH AND SYSTEM MAINTENANCE OF FAMILY ENVIRONMENT IN WELL BEING OF YOUTH

Nisha Phakey, Karishma & Krishan Kumar

*Institute of Mental Health, Pt. BD Sharma University of Health Sciences, Rohtak*

**Background:** A family is a primary group which requires “people who are intimate and have frequent face to face contact with one another, have norms in common and share mutually enduring and extensive influences”. Wellbeing (Deiner,2009) is defined as the general evaluation of one’s quality of life. The concept has been conceptualised as the three components:- 1. A cognitive appraisal that one’s life was good. 2. Experiencing positive levels of pleasant emotions. 3. Experiencing relatively low levels of negative moods. In view of the previous researches adaptive family functioning (family cohesion, positive communication, parental involvement) is negatively related to behaviour problems and it also act as protective or risk factors for well being. The purpose of the present research was to examine to study the importance of Relationship Dimensions, Personal Growth and System maintenance of family environment in well being of youth. **Aims & Objectives:** To examine the relationship of Relationship Dimensions, Personal Growth and System maintenance of family environment and well being. **Material & Method:** Sample comprised 200 adolescents within age range of 16-20 years. Participants were selected randomly from different schools and colleges of Ludhiana District. Assessment was done using PGI General wellbeing (S.K. Verma and Amita verma, 2000) scale and Family Environment Scale (form r) (by MOOS and MOOS, 1994). **Results:** will be discussed during the conference.

**Keywords:** Personal Growth, Family Environment, Wellbeing, Relationship Dimension

## FAULTY COGNITIONS AND ITS IMPACT ON HEALTH

Parul Kathuria

*Amity University Gurgaon, Pachgaon, Haryana*

In this fast paced life, stress is inevitable. Long working hours, targets, late night work and studies, pressure and amount of work and many other factors take a toll on students’ lives. It affects not only their physical health but mental health as well. Many factors may be underlying behind this state but a body of research show strong roots in our thinking patterns and cognitions. When a person suffers with psychological distress, the way in which they interpret situations becomes skewed, which in turn has a negative impact on the actions they take. In other words, thinking patterns largely affect ones mental health, the way he/she mentally represent the world, engage in solving out problems have a large impacts on one’s health leading to issues such as Anxiety and Depression. **Objectives** -The objective of the study is to identify the faulty or irrational thinking pattern that affect an individual’s health and finding out role of cognitive Behaviour therapy (in replacing the negative thoughts with the positive ones) in improving health issues. **Method**-A sample of 60 college going students were collected using random sampling technique from Amity University, Haryana. Significant results were found using statistical analysis.

**Keywords:** Faulty Cognitions, Mental Health, College Going Students, Cognitive Behaviour Therapy

## IMPACT OF POSITIVE BODY IMAGE IN GENERAL HEALTH AMONG URBAN ADULTS: A MIXED METHODS STUDY

Pankaj Jain & Gyanesh Kumar Tiwari

*Department of Psychology, School of Humanities & Social Sciences,  
Doctor Harisingh Gour Vishwavidyalaya, Sagar, 470003, M. P., India*

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. It is not only limited to how he/she looks but also that how he/she is feeling. Basically, there are two type of body image, first is perceived body image (how he/she perceives his/her body) and second is ideal body image (how he/she wants to look like). **Objective:** The chief aim of the study is to assess the impact of positive body image on general health of the urban adults. **Methods:** Sixty seven male and female students with age ranging from 20 years to 30 years pursuing their undergraduate and postgraduate programmes participated in the present study. The study was conducted in two phases using explanatory research design, a form of the mixed methods design. It uses quantitative study followed by qualitative study. In the first phase of the study, the positive body image and general health were measured by two distinct standardized psychological tools. **Result:** The female participants exhibited higher mean scores on positive body image and general health measures as compared to their male counterparts. **Conclusion:** Due to enhanced awareness and globalization, Indians also have become particular about their body image which has resulted in strong socialization in the Indian community favoring adolescents and adults for ideal shape of their body.

**Keywords:** Body image, Body appreciation, Body satisfaction, personality, self esteem, culture, cognition.

## SITUATIONAL JUDGEMENT TEST OF AFFECT: RELIABILITY TESTING

Nity Sharma & Y. K. Nagle

*Defence Institute of Psychological Research, DRDO, Delhi, India*

Situational judgment tests (SJTs) are psychological measures that present test takers with hypothetical situations reflecting the constructs to be assessed. SJTs can be used to assess a variety of constructs that may be interpersonal (e.g., communication, teamwork), intrapersonal (e.g., emotional stability, adaptability), or intellectual (e.g., technical knowledge, continuous learning) in nature. However, limited research has been done in assessment of affect by means of SJTs and establishment of its psychometric properties. The concept of affect is inclusive of all the emotional and motivational processes and states. More specifically the term is used as equivalent to emotion. The present study is an attempt to assess affect through development of Situational Judgment Test. A four phase study was conducted on college-going population in the age range of 18 to 25 years. Phase I consisted of preparation of preliminary form of 96 items following inductive and deductive approach of test development. Preliminary Try-out was carried out (N=250) in Phase II of the study. On the basis of feedback obtained from the target population, selection of items was done for preparation of final form in Phase III. The final form of the test was administered (N=358) in Phase IV of the study for establishing reliability. The data was analyzed for descriptive statistics, mean, standard deviation, cronbach's alpha and split-half reliability. Internal consistency reliability coefficient for the test ranges from .50 to .65. Results of reliability estimates suggest that SJT-A could prove to be a viable measure for assessment of affect after establishment of its validity.

**Keywords:** Situational Judgment Test, Affect, Assessment.

## A PRIMARY TRY OUT FOR TAKING CARE OF MENTAL HEALTH OF MEDICAL ENTRANTS

Niharika Arora\*, Rani Srivastava\* & Varun Malhotra\*\*

\*Deptt. of Clinical Psychology, Santosh Medical College, Ghaziabad

\*\*Deptt. of Physiology, Santosh Medical College, Ghaziabad

**Background:** Initial exposure of the students to the Professional Institutes specifically Medical Colleges can be stressful because they can easily make students anxious while trying out to juggle school work, friends and family in order to figure out the future of their life. Most of them bounce back. Students head off to college with excitement and anticipation, a certain amount of anxiousness, stress and change in personality are expected. However for some students it can become troublesome and overwhelming. **Methodology: Aim:** The present study aims to assess stress, anxiety and personality of medical entrants. **Objective:** The main objective is to identify initial specific behavioural characteristics among new comers when they join the medical profession in order to support them if they face difficulty. **Material & Methods:** A sample of 40 medical entrants was taken up for this study, consisting of 20 girls and 20 boys. They were administered Sinha Anxiety Scale, Stress Reaction Checklist and Eysenck Personality Questionnaire to assess their level of anxiety, stress and their personality dimensions respectively. **Results:** The results have indicated various significant findings in relation to dimensions of personality, level of stress and anxiety. **Implications:** The study is helpful not only to identify the student's psychological difficulties rather the measures would be taken up to handle their difficulties by providing a sustained support throughout their training.

**Keywords:** Medical Entrants, Personality, Stress, Anxiety

## THE RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLE AND PERSONALITY OF YOUNG ADULTS

Pereira., K., & Jasmine, E.

*Indian Institute of Psychology and Research*

**Introduction:** Parenting is a foundation lead by parents to guide their children through the journey of life. The personality of the child and parenting styles together nurture an adult to face various challenges in the world which this paper expresses. In the present paper parenting style is understood through Perceived Mother Permissive, Perceived Mother Authoritarian, Perceived Mother Authoritative, Perceived Father Permissive, Perceived Father Authoritarian and Perceived Father Authoritative. Perceived Parenting style is the child's perception of their parent's behaviour. Additionally personality traits are defined in accordance to Eysenck's Model who defines personality in the context of three dimensions of Psychoticism, Extraversion and neuroticism. **Objectives:** The aim of the present study was to study The Relationship between Perceived parenting style and the Personality of Young Adults. **Design and Methodology:** A correlational research design was used with a sample of 100. The tools for assessment for the purpose of this study were The Parental Authority Questionnaire (PAQ) (Buri, 1991) consisting of Father and Mother forms and The Eysenck's Personality Questionnaire- Revised (EPQ-R) (Eysenck's 1991) consisting of Psychoticism, Extraversion, Neuroticism and Lie score. The statistical analysis utilised to discuss the findings are Independent Sample t-test, Pearson's Product Moment Method. Subsequently, additional data was accumulated through the statistical measures of Multiple Regression. **Conclusion:** The study reveals that a significant relationship was found between perceived parenting style and personality dimension. Also, there were differences observed between males and females in perceived parenting styles as well as personality traits of young adults. Multiple



Regressions indicated that parenting styles significantly predicted personality dimensions of psychoticism, extraversion and neuroticism.

**Keywords:** Perceived Parenting, Personality, Permissive parenting, Authoritarian Parenting, Authoritative Parenting, Psychoticism, Extraversion, Neuroticism

## **THE NEUROPSYCHOLOGY OF JUVENILE OFFENDERS: DIFFERENCE BETWEEN VIOLENT AND NON-VIOLENT OFFENDER**

**Pooja Tomar, R. K. Tripathi & R.K Sokhi**

*Recruitment and assessment centre, DRDO Timarpur, Delhi*

Evidence regarding neurological correlates of violent offending, which might enhance the understanding, research, and treatment of these offenders, is rather emerging or in the embryonic stage. In this study, our main objective is to identify specific executive functioning (EF) processes that are commonly impaired in violent and non-violent offenders, and to further determine whether these differ as a function of offender subtypes. While several EF processes have been investigated, the available evidence implicates deficits in cognitive flexibility and inhibition of interference as commonly reported among non-violent offenders in comparison of violent offender. This finding may be due to the sensitivity of tests of cognitive flexibility (e.g. the Wisconsin Card Sorting Test) and inhibition of interference (e.g. the Stroop Test) to frontal lobe lesions. This study was performed to quantify the association between violent offender and non-violent offender performance on executive functioning (EF) measures. A total of 40 juvenile offenders were participated as subject in the present study, further divided in two groups i.e. violent and non-violent offender on the basis of their committed crime. To see the difference on performance of two groups participated in the study, “t” test analysis was carried out. The findings of the t analysis on WCST showed that violent offenders differed significantly from non-violent offending group and have better planning and EF as compared to non-violent. The better performance by violent offenders on executive functioning can be attributed to the notion that these offenders have better understanding of after effects of the crime, so they make their decision according to rational choice theory. Moreover this group has better planning and executive functioning. Cognitive impairments in violent and non-violent offenders were not specific to EF. Other methodological issues in the research literature and implications of the study results are discussed and directions for future research are proposed.

**Keywords:** Juvenile, Violent Offender, Crime, Executive Functioning, Response Inhibition, WCST, Stroop Test.

## **AN EXPLORATION OF WORKAHOLISM AND WORK-ENGAGEMENT IN RELATION TO EMPLOYEE WELL-BEING MENTAL HEALTH AND PSYCHOLOGICAL WELL-BEING OF CLINICAL PSYCHOLOGY TRAINEES**

**Vishal Kr. Gupta\* & Pradeep Kr. Gupta\*\***

*\*Institute of Human Behavior and Allied Sciences (IHBAS), Delhi*

*\*\* Dept. of Psychology and Mental Health, Gautam Buddha University, Greater Noida*

Mental health is a positive concept related to the psychological, social, and emotional well-being of individuals. It generally relates to the enjoyment of life, ability to cope with stresses and adversity, the fulfillment of goals and potential, and a sense of connection to others. One’s mental health can be affected by a number of factors including social, personal and professional demands. Health professionals are likely to experience stress and burnout due to

their work demand, and work related stress. Some evidences suggest that mental health professionals like other health professionals are susceptible to experience high level of stress during their training. The present study aimed to examine mental health and psychological well-being of mental health trainees. A total of 60 participants were selected in the sample and divided into 3 groups. The first two groups consisted of clinical psychology trainees ( $n_1=20$  1<sup>st</sup>yr,  $n_2=20$  2<sup>nd</sup>yr) from different mental health institutes. The third group served as a control group and comprised of 20 college students. Their mental health was assessed using Mental Health Inventory (MHI). The results of the study indicated that clinical psychology trainees experienced higher level of anxiety, depression and distress in comparison to college students. In addition to experiencing high negative emotions, they also showed lower level of general positive affect. Findings of the present study suggest that clinical psychology trainees are at risk for elevated level of stress and mental health problems during their training. Trainee's poor mental health can negatively impact their personal and professional functioning which in turn may result in less than optimal standards of care for clients. The study suggests there is a need to focus on trainee's mental health and inculcate stress management in clinical psychology training in order to enhance personal and professional efficiency.

**Keywords:** Mental Health, Psychological Well-Being, Clinical Psychology, Distress, Anxiety, Depression, Positive Affect, Stress Management.

## **QUALITY OF RELATIONSHIP AND MARITAL HAPPINESS: A STUDY OF HOUSE WIVES AND WORKING WOMEN OF JAMMU DISTRICT**

**Probhjot Kour**

*P.G Dept of Psychology, University of Jammu, Jammu*

“The quality of our life is influenced by the quality of our relationship”. It is not the number of family members or friends but the quality of relationship that sustain us. Family life and marital happiness in particular are known as predictors of overall quality of life. However, recent research has highlighted that the presence of caring relationship and the experience of marital happiness contribute to the quality of relationship in a person's life. The present study used intrapersonal approach and aimed to determine the quality of relationship and marital happiness in a sample of working women and housewives of Jammu city. The sample for the study consists of 100 married women, out of which 50 were house wives and 50 were working women and data collection was done through Marital Happiness Scale by Mishra (1991) & Quality of Relationship Scale by Pierre et al (1991). The study reveals significant differences among scores in varied dimension of quality of relationship scale like relation satisfaction, commitment, intimacy, trust, love, and sexual excitement. Housewives scored higher in all these above mentioned dimensions. Further, results revealed that majority of the married women on the whole have moderate level of marital satisfaction owing to the various factors of married life. Findings acknowledge more desirable perceived life quality and marital satisfaction for married women

**Keywords:** Quality of Relationship, Marital Happiness

## **DEPRESSION AND SUICIDAL RISK AMONG FEMALE HOSTELLERS**

**Preti**

Depression is one of the four major diseases in the world and is the most common cause of disability from diseases. Depression among university students is extremely prevalent and widespread problem across the country. Students are a special group of people that are enduring a critical transitory period and can be one of the most stressful times

in a person's life. Trying to fit in, maintain good grades, plan for the future, and be away from home often causes anxiety for a lot of students. As a reaction to this stress, some students get depressed. They may cry all of the time, skip classes, or isolate themselves without realizing they are depressed. Previous studies reported that depression in female students is noted around the world and the prevalence seems to be increasing: Suicide is the third leading cause of death among 15-to-24 year olds. College campuses represent an important point of intervention for the prevention of suicide for many young adults (Muehlenkamp, Marrone, Gray & Brown, 2009). Dogra, Basu and Das (2008) found that except stressful life events, other predictor variables, i.e., personality, presence of meaning in life, reasons for living, contribute significantly to suicidal ideation. **Methodology:** Total 40 students have been taken for the present study. Tools used: PHQ-9 (Patient health questionnaire Developed by Drs. Robert L. Spitzer et al 1999) was administered on students to assess depression. A self constructed Risk assessment behavior -9 was administered to assess the suicide risk behavior in students. **Results:** Will be discussed further.

**Keywords:** Depression, Suicide, Student

## **METACOGNITION AND LEARNING DISABILITY: IMPLICATION FOR INTERVENTION**

**Pradeep Kumar Gupta**

*Department of Psychology and mental Health, Gautam Buddha University, Greater Noida*

Children with learning disability (LD) experience persistent difficulties in learning to read, write or perform mathematical operations despite normal intelligence, conventional schooling, intact sensory system, adequate motivation and learning opportunity. Learning problems of children with LD can be improved to some extent through intervention. Most interventions designed for learning disability are based on ability deficit hypothesis which assumes that children with LD lack certain cognitive ability and repeated presentation of such stimuli will strengthen their ability and consequently will result in improved performance on learning task. Such approach to intervention failed to demonstrate the relationship between LD student's ability deficit and their academic problem and thus proved inadequate. The finding of studies that children with LD don't differ from normal children in cognitive ability instead they fail to apply appropriate strategy, suggest that intervention should facilitate strategy formation in order to ameliorate learning problems. Making children aware of their cognitive processes through metacognition enables them to become more strategic in learning. Metacognition is a higher order of thinking which involves one's knowledge about one's own cognitive processes and active control over it during learning. There is growing interest in applying metacognitive principles in the field of learning disability. The current paper discusses case studies and presents a review of studies investigating the effect of metacognitive intervention on academic skills in children with learning disability. Though some evidences suggest that metacognition plays crucial role in learning and is a strong predictor of academic success, the effectiveness of metacognitive intervention in LD need to be established by future researches.

**Keywords:** Learning Disability (LD), Metacognition, Intelligence, Ability deficit hypothesis, Cognition, Intervention.

## AN EXPLORATION OF WORKAHOLISM AND WORK-ENGAGEMENT IN RELATION TO EMPLOYEE WELL BEING

Pooja Thakur & Meena Sehgal

*Department of Psychology, Panjab University, Chandigarh*

Work is a means of channelizing one's energy productively. It allows the expression of creativity and keeps one mentally and physically sound. However, it is important to understand different types of work related behavior like workholism which is defined as working excessively and compulsively and work-engagement that has been defined as a positive work related state of mind. This distinction also calls for the study of these two concepts in relation to employee well-being. The present study was conducted with the aim to study the relationship of workaholism and work-engagement with different aspects of employee well-being viz. mental health, perceived health status and satisfaction with life. A sample of 200 private sector employees was randomly selected for the study. They were administered Work Addiction Risk Test (WART; Robinson, 1999), Utrecht Work Engagement Scale (UWES; Schaufeli, 2002), WHO measure of Mental Health (Wig, 1999), Satisfaction with Life Scale (Diener et al; 1985) and a 10 point rating scale to assess the perceived health status. Correlational analysis clearly indicated a negative relation between workaholism and employee well-being and a positive relation emerged between work-engagement and well-being. The results of the study highlight the need to distinguish between these two seemingly related but different concepts.

**Keywords:** Workaholism, Work-addiction, Work-Engagement, Mental Health, Satisfaction With Life, Perceived Health

## NEUROPSYCHOTHERAPY AS EMERGING HEALTH CARE INTERVENTION: A LITERATURE REVIEW

Prakriti Gupta & Pratima Kaushik

*Amity Institute of Psychology & Allied Sciences, Amity University, Noida.*

**Background:** The nascent field of Neuropsychotherapy is underpinned by evidence based practice which utilises a biopsychosocial model of therapy to aid clients experiencing from wide range of biological, psychological and social challenges. The focus of the present paper is to provide a summary of the existing literature on efficacy of neuropsychotherapy in dealing with psychological disorders and rehabilitation. **Objective:** Through the literature review the objective is to highlight the contribution of neuropsychotherapy as an emerging psychological health care intervention in rehabilitation and health care settings. **Method:** Relevant evidences were collected from books, reports, research findings and existing literature reviews across nations from 1973 to 2016 and was further analysed and reviewed. **Result:** The findings were discussed in the light of previous research in the literature which throws light on the effectiveness of neuropsychotherapy in producing promising results with cases like anxiety, depression, post traumatic, addiction, ADHD, seizure, pain management and neuropsychological rehabilitation. **Conclusion:** Neuropsychotherapeutic approach has proved to be efficient not only in dealing with the recovery of altered brain functions but also aids in the management of psychological and emotional suffering thereby ameliorating individual's overall functional capacity by managing experiences of loss and promoting well-being thus, neuropsychotherapy is an effective health care intervention.

**Keywords:** Neuropsychotherapy, Psychological Disorders, Health Intervention, Rehabilitation.

## **GAYATRI MANTRA: ITS POSITIVE EFFECT ON WELL BEING (ACCORDING TO BHAGWAT GITA GLIMPSE OF LORD KRISHNA)**

**Priyanka Saraf**

*G.D.Goenka Public School, Sector- 9, Rohini, New Delhi 110085*

Increasing westernization and advent of internet produced ‘Cultural Orphans’ or people who are unable to relate their own culture, face an identity crisis, your child can probably rattle off the names of his favorite comic character, but can he chant a single prayer from his culture? Child may not enjoy the chanting prayer or singing any devotional songs now, but as he grows up, he always cherish those moments, he spent with all, in the lightning of diyas and prayers of every festivals or occasions. Gayatri mantra is prayer to God “May Almighty illuminates our intellect and inspires us towards the righteous path”. In “Gita” chapter 10<sup>th</sup> Verse 35 God Krishna said-”I am Gayatri among all Mantras” Just as the specific pattern of controlled wind-flow through the holes of Flute produces specific sonorous tune, likewise the vibration include by the repeated rhythmic chanting of a specific mantra, generate specific pulsation of ‘prana’ and stimulate the extrasensory energy nuclei in the body accordingly. The nerve connected with the components of vocal cord, tongue, palate and fingers used in the recitation of mantra have more than 60% representation in the ‘Cerebral Cortex’ and the Bioelectrical currents generated by excitation of the nerve cells complete one “neuronal cycle” per recitation and activate the brain with fresh energy. The pre-eminence of the Jap of Gayatri mantra lies in unique intellectual, emotional and spiritual effects, in addition to other soul elevating effect of mantra, contains the essence of divine knowledge and wisdom, even in literal translation (given above) implies a prayer for well being of the world.

**Keywords:** Gita, Gayatri Mantra, Well Being, Positive Effect.

## **PERSONALITY FACTORS AND SUBJECTIVE WELL BEING: A STUDY AMONG POST GRADUATE STUDENTS OF PSYCHOLOGY**

**Rajashree Kapure**

*H.P.T. Arts & R.Y.K.Science College Nasik*

Since the start of the 21<sup>st</sup> century we psychologists and also many thinkers of this science are busy in asking question such as what is right about people rather than the age old question about what is wrong with people? Which were pointing only about the weaknesses and pathologies? The former question pinpoints over the approach of positive psychology which is the scientific and applied approach to uncovering people’s strengths and promoting positive functioning. After modern era of industrialization and modernization many studies and researches as well as practical applications were made to cure the pathos of life but the later missions were forgotten that is making the lives of all people better and nurturing the talent. Through a variety of research and working on a medical model on personal weakness and on the damaged brain has leded the mental professionals to do effective prevention. Certainly they have worked over the concept of human strength and virtue. Present study tries to focus on relationship among personality factors and subjective well being or a common term for the concept SWB as happiness. Sample in the present study were consisted of both female and male college going students and studying their masters in psychology at first and second year. Sample consisted of 26 female and 6 male students in the age group of 20 to 55 years from Nasik city. Tools used were NEOFFI standardized scale and subjective well being Inventory (Dr.H. Sell and Dr.R.Nagpal, online version). The results indicate that there is negative and moderate correlation between SWB and Neuroticism (‘r’=-0.29,\*0.01 levels) for total sample while Extraversion and SWB were moderately correlated with ‘r’ value (‘r’= 0.38 \*0.01 levels). Thus taking view of the results one can say happiness and

anxiousness or neurotic approach were proved in a significant manner. Personality dimension of extraversion is proved in a moderate manner. That is being friendly and easygoing is not the only factor which influences one's wellbeing. Thus being happy and satisfied at one's life may be influenced by other factors apart from the current studied variables.

**Keywords:** Neuroticism, Extraversion, Subjective Well Being and Post graduate students.

## **DIFFERENCES ON COPING RESOURCES AMONG FLYING AND GROUND DUTY OFFICERS OF THE INDIAN AIR FORCE**

**Rajni Verma\* & Y K Nagle\*\***

*\* Institute of Aerospace Safety, IAF, New Delhi, India*

*\*\* Defence Institute Of Psychological Research (DRDO).*

Serving military personnel have a constant threat to life and limb. Persevering under stress of unfamiliar tasks and situational demands of combat or alternately, mental breakdown under enemy fire, is determined by a complex interplay of many factors, Coping resources being one such vital aspect. Hence, it is important to understand Coping Resources of Flying and Ground duty Officers of Indian Air Force, as they operate under stressful conditions. Specific Coping resources contribute towards there day to day performance. The aim of this study is to understand the different Coping Resources used by the flying and ground duty officers. One seventy nine IAF officers undergoing courses at Institute of Aerospace Safety participated in this study. They completed the CRI questionnaire of 60 items which was administered by the first author of this study. The descriptive and inferential statistics were performed to know the difference between Flying and ground duty Officers on their Coping resources. Results revealed that Cognitive, Social, Spiritual and Physical coping resources almost similar among the Flyers and Ground duty officers. However the results reflected that the Ground duty officers were slightly higher on emotional resources than Flying branch Officers.

**Keywords:** Indian Air Force Officers, Coping Resource Inventory, CRI.

## **DECODING BEHAVIOUR PATTERN: INTERVIEW TECHNIQUE**

**Rajesh K Pandey**

*The CADSS, Dwarka, New Delhi -110075*

Assessment of human behavior assumes a great importance for different purposes, be it for recruitment, training, criminal investigation, psychological intervention and so on. Various tools are used for the purpose, Interview being one of them. As an ardent practitioner of the Interview technique I have often been intrigued at the utility of Interviews to unravel the human behavior. In this paper we shall discuss about the unique strengths of the Interview technique that allows us to reframe a context, employ adaptive probing while remaining engaged in a conversational mode. Using a life history approach blended with behavior in critical situations decoding the behavior pattern of an individual becomes easy. We shall also dwell on use of emerging technologies like Voice Analysis, Emotion recognition using facial expressions & social media profiling in augmenting the Interview process. The aim of the paper is also to guide us towards evolving an Interview technology that can address the concerns of HR recruiters vis-à-vis cost & effort.

**Keywords:** Decoding Behaviour pattern, Interview, Adaptive Probing, Voice Analysis, Emotion recognition, Social Media Profiling, Interview Technology

## A STUDY ON PERSONALITY DIMENSIONS AND SELF-CONTROL AMONG YOUNG ADULTS

Rakesh Vivek.G

*Psychology Department, Government Arts College, Coimbatore – 641018, Tamilnadu*

The present study aimed at comparing the relationship between personality dimensions and self-control. For this purpose, a purposive sample of 50 males and 50 females were selected around Coimbatore city. They were in age range of 18-25 years. For calculation purpose correlation and oneway Anova was employed. The results indicated that there is no significant difference between extraversion of male and female ( $F=0.40, p=0.52$ ). It also shows there is no significant difference between Agreeableness of male and female ( $F=0.06, p=0.79$ ). And it also states that there is no significant difference between Conscientiousness of male and female ( $F=0.49, p=0.48$ ). And there is also no significant difference between Neuroticism of male and female ( $F=1.82, p=0.17$ ). And there is also no significant difference between Openness of male and female ( $F=0.03, p=0.85$ ). And there is also no significant difference between Self-control of male and female ( $F=0.02, p=0.86$ ). And also the relationship between Extraversion and Self-control of the sample is found to be weak and negative, in that it is not statistically significant ( $r=-0.064$ ). And also the relationship between Agreeableness and Self-control of the sample is found to weak and Negative ( $r=-0.008$ ). And also the relationship between Conscientiousness and Self-control of the sample is found to be positively correlated but weak in value ( $r=0.0061$ ). and also the relationship between Neuroticism and Self-control of the sample is found to be negatively correlated and weak in value ( $r=-0.0351$ ). But there is a positive relationship between openness and Self-control but weak in value ( $r=0.0508$ ). These results clearly shows that Personality dimensions of the samples are both positively and negatively related to the Self-control.

**Keywords:** Extraversion, Neuroticism, Conscientiousness, Agreeableness, Openness, Adults, Self- Control.

## RECENT TRENDS IN HEALTH AND SPORTS SCIENCE

Ravi Kumar

*Govt. HR. Sec. School, Katra, Vaishno Devi*

**Purpose:** The purpose of the present study is to conceptually investigate the recent trends in health and sports science. Further, this paper also aims at studying the impact of games and sports on health related well-being i.e. anxiety and stress. **Methodology:** This paper has focused on exploring future recent trends in health and sports science on the basis of Review of Literature, which helped in developing the theoretical framework. **Findings:** This paper explored the games and sports helps to reduce the anxiety and stress. Further, managerial implications have also been discussed. **Limitation:** This study is conceptual in nature, which needs to be empirical tested. **Originality/value** – This paper is a maiden attempt to establish the recent trends and challenges in health and sports science.

**Keywords:** Sports, Games, Health, Stress, Anxiety

## OVERCOMING BURNOUT OF HEALTH PROFESSIONALS THROUGH POSITIVE PSYCHOLOGICAL STRATEGIES

Rashi Goel\* and Janmejay Pradhan\*\*

\*Air Force Selection Board Dehradun

\*\*Defence Institute of Psychological Research, DRDO, Delhi

The magnitude of occupational stress increases manifold for Health professionals due to the stressors like increased workload, time pressures, multiple role functions and emotional issues associated with human pain and distress at workplace. This affects the physical, emotional and mental wellbeing of health professionals resulting in Burnout. Burnout, then manifests in the form of mental, emotional exhaustion, gradual energy depletion and loss of motivation and commitment, accompanied by a wide array of other mental symptoms. Burnout is a psychophysical state, which compels an individual to fail, wear out, or become exhausted by making excessive demand on energy, strength or resources. To fight and overcome burnout, the positive psychological approach of developing resilience-promoting environments within the health professionals can be explored as a means to reduce negativity and increase positivity. Burnout can be overcome by the recovery strategies like; finding and neutralising the causes of burnout, focusing on basics, reassessing goals, saying No assertively, practicing positive thinking, rediscovering passion and creating social support. The positive approaches like problem-focused coping, taking time out and giving and receiving support from co-workers, practice of yoga and meditation can fight burn out to great extent. Moreover, Resilience can be strengthened through strategies and mentorship programmes for the individual and contextual factors like work-life balance, hope, control, support, professional identity and clinical supervision. These programmes should aim to develop positive and nurturing professional relationships, and encourage positivity, emotional insight, work- life balance, spirituality, mindfulness and personal reflection.

**Keywords:** Burnout, Health Professionals, Recovery Strategies, Positive Approaches

## A SYSTEMATIC REVIEW OF ACCULTURATIVE STRESS AND COPING STRATEGIES OF SOJOURNERS

Roli Tiwari\*, Basheer Hasan\* & Bansh Gopal Singh\*\*

\* Psychometric laboratory, School of studies in Psychology, Pt. Ravishankar Shukla University, Raipur (C.G.)

\*\*Pt. Sundarlal Sharma Open University, Chhattisgarh, Bilaspur

**Objective:** The aim of the present study is to review the empirical studies to explore and examine the relationship between acculturative stress and coping strategies of sojourners. **Method:** A literature search using JSTOR, J-Gate and Google Scholar database covers the period from 2000 to 2015, the author acknowledged 15 peer reviewed papers (full text) gathering inclusion criteria. Search terms were coping strategies, acculturative stress and sojourners. This search generate many empirical studies which includes participants from African, Arabian, Asian, Caribbean, Chinese, Korean, Hong Kong, Latino, Polish, Mexican, Norway and Somali countries. The majority of them were from Psychology, Psychiatry, Sociology, Social Science, Nursing, Health Promotion and Science. **Result:** After examining different aspect of the 15 empirical papers, it was found that there is significant association between acculturative stress and coping strategies used by sojourners. Furthermore findings are not agreed over the effectiveness of different coping strategies. Some studies reported that problem focused coping strategies are more effective rather than other two viz; emotional focused and avoidance focused coping strategies. It has been found that the research on acculturative stress and coping strategies of sojourners has not yet been



conducted in India. **Conclusion:** This systematic review concluded that different coping strategies were helpful to reduce acculturative stress faced by sojourners. The theoretical and practical issues have been discussed.

**Keywords:** Acculturation, Acculturative Stress, Coping Strategies And Sojourners.

## A COMPARATIVE STUDY ON ANXIETY AND ACADEMIC STRESS AMONG PRIVATE AND GOVERNMENT SCHOOL STUDENTS

Shweta Chhabra, Ridhima Sharma, Madhavi Vijra & Narita Sabharwal

*Amity University, Manesar, Haryana*

The presence of academic stress and anxiety cause many problems for the adolescent students as it has an obstructive and paralyzing effect, if it is not managed well. Stressed adolescents show sign of emotional disabilities, aggressive behavior, shyness, social phobia and often lack interest in otherwise enjoyable activities. Anxious individuals are more changeable in their interests and attitudes, easily upset, jealous, insecure, apprehensive, hypochondriacally, frustrated and driven. **Sample** - The study examined academic stress and anxiety of 80 students of class 10<sup>th</sup> (40 from private school and 40 from govt. school). **Objectives** of this study were to compare the level of anxiety among private and government school students, to compare the level of academic stress among private and government school students and to study the relationship between the level of anxiety and academic stress among private and government school students. **Tools:** State Trait Anxiety Test (STAT), Structured Students Academic Stress Scale (SASS) . **Results:** The data were analysed on the basis of t-test & Pearson's product moment method. No significant difference was found in the level of anxiety and academic stress among Private and Government high school students. Further no significant relationship was found between anxiety and academic stress among Private and Government high school students.

**Keywords:** Academic Stress, Anxiety, Adolescents, Private School, Government School

## INFLUENCE OF PARENTING STYLE ON CRIMINAL BEHAVIOUR TENDENCY AMONG ADOLESCENTS

Ranjeet Kumar\* & Cyma Anjum\*\*

*\*Department of Psychology, RDS College, BRA., Bihar University, Muzaffarpur*

*\*\*LN Mishra College of Business Management, BRA., Bihar University, Muzaffarpur*

The study investigated the role of parenting style, Gender and Socio economic status on criminal behaviour tendency among adolescents in Muzaffarpur district of North Bihar. Significant differences in parenting style, gender and SES were found. The attitude of parents toward the upbringing of children in our society, seem to be creating a lot of social, moral, spiritual and psychological problems. Such problems include delinquency, deviance, criminality, aggression and violent behaviour. The parents indeed are the child's first teacher and when parents are involved in criminal behaviour, such children are likely to be delinquent criminal and other antisocial behaviour. Children with more opportunities at home to build academic, moral, social and spiritual skills tend to be better at integrating family, school and community efforts. Parenting styles include (i) **Authoritarian parenting:** which implies the use of punitive and forceful measure to enforce proper behaviour and it causes anger, resentment, and deceit and impairs wholesome parent-child relationships. (ii) **Permissive parenting style:** - where the parents are no punitive, loving, and accepting, they often have children who lack independence and are selfish because they were not taught how their action affect others .these children tend to be impulsive, aggressive, and low in taking responsibilities.

(iii) **Neglecting/rejecting parenting style:** the parents display low level of both demandingness and responsiveness. If extreme, it becomes child abuse. The children have low self-esteem and display anger towards others. Many exhibit deviant, delinquent, and antisocial behaviour and may end up as criminals.

**Keywords:** Parenting Style, Gender, Socio Economic Status, Adolescents, Criminal Behaviour Tendency

## IMPACT OF CHILD'S DEGREE OF MENTAL CHALLENGE ON COPING STRATEGIES OF PARENTS

Rashmi Upreti & Ritu Singh

*Deptt. of Human Development & Family Studies, G.B.P.U. A. &T. Pantnagar, Uttarakhand*

**Objective:** The present study assessed and compared the coping strategies of the parents of 150 mentally challenged children across their child's degree of mental challenge. **Methodology:** Locale of the present study was Delhi, having appropriate number of RCI (Rehabilitation Council of India) recognized special schools meant especially for mentally retarded (MR) children. Sample was randomly drawn in equal proportions from three levels of mental challenge i.e. mild, moderate and severe from both low and middle income groups. The coping strategies of parents were assessed using Family Interview for Stress and Coping in Mental Retardation, Part II developed by NIMHANS. **Results:** From the present study, it was observed that among parents irrespective of their income class, significant differences was found across child's degree of mental challenge in few components i.e. expectations from child, attitude towards child management and specific rearing practices. Parents with mildly challenged children were found comparatively better coped up, which means that their expectations from child, attitude towards child management were much better than the parents having moderately and severely challenged children. Besides this, parents of mildly challenged children also reported better specific rearing practices. **Conclusion:** Severity of mental challenge requires more efforts and attention from parents in taking care of the child which puts more burdens on them. So, among all, parents with mildly challenged children reported much better attitude towards child management, improved expectations from child and also had better specific rearing practices.

**Keywords:** Family Stress, Fathers, Low and Middle Income Families, Mental Retardation, Mothers.

## HEALTH-RELATED QUALITY OF LIFE IN PATIENTS WITH THYROID DISORDERS

Richa Rani Yadav

*Department of Psychology, D.A.V. P.G. College, B.H.U., Varanasi*

Hypothyroidism, often called underactive thyroid or low thyroid and sometimes hypothyreosis, is a common disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone. The present study was done on 40 thyroid patients and normal person from Varanasi district in which male (N =20) and female (N =20) from patient category and same number from normal category, there ranged from 30 – 50. The sample was selected by sample random sampling method from different hospital and clinic of Varanasi. Data collection tool was Anxiety, depression and stress scale (ADSS) developed by Dr. Pallavi Bhatnagar et al. (2005) and The World Health Organization Quality of Life was developed by THE WHOQOL GROUP in 1991. Data was analyzed with the help of Mean and correlation-coefficient statistics. Findings explores that good physical health of male thyroid patient provides the capacity of adaptability with anxiety and depression. Increment in total quality of life helps to deal positively with anxiety, depression and stress in male thyroid patient. It seems that they are not much concentrated

or can say positively concentrated to their problem of hypothyroidism whereas in female thyroid patient better personal relationship, social support and sexual activity seems to become the reason in minimizing their anxiety. The increasing depression in them is adversely affecting their personal relationship.

**Keywords:** Anxiety, Depression, Stress, Quality Of Life and Hypothyroidism.

## EFFICACY OF COGNITIVE RETRAINING IN POSITIVE AND NEGATIVE SCHIZOPHRENIA

**Richa Priyamvada**

*Department of Psychology, Patna University Patna, India*

**Introduction:** The schizophrenic disorders are characterized in general by fundamental and characteristic distortions of thinking and perception, and by inappropriate or blunted affect. Patients with schizophrenia also manifest a broad array of cognitive impairments, including impaired performance on measures reflecting attention, information processing, executive functions, memory, and language capabilities. Cognitive retraining is the art and science of restoring these mental processes and teaching compensatory strategies. **Aim:** To see the efficacy of Cognitive retraining in positive and negative schizophrenia. **Materials and Method:** 20 diagnosed (ICD-10 criteria) male Schizophrenic patients were selected with the age range between 20-50yrs with minimum two years of illness, educated upto high school which was further divided into two groups on the basis of PANSS i.e. Schizophrenia with Positive and Negative symptom. Patients were taken from private clinics of Patna and Bhopal. Annet's Hand preference battery was used to screen handedness. Only right handed patients were selected for the study. Firstly to assess the neuro cognitive deficits LNNB-I was administered on Schizophrenic group of positive and negative symptoms. After pre assessment Cognitive retraining program was made accordingly and introduced to patients, total 24 sessions of Cognitive retraining programme was given to positive and negative schizophrenics then post assessment was done with three months follow up. **Results and discussion:** Findings reveals there was cognitive deficits in positive and negative schizophrenic patients, where negative schizophrenic showed more cognitive deficits as compared to positive schizophrenic and also there was significant cognitive improvement in both the schizophrenic groups but negative schizophrenic patients showed more improvement in cognitive functioning as compare to positive schizophrenics. **Conclusion:** Cognitive retraining program is useful in debilitating these deficits.

**Keywords:** Cognitive retraining, Positive and Negative symptoms, Schizophrenia

## PSYCHOTHERAPEUTIC INTERVENTION WITH NON-COOPERATIVE PATIENTS: A REVIEW

**Ritu Chauhan & A. P. Singh**

*Department of Psychology and Mental Health, GBU, G.Noida (UP)*

**Introduction:** Psychotherapy is the treatment, by psychological means, of problems of an emotional nature in which a trained person deliberately establishes a professional relationship with the patient with the object of removing, modifying, or retarding existing symptoms, by mediating disturbed patterns of behaviour, and promoting positive personality growth and development. Therefore, Psychotherapy focuses on changing current, maladaptive behavior patterns, to induce newly learned adaptive behaviours which in turn aid in dealing with life problems, increase sense of well-being, reduce discomfort. **Discussion:** The process of psychotherapy becomes quite challenging while dealing with the non-cooperative patients because the three basic essentials involved in forging a therapeutic relationship with the non-cooperative patients may not be possible in such cases as a non-cooperative patient ‘

fails' or 'refuses' to co-operate. 'Failure to cooperate' happens when the patient is unable to cooperate due to medical or psychiatric problems, whereas, 'refusal to cooperate' may be due to psychological or personal reasons. The Psychotherapy of such patients poses a challenge for the therapist also. Therefore, various techniques are used which focus more on person centered approach rather than the disorder centered approach, keeping in mind the individualized needs of the patients. **Conclusion:** The spectrum of term 'non-cooperative' is quite broad and its meaning very versatile which makes the psychotherapy a difficult, challenging and dynamic process for such patients. In this paper we will try to analyse various techniques used to deal with such patients.

**Keywords:** Non-cooperative Patients, Therapeutic Alliance, Psychotherapeutic Intervention

## **MASS MEDIA IMPACTING MENTAL HEALTH AND WELL-BEING: A REVIEW**

**Ritu Sharma & N. K. Nagaich**

*Department of Psychology, School of Humanities & Social Sciences,  
Govt. K. R. G. Autonomous Girls College, Jiwaji University, Gwalior, 474011, M. P., India*

Mass media vehicle of technology that aims to reach a large number of people. It is the primary means of communication used to reach the huge majority human being. Every movement, most of the population is encountering the media through newspapers, magazines, radio, television, and the Internet. The general public basically wants the mass media to get information about political issues, social issues, entertainment, and news. Media plays a pivotal role in everyone's life; it is widely used as a source of getting knowledge, amusement, and recreation etc., sometimes for eradicating the boredom and reducing the stress and anxiety. Number of researches demonstrated the significant relationship between mass media, mental health and well-being. Excessive use of media leads to poor mental health and deteriorating the well-being. In 1996 Department of Health study (United Kingdom) found that news and entertainment media representations of mental illness have a negative impact on public perception (Rose, 1998).

**Keywords:** Vehicle, Communication, Stress, Anxiety, Well-being, Mental Health.

## **RELIGIOSITY AND WELL BEING IN YOUTH: A CASE STUDY OF UNIVERSITY OF JAMMU**

**Roshani Handa, Anshul Nargotra & Chitralkha Verma**

*P. G. Department of Psychology, University of Jammu, Jammu*

Youth is considered to be the cornerstone and future of the society. Youth occupies a major portion of India's population. For the better future of the country, well-being of the youth is very important to be kept in mind. Taking this perspective into consideration, an attempt has been made to explore the relationship between religious attitude and general well-being in a sample of youth of age group 18-25 years. In this present investigation, a sample of 100 people was taken using the convenient sampling technique. This sample was further grouped into 50 males and 50 females of the age group belonging to 18-25 years. Religiosity scale by Hernandez (2008), and General well-being scale by National centre for health statistics were used for collecting data. Data was analysed using t-test technique and Pearson product moment correlation. Results showed that there is no significant difference between the religious attitude and well-being of male and female. There is no correlation between the religiosity and general well being.

**Keywords:** Religiosity, Well-Being, Youth

## ASSESSMENT OF HEALTH RELATED QUALITY OF LIFE AMONG STUDENTS: AN IMPACT OF STRESS

Sabah Sultana Siddiquee  
Aligarh Muslim University

**Purpose of study:** Health related quality of life (HRQOL) is a multidimensional concept and also an important determinant of health, that is very important for normal and productive functioning of an individual. There are various factors that have negative impact on HRQOL and stress is one of them. Students often experience stress due to daily happenings and major life events that affect their HRQOL. So the objectives of the present study were to investigate the HRQOL and to explore the relationship between HRQOL and stress. **Method:** Ninety subjects (45 females and 45 males) were enrolled in this study. HRQOL was measured using SF-36 questionnaire. Stress was assessed using 10-items Perceived Stress Scale. Pearson's correlation test and t-test were performed. **Results:** Stress is negatively correlated with both the components of HRQOL (i.e., physical health and mental health). The t value for mental composite summary of HRQOL between male students and female students has been found significant. However, t value for physical composite summary between males and females has been found insignificant. **Conclusions:** The findings of this study indicate that students experience a considerable amount of stress which significantly affects their HRQOL. Based on these findings it is recommended to plan counseling and orientation programs at all universities/institutions to assess the problems faced by students.

**Keywords:** Health Related Quality of Life, Physical Component Summary, Mental Component Summary, Stress

## EXPRESSIVE ARTS THERAPY AND ITS EFFECT ON THE PSYCHOLOGICAL DISTRESS OF FEMALE BREAST CANCER PATIENTS: AN EXPLORATORY STUDY

Roshan Anie Alex  
Government College for Women, Trivandrum, Kerala

Expressive arts therapy is emerging as a foremost complimentary therapy for breast cancer patients. Expressive Art therapy has been defined as using the arts and their products to foster awareness, encourage emotional growth, and enhance relationships with others through access to imagination; including arts as therapy, arts psychotherapy, and the use of arts for traditional healing; and emphasizing the interrelatedness of the arts in therapy. **Aim:** The aim of the study was to investigate the effectiveness of expressive art therapy in reducing the psychological distress i.e. depression, anxiety and stress of the female breast cancer patients. **Participants:** The participants were female breast cancer patients in the age range of 25-35 years, who were inpatients in a hospital in Kerala. Since it was an intervention program, the sample size was restricted to 30. The participants were in the active stages of treatment for an initial breast cancer. They were selected based on their willingness to attend the program. **Measures:** The measures used were DASS-21, Personal Data Schedule, White sheet papers, Art Materials, Drum Circle, Music CD. **Procedure:** The expressive art therapy was done in group in continuous 6 days.. The expressive art therapy used in this group combined the techniques of art therapy, music therapy, dance movement therapy, drum circle, drama therapy, guided imagery and visualization. The DASS-21 was assessed to measure the level of depression, anxiety and stress of the participants on the first day before the intervention and on the last day after the intervention. **Data analysis:** The Paired t test was done to analyse the data with the help of SPSS.20. **Results:** The results

clearly indicated that expressive art therapy has a significant role in reducing the psychological distress of female breast cancer patients and it can be used as a complementary therapy for cancer patients.

**Keywords:** Expressive Arts Therapy, Psychological Distress, Breast Cancer

## **GENDER DISCRIMINATION AND ROLE STRAIN AMONG MALE NURSES**

**Sakkeer Husain\* & Akbar Hussain\*\***

*\*Department of Psychology, Jamia Millia Islamia, New Delhi-110025*

*\*\* Department of Psychology, University Counseling and Guidance Centre, Jamia Milia Islamia, New Delhi.'*

Nursing has a long and important legacy. Nurses are expert clinicians. Every day, nurses innovate to keep people alive, prevent pressure ulcers and infections, reduce pain and suffering, and ease the transition from life to death. Though nursing had significant male representation until the 1800s because of the early association between nursing and the military and religious orders, men's representation in nursing experienced significant decline in the 1900s with the emergence of modern nursing and new legal barriers to men's entry. However, men's representation in nursing has been growing now days. Previously, decades of legal barriers kept men out of the field and nursing schools often refused to admit men, The relatively high wages and expanding job opportunities makes this field attractive, offering stability even during recessions. Gender discrimination in nursing profession remained an important issue in health sectors. Perceived gender discrimination refers to an employee's perception that he or she is treated differently or unfairly in the workplace because of his or her gender. Probably because of this men found to be reluctant in pursuing career in nursing. There are some problems which male nursing professionals' faces in their career. Such as Male nurses are expected to be physically stronger than their female peers and are often asked to assist with lifting heavy patients. They are more likely to be mistaken for a doctor or medical student in a clinical setting. And they do not always have the same opportunities as women in this field. They may miss out on scholarships created specifically for female students in a predominantly-female school or they may encounter female patients who are uncomfortable having a male nurse, particularly in obstetrics/gynaecology. Many male nurses view the profession as a least respectable for men. Many male nursing students experience anxiety and stress when dealing with a patient and because of this stigma. Role strain is the felt difficulty in fulfilling role obligations the more individuals think their roles are incompatible, the greater their role strain. Role strain may arise from several role factors, such as role incongruence, or person-role unfit being out of fit with his social role. The unfit may involve motive, incentive, skill, capacity, value, performance, or identity. Male nurses would appear to be particularly at risk for identity unfit or the discrepancy between an individual's identity and that provided by membership in a social position. Occupational positions are not randomly distributed between men and women in our society. Viewing the significance of gender discrimination face by male nurses and the stress attached to the noble profession exclusively among the male professionals the study was designed to examine gender discrimination and role strain among the male nurses working in different private hospitals at Delhi. Following three hypotheses were formulated: (1) There would be difference in the perception of gender discrimination among male and female nurses (2) There would be difference in the role strain of male and female nurses (3) There would be direct relationship between the perception of gender discrimination and role strain among the nurses. The study was conducted on 100 nurses comprising of 50 male and 50 female nurses. The two groups were compared with each other on the perception of gender discrimination and their role strain. The participants were randomly taken from different private hospitals of Delhi/NCR. For the measurement of gender discrimination three items gender discrimination scale by Foley, Hang-Yu and Wong (2005) was used whereas for the role strain 42 items role strain scale by Egeland and Brown (1988)

was used. Results revealed that male nurses were significantly higher than females on the perception of gender discrimination and role strain both. The two variables were also found directly related to each other for both groups of nurses. On the whole the study showed that male nurses suffer from the problem of gender discrimination substantially as a result they also experience higher level of job related stress.

**Keywords:** Gender Discrimination, Role Strain, Male and Female Nurses, Nursing Profession

## **GENDER DIFFERENCES ON RESILIENCE AMONG CAD PATIENTS**

**Sabiha Yasmeen & Mohd Ilyas Khan**

*Department of Psychology Aligarh Muslim University, A.M.U, Aligarh*

Problems like CAD and Cancer increasing worldwide. The role of psychological factors in the occurrence of CAD has been, widely excepted. Coronary artery Disease is the condition that affects the heart and sometimes the blood vessels. CAD is considered not only a medical problem but also a social and psychological problem because “the illness changes society’s attitude towards the patient” (Tkhostov, 2002). A significant proportion of CAD patients suffer social, emotional and psychological distress, therefore, psychological interventions have proven to be effective for helping patients suffering from heart ailments.

Resilience is defined as an individual’s ability to properly adapt to stress and adversity. Emmey Warner (1970) was one of the early scientists to use the term resilience. Resilient people are free from negative emotions and thoughts, remaining optimistic in most of all situations. Therefore the present study was undertaken to study resilience among CAD patients. The participants for the present study comprised of 100 CAD patients (50 males and 50 females). The sample was drawn from Department of Cardiology, Jawahar Lal Nehru Medical College and Hospital (JNMCH), of Aligarh Muslim University, Aligarh (U.P.). **Resilience Scale** developed by Wangnild and Young’s resilience Scale (1993) was used for the present study. It consists of 25 items measuring 5 sub dimensions VIZ, Equanimity, Perseverance, self-reliance, meaningfulness, Existential aloneness. Data were analysed using SPSS 16 version.

**Keywords:** CAD patients, Resilience, Distress

## **MARITAL ADJUSTMENT OF INDIAN HUSBANDS**

**Aditya Narayan Tripathi\* & Rajesh Pandey\*\***

*\*Department of Education, Sant Tulsi Dash P.G. College, Kadipur Sultanpur*

*\*\*Psychology, Sant Tulsi Dash P.G. College, Kadipur Sultanpur*

The problem of adjustment is the vital problem of modern world. Over the last few decades there has been considerable change in traditional Indian society. Marriage involves the most intimate type of emotional relationship between two individuals. Many marriages suffer because the two partners fail to develop a relationship which is characterized by mutual acceptance, trust, care, concern, love, admiration and sharing of role responsibilities. The main objective of the present study was to investigate the marital adjustment of male partners. The sample consisted of husbands of employed wives (N=50) and husbands of non-employed wives (N=50) with the mean age of 35. The marital adjustment questionnaire developed by P. Kumar and K. Rohatgi (1976) was used to measure the marital adjustment of the two groups of husbands showed higher adjustment in their marital relationship.

**Keywords:** Marriage, Adjustment, Relationship, Indian Husband.

## RABINDRIK VALUE ORIENTATION OF TEACHERS OF HIGHER EDUCATION

Sarita Sood\* & Debdulal Dutta Roy\*\*

\*P. G. Department of Psychology, University of Jammu, Jammu, J&K-180006

\*\*Psychology Research Unit, Indian Statistical Institute, 203, B. T. Road, Kolkata-700108

**Background:** Values are the expressions of worth, likes, dislikes concerning things, persons, and principles. As determinant, value regulates one's choice of specific behaviour. Rabindrik human value is composed of path and goal oriented positive human values extracted from the literary works of Nobel laureate Rabindranath Tagore (Dutta Roy and Bandyopadhyay 2010). Path oriented values include self awakening, emotional control, systematic, not insulting to self, fearless, cleanliness, no work family conflict, niskam principle, challenging, doubtless, self understanding, free from fear of failure, resolute, active. Similarly goal oriented values are peace, universalization, positive feeling, enlightenment, family security, pleasure, inner harmony, self respect, salvation, a sense of accomplishment, self empowerment security, significance in life, altruism. It has a hierarchical structure. The hierarchy determines teaching. The teacher with high self-awakening value orientation gives priority on creative teaching pedagogy, prefers interactive mode rather giving simple lecture. **Purpose:** This study examined relative importance of path and goal oriented Rabindrik human values of teachers of higher education. **Methods:** Rabindrik value questionnaire was administered to 20 male and 20 female middle aged ( $M=41.97$ ,  $SD=6.95$ ) teachers of university. They had more than five years of teaching experience. **Results:** Initial results show good internal consistency among items of path ( $\alpha=0.73$ ) and goal oriented ( $\alpha=0.82$ ) value orientations. Mann-Whitney U test reveals no significant rank difference in value orientations of male and female teachers. The first five ranked path oriented values based on mean are cleanliness, self-awakening, no work family conflict, resolute, self-understanding to others. Similarly, the first five ranked goal oriented values are family security, self-respect, positive feeling, universalization and peace. **Implications:** Findings have implications in designing value based teacher training, counselling and guidance.

**Keywords:** Gender, Goal Oriented Values, Path Oriented Values.

## A STUDY OF EXAMINATION STRESS AMONG STUDENTS AT SECONDARY LEVEL AND SOME MEASURES TO MINIMIZE STRESS: A CASE STUDY OF KATHUA DISTRICT

Seema Bhasin Chhabra

Directorate of Distance Education, University of Jammu, Jammu.180001

Examination stress is dangerous to health and is potential reason to influence the performance of children. Stress before exams creates pressure for both family and the candidate. This study tries to fill in the gaps on examination stress to improve their performance. Current study examines the stress level amongst girls and boys of Government and Private Schools. It also tries to find significant difference between govt. and private schools. The sample for the study consists of 200 students of class 9<sup>th</sup> from four different schools of Kathua district. Sample consisted of 100 students each from govt. and private schools. A self devised Examination Stress Questionnaire was employed. It consisted of 30 statements distributed over fear of failure, self esteem, home and school environment, lack of preparation, anxiousness and lack of confidence. The data was rigorously processed through Statistical techniques t-test, mean and split half personality reliability coefficient. Findings of the study suggest that most of the students at secondary level of education have low stress levels. There is significant difference in examination stress levels of



govt. and private school levels. And there is no significant difference in examination stress levels of males and females. Parents and teachers play a significant role as means to reduce stress which will be extensively discussed in the paper.

**Keywords:** Examination Stress, Measures, Health.

## **GRATITUDE AND LIFE SATISFACTION AS PREDICTORS OF WELLNESS IN DIFFERENT AGE GROUPS**

**Saif R. Farooqi\* & Shalini Choudhary\*\***

*\*University of Delhi*

*\*\*University of Allahabad*

Wellness is defined as being a way of life oriented towards optimal health and wellbeing in which the body, mind, and spirit are integrated by the individual to live more fully within the human and natural community. This study aims to (a) assess the role of gratitude and life satisfaction on wellness; and (b) examine if there is any difference between younger and older people in the role of gratitude and life satisfaction on wellness. 129 people participated in the study. 65 people (25 males and 40 females) were young adults (age = 18 to 30) and 64 (48 males and 16 females) were older people (age = above 45). Wellness was measured in terms of four dimensions – physical state, mental/emotional state, stress evaluation, and life enjoyment. Multiple regression analysis, in the overall data (both younger and older people) shows that gratitude significantly predicts all the dimensions of health, except physical state; and life satisfaction significantly predicts all the four dimensions of health. This indicates that gratitude and life satisfaction play a role in determining wellness. For younger people, multiple regression analysis, shows that gratitude significantly predicts all four dimensions of wellness, except physical state; and life satisfaction significantly predicts all four dimensions of wellness. Whereas, for older people, multiple regression analysis shows that gratitude predicts none of the dimensions of health; and life satisfaction significantly predicts only physical state and life enjoyment. The findings of the study clearly show that gratitude and life satisfaction play a larger role in wellness of health in younger people as compared to older people.

**Keywords:** Gratitude, Life Satisfaction, Wellbeing

## **TREATMENT OF MULTIPLE PHOBIAS THROUGH COGNITIVE DRILL TECHNIQUE**

**Sandhya Verma\*, Rakesh Kumar\*\*, Bhawna Arya\*\*\*, Neetu Kandhari\*\*\*\***

*\* DIPR, DRDO, Delhi*

*\*\* Department of Clinical Psychology, Institute of Mental Health and Hospital, Agra*

*\*\*\* Dept. of Psychology, IIS University, Jaipur*

*\*\*\*\* Amity International School, Noida*

Specific phobia is most common psychological wellness issue with a lifetime prevalence rate of 9.4% to 12.5% (Marques et al., 2011). Approximately 75% of individuals diagnosed with specific phobia fear more than one object. Individuals with Anxiety Disorders generally respond well to clinical intervention with effective treatments including Cognitive- Behavior Therapy (CBT), Behavior Therapy (BT), and relaxation training (AADA, 2013). Interventions commonly used by Psychologist worldwide are exposure therapies, behaviour therapies and cognitive behaviour therapy, but it requires several weeks to show significant improvement, which is one of the major reasons of high dropout. This paper presents case study of a 07 year old boy having specific phobia of darkness,

height and pain, who has been treated with a novel verbal exposure technique Cognitive Drill Technique (CDT), developed by Kumar, R., et. al. (2012). CDT is based on principals of cognitive exposure, Pavlovian conditioning and linguistic theories and proposes highly structured approach of dealing with stimulus bound anxiety disorders, using the existing theories and knowledge in a bit novel manner. The significant improvement was reported within four days of initiation of the therapy. CDT emerged as a self empowering technique which enabled the sufferer to master imagined feared consequences directly and rapidly.

**Keywords:** Cognitive Drill Technique, Phobia, Stimulus Bound Anxiety Disorder

## **STRESS, HEALTH AND QUALITY OF LIFE**

**Shailja Singh**

*Department of Psychology DAV PG College, Varanasi*

Stress is one the major problems affecting people in the modern society. It has serious and far-reaching negative consequences to become a biggest hazard for mental and physical health of human life. The role of stress in diseases is very complex and it is much depends on the individual and the situation. The most serious long-term effect of stress on the body is probably high blood pressure. Researchers suggest that certain type of emotional responses increases and individual's risk of cardiovascular disease. People, who tend to react to situation with anger and hostility, are more likely to have heart attacks than the people with less explosive, more trusting personalities. It also appears that stressors can have a direct bearing on the body's ability to fight off viruses and other disease agents. Other diseases and conditions that may be aggravated by stress include injuries, allergies, arthritis, asthma, backaches, Cancer, Diabetes, Eczema, Migraines, Panic attacks, Ulcers etc. Stress can also contribute to such psychological problems as Depression Anxiety and Posttraumatic orders.

**Keyword:** Health, Stress, Quality of life

## **DEPRESSION, ANXIETY AND STRESS AMONG YOUNG ADULTS**

**Surendran, A. \* & Shakthivel, C. D. \*\***

*\* Psychology Department, Government Arts College, Coimbatore – 641018, Tamilnadu*

*\*\* Psychology Department, Sree Saraswathi Thyagaraja College, Pollachi, Coimbatore – 642205*

The life time prevalence of depression, anxiety and stress among young adults around the world is currently estimated to range from 5% to 70% (Sahoo and Khess, 2010). The present study was done to estimate the prevalence of depression, anxiety and stress of young college going adults and to find the difference in these variables among the males and females. Depression, Anxiety and Stress Scale was given to 100 (50 male and 50 female) college going adults in the age range of 19 to 25 years. It was found that an alarming 34% sample had Severe Depression, 80% had severe anxiety and 11% had severe stress levels. The mean depression of the male adults is 5.581 and that of the females is 6.478. This difference is not statistically significant as the t value is 0.913. Similarly, the mean anxiety of the males is 19.9 and the female is 19.02. This difference is also not statistically significant. The mean stress of the males is 18.96 and the female is 18.76, which again is not significant. Gender differences were not found for depression, anxiety and stress among the sample of this study. There exists a strong positive relationship between Depression and Anxiety among the sample. Similarly, positive but weak correlation is found for Depression and Stress and Anxiety and Stress. Thus, we see that the young college going adults are struggling and find life more challenging and have difficulty coping with failure and disappointment.

**Keywords:** Depression, Anxiety, Stress, Young Adults, Mood Disorders, Coping

## **STRESS AND STRESS MANAGEMENT AMONG EMPLOYEES: A REVIEW**

**Shabnam Khan & N. K. Nagaich**

*Department of Psychology, School of humanities & Social science,  
Govt. K. R. G. Autonomous Girls College, Jiwaji University, Gwalior, 474011 M.P., India*

Stress is a reaction to any stimulus that bothers the individuals' physical or mental equilibrium. On the other hand, it is the universal part of life. The term stress posits that, when individual feel pressure, overload in their life. In India, the number of employees suffers serious physical and mental health problems; stress is one of the major psychological disease. Stress affects health, work performance, social life and relation in family members. There are numerous emotional and physical disorders that have been associated with stress including depression, anxiety, heart attacks, stroke, hypertension, immune system disturbances that increase vulnerability to infections. The major reason of stress in employees at work place are inadequate wage, unsatisfactory working condition, defective psychological environment, Dissatisfaction of psychological need, social pressure and modern life full of frustration and technological development. Stress management is a predetermined approach for coping with the psychological and emotional havoc. As part of health benefits package, a company may offer stress management therapy to improve job performance. There are two major approaches- individual approaches and organizational approaches. Individual approaches are- Time management, physical exercise, creative work, relaxation training, social support and use of yoga & meditation. Organizational Approaches are - Flex time, sufficient wage, longer lunch hours, job sharing, proper supervisory behavior, health care advocacy, conduct stress management program.

**Keywords:** Equilibrium, Overload, Performance, Wage, Environment.

## **WHAT IS THE STATUS OF SPIRITUALITY IN THE WORLD TODAY?**

**Shabnam Qayoom**

*Department of Psychology, Aligarh Muslim University, Aligarh.*

Spirit is associated with transpersonal experiences of individuals within which he lives. Spirit is connected with our body, mind and heart. Spirit provides the spiritual response and gives an interpretation of beliefs and experiences. Spirituality implies a total commitment of the body, the soul, and the sprit. It is not only concurred for outer perceptions, or inner faith, but in addition to these a total disengagement from worldly concerns at sometimes and an openness to that which God wills. Spirituality is the knowledge to perceive the world in new ways, experience hidden patterns, and generate solutions, turning new ideas into reality. It involves two processes -knowledge and practice (Husain, 2011). Spirituality is pure and transcendental. If you have knowledge but do not practice, implies that you are not spiritual. Spirituality is "the knowledge related to the nature of the soul". Thus, spirituality denotes giving breath and hope to individuals, families and communities. Spirituality can be practised by concentration, meditation and samadhi; prayer, reading scripture and yoga on a single moment and on the sequence of movements. A spiritual person gets knowledge and can comprehend all subjects in the universe simultaneously, irrespective of their depth and relevance. In other words, he can read the mind of others. The present century can be considered as the spiritual century because scientists have virtually conquered the planet, explored the moon and did the technological advancement, improve the travel and communication facilities, can control our environment, eradicate poverty, markedly reduced communicable disease, extend our lifespan, significantly modify our behaviour, and overall we are moving towards human flourishing.

**Keywords:** Spirituality, Transpersonal, Mind

## **CONSCIOUSNESS AND LOCUS OF CONTROL AMONG ADOLESCENTS**

**Shaktiyanshi Raundeley & Preet Kumari**

*Department of Psychology, Faculty of Social Sciences, Dayalbagh Educational Institute,  
Dayalbagh, Agra 282005*

This paper investigates the difference in consciousness between adolescents with external and internal locus of control. In this paper researcher wants to study the difference of six types of consciousness (Physical, Emotional, Cognitive, Spiritual, Social and Self Consciousness) between adolescents with external and internal locus of control. A study was made on convenient sample of 100 adolescents (50 internal and 50 external locus of control) age ranged from 18-22 years selected from D.E.I. Agra and used two scales i) Consciousness scale (Brazdau,2009) ii) Locus of control scale (Rotter,1966). Mann-Whitney U test was computed for data analysis in the research. Results indicate that there is significant difference in consciousness of adolescents with external and internal locus of control ( $Z_u = 2.09, p < 0.05$ ). The results revealed that adolescents with external locus of control have higher consciousness ( $M=208.56$ ) than adolescents with internal locus of control ( $M=193.3$ ). There is significant difference in Physical Consciousness ( $Z_u=2.33, p < 0.05$ ) and Cognitive Consciousness ( $Z_u=2.12, p < 0.05$ ) of adolescents with external and internal locus of control. And there is no significant difference in Emotional, Spiritual, Social and Self Consciousness of adolescents with external and internal locus of control.

**Keywords:** Consciousness, Locus of control, Adolescents

## **ALCOHOL CONSUMPTION BEHAVIOUR OF TYPE II DIABETICS AND NON-DIABETICS**

**Ira Das & Sheenu**

*Department of Psychology, Faculty of Social Sciences,  
Dayalbagh Educational Institute ,Dayalbagh, Agra.*

In this study alcohol consumption behavior of type II diabetics and non-diabetics was compared. It was hypothesized that there is a significant difference between alcohol consumption behavior of type II diabetics and non-diabetics. The sample of the study consisted of 400 subjects from urban population of Agra in the age range of 50-80 years. The sample was divided into two groups of 200 each (Group I: 200 diabetics and Group II: 200 non-diabetics). Group I and group II was matched in terms of age, education, marital status and SES. The tool used was Alcohol Consumption Behavior Scale prepared by the investigator herself. t-test was used to see the significance of difference in alcohol consumption behavior of type II diabetics and non-diabetics. Result showed that there is a significant difference ( $t \text{ value} = 1.17 < .05$ ) between the alcohol consumption behavior of type II diabetics and non-diabetic indicating that type II diabetics are more involved in alcohol consumption behavior in comparison to normal adults.

**Keywords:** Diabetes & Alcohol Consumption Behavior

## SLEEP DISTURBANCES & PROBLEM BEHAVIOURS AMONG SCHOOL GOING TRIBAL CHILDREN

Shawkat Ahmad Shah & Mohd Muzamil Kumar

*Department of Psychology, University of Kashmir, Hazratbal, Srinagar, J&K-190006.*

The present study entitled “Sleep disturbances and problem behaviors among school going tribal children” was carried out with the main objectives of assessment of sleep disturbances and problem behaviors among school going tribal children; examining the relationship between sleep disturbances and problem behaviors on the sample group of tribal children and to study whether sleep disturbances predict problem behaviours among tribal children. The sample size for the study was 37 and the responses on the standardized scales were obtained from the parents of children belonging to district Ganderbal. The tools adopted include Sleep Disturbance Scale for Children (Bruni, 1995) and Reeta & Venkatesen Behaviour Assessment Scale (1990). After subjecting the collected data to statistical analysis, it was found that sleep disturbance is significantly related to various dimensions of Problem behavior. This finding is in line with the results of the study conducted by Gruber and Amiramraviv (2002) whose results revealed that sleep quality, neurobehavioral functioning and behavior regulation are associated with each other. Similar kinds of results are reported in the studies conducted by Kimberly, A. Schreketal (2004) and Abolhasan Halvani (2015). It is hoped that the results of the present study will be help full for stakeholders, and those working for welfare of tribal children.

**Keywords:** Sleep Disturbances, Problem Behaviours, Tribal Children.

## ADOLESCENTS’ TELEVISION VIEWING: ITS IMPACT ON QUALITY OF SIBLING AND PEER RELATIONSHIP

Shilpi Nanglu

*Defence Institute of Psychological Research, New Delhi*

**Objective-**The study aimed at seeing the linkage between Indian adolescents’ television viewing and their quality of sibling and peer relationship. The study sample consisted of male and female children (N=400) aged between 12 to 15 years with mean age of 13 years. It was hypothesized that heavy viewers of TV (watching > 3 hours of television) would be significantly higher on the conflict, rivalry, perceived relative status dimensions of sibling relationship than the light viewers. Adolescents’ higher exposure to informative programs will be positively related to warmth dimensions of sibling relationship. Heavy viewers of television will be significantly higher on conflict dimension of peer relationship than the light viewers of television. **Method-**Television viewing was measured by Television viewing patterns questionnaire by Nanglu and Banth (2006) in terms of the number of hours spent viewing television and the type of content viewed by the individual i.e. (entertainment, informative, sports and violent programs). Sibling relationship was measured by (Furmon et al, 1985) and peer relationship was measured by Friendship qualities scale (Bukowski et al, 1994). The respondents were divided in to heavy (> 3 hours /day) and light viewers (< 3 hours /day) on the basis of the reported daily television viewing time .The data was analyzed by t-ratio and regression analysis. **Results-**Television-viewing pattern is not affecting the sibling relationship on the dimensions of warmth, conflict, perceived relative status and rivalry. Light viewers are significantly high on security dimension of peer relationship as compared to heavy viewers. Regression analysis indicated total 12.2 % of variance is predicted in the sibling relationship and peer relationship by the viewing of the informative, sports

programs and horror/violent programs. **Conclusion**-This is indicative of the fact that the extent of television viewing and content of television viewing influences the quality of adolescents' sibling and peer relationship.

**Keywords:** Adolescence, Sibling Relationship, Peer Relationship, Television Viewing, Heavy Viewers

## PSYCHOSOCIAL STRESSORS AS A CORRELATE OF SUBJECTIVE WELL-BEING AMONG BUREAUCRATS

Shivalika Sharma & Gayatri Raina

Himachal Pradesh University, Summer Hill, Shimla-5

**Objective:** The main objective of the present research was to study the relationship between psychological stressors and subjective well-being among bureaucrats. **Method:** The sample consists of 125 bureaucrats from the state of Himachal Pradesh. The data were collected with the help of "ICMR Psychosocial Stress Scale" developed by Srivastava, ICMR Fourth Advisory Committee (1991-92) and Chinese Happiness Inventory which is developed by Lu and Shi (1997). **Results:** The correlational analysis revealed that financial constraints, marriage related stress, health related problems and perceived threats were negatively and significantly related to subjective well-being among bureaucrats. **Conclusion:** To conclude, psychosocial stressors in terms of financial constraints, marriage related stress, health related problems and perceived threats were negatively and significantly related to subjective well-being among bureaucrats, thereby indicating that higher the financial constraints, marriage related stress, health related problems and perceived threats lower was the subjective well-being among these officers of the Himachal Pradesh.

**Keywords:** Psychosocial Stressors, Subjective well-being, Bureaucrats.

## EFFICACY OF MOOD INDUCTION PROCEDURE AND PSYCHO-PHYSIOLOGICAL CORRELATES OF DEPRESSION

Shikha Srivastava & Ranjana Tiwari

Department of Applied Psychology, School of Humanities and Social Sciences

Galgotias University, Greater Noida, U.P

The aim of the present study was to investigate the efficacy of mood induction procedure, using psycho-electrophysiological approaches for the measurement of emotional reactivity of depressive patients in comparison to normal subjects. Emotional reactivity for mood induction was assessed in 15 Major depressive patients (MDPs) and 15 normal subjects (NCs), using – (a) Subjective measures: Positive and Negative Affect Scale (PANAS) and Emotional Self Rating Scale (ESR), (b) Electrophysiological measures: electro-dermal activity (EDA) and electromyography activity (EMG). Mood induction was successful in both groups as per psycho-electrophysiological response pattern. MDPs had more sensitivity to sad mood induction condition as compared to NCs without nullifying the possibility of inducing happy mood state in MDPs. Findings suggested the efficacy of mood induction procedure in addressing both psychological and electrophysiological paradigm of depressive patients which leads the role of MIPs in mood regulation and its therapeutic relevance in MDPs.

**Keywords:** Major depressive patients (MDPs), Positive and Negative Affect Scale (PANAS), Emotional Self Rating Scale (ESR), electro-dermal activity (EDA), Electromyography activity (EMG)..

## **EFFECTIVENESS OF MINDFULNESS BASED BODY SCAN MEDITATION AMONG PATIENTS WITH ALCOHOL DEPENDENCE**

**Shobha Yadav, D. Ram, & Tanya Sharma**

*Central Institute of Psychiatry, Ranchi*

The present study examines the effectiveness of body scan meditation of mindfulness based stress reduction on craving in patients with alcohol dependence. 30 inpatient between 18 to 50 years of age with diagnosis of Alcohol Dependence Disorder as per ICD-10 DCR criterion were selected purposively from Central Institute of Psychiatry, Ranchi. Following detoxification each subject were evaluated for withdrawal symptoms, depression, anxiety, and severity of alcohol dependence, craving. The subjects who were randomly assigned to receiving body scan meditation underwent 45 minutes guided meditation and 15 minutes discussion for one week. Subjects assigned to other group did not receive body scan meditation. After the intervention, subjects in both the groups were again evaluated. Patients in experimental group had significantly less severe dependence on alcohol. Patients in experimental group showed significant reduction in craving after one week intervention of body scan meditation. Patients in experimental group had significant negatively correlation of craving with family size. Findings of current study show that there is significant reduction in craving after one week of body scan meditation.

**Keywords:** Alcohol Dependence, Craving, Mindfulness, Pre-Assessment, Post Assessment.

## **BEHAVIORAL DIFFICULTIES AND SOCIAL SUPPORT AMONG ORPHANS AND NON- ORPHANS**

**Shikha Verma & Swaran Lata**

*Psychology Department, Faculty of Social Sciences,  
Banaras Hindu University, Varanasi-221005, U.P., India.*

Orphans are the socially deprived and most vulnerable groups of children in the society. The present study examined the behavior difficulties and social support in orphans and non-orphans. The present study is consisted 50 children were orphans with average age of 12.86 yrs. living in orphanage of Ghaziabad and 50 children were non-orphans with average age of 12.60 yrs. studying in schools of Ghaziabad. The tools employed for present study is Strengths and Difficulties Questionnaire (Goodman, R., 1997) comprising of five subscales i.e. emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems and pro-social behavior. Multidimensional scale of Perceived Social Support (Zimet, et. al., 1988) comprising of three subscales i.e. family, friend and sig. other social support. Result revealed that significant difference was found between orphans and non-orphans in behaviors difficulties. Insignificant difference was found between orphans and non-orphans in social support. Family social support significantly negatively correlated with overall behaviors difficulties in orphans. Friend, sig. other and overall social support significantly negatively correlated with peer relationship problem in non-orphans. Social support plays a protective role in dealing with psychosocial outcomes of orphans. Strong perception of support from cares, siblings, school teachers, school principal, friends, and others may reduce the deleterious effects of exposure to illness and problems related to social impairment.

**Keyword:** HIV/AIDS Orphans, Non- HIV/AIDS Orphans, Perceived Social Support

## LONELINESS AND IMPULSIVITY IN PROFESSIONAL STUDENTS OF PATNA

Shivangi Gupta\* & Shruti Narain\*\*

\*University of South Bihar, Patna

\*\*Department of Psychology, Patna Women's College, Patna

**Background:** Loneliness and impulsive behavior are major problems usually seen now a days' among professional students. Performance pressure, deadlines for submission, overload of work and such other factors does limit social interactions with friends and family members, which leads to increased loneliness amongst students. Impulsivity has impact on quality of life, decision-making processes, personality, suicide attempts, substance abuse, pathological gambling as well as domestic violence and road rage. **Objective:** Objectives of the study were to find difference between male and female students on impulsivity and loneliness. **Materials and methods:** A group of 60 students (30 male and 30 female) were selected through incidental cum purposive sampling method from Birla Institute of technology, Patna campus. They were assessed by Impulsiveness Scale and Loneliness Inventory. The study was approved by the ethical committee of the university. **Result and conclusion:** Significant difference was observed between male and female students on the loneliness scale where female students scored higher on loneliness. No significant difference was seen between male and female students on impulsiveness.

**Keywords:** Loneliness, Impulsivity, Students.

## CHAURASI MYTH: EXAMINING THE MATERIAL-NONMATERIAL TRANSITION IN CONTEXT OF MENTAL HEALTH

Sonia Pakhretia

Department of Psychology, Himachal Pradesh University, Shimla 171005, Himachal Pradesh, India

In the western Himalaya, the villages of Gaddis are below the alpine pastures at Bharmour, where they engage in social, cultural and agricultural activities for few months and rejoice in the precincts of Chaurasi, the abode of Lord Shiva. The folk mind attends to its own shamanistic needs through these rituals. In addition, the rich variety of folk mind (little tradition) interacts with the collective mind (great tradition) in multitudinous ways. There is objective reality of doing/actions (*karma*) and their results good or bad, in the yoga philosophy. A significant number of rituals are associated with earning *punya* or virtue and lessening the *paap* or sin. *Chaurasi* (or eighty four) *Myth* symbolizes two important beliefs among the Hindus that there is afterlife, and it is related to the *law of karma*. The fear of death and belief in afterlife are the focus of current research in psychology and cognitive science. The study explores the nature and diversity of beliefs in supernatural agents, which is rooted in the institution of temple and has its association with the mental health of local community.

**Keywords:** Chaurasi, Mental Health, Supernatural Agents



## **THE EFFECT OF PARENT TRAINING PROGRAMME ON THE LONELINESS OF THEIR CHILDREN**

**Sunil Kumar & Neelu Sharma**

*\*Department of Psychology, H.P. University, Shimla.*

*\*\*Kv Jutogh Cantt. Shimla.*

The Study was conducted on 60 Parents each in the experimental group and control group using scientific method of sample selection. The Pre – Post test Treatment designs was used to study the effect of Parent Training Programme so as to see its effect on the loneliness of their children. Initially, Coping with Children's Negative Emotions Scale (CCNES), Mohsin Parent-Child Inventory (PCI), and Asher's Loneliness scale were used study and develop. The training programmes were conducted in regular interval (quarterly) for two days (each day for 06 hours) throughout one year for the parents. Pre Test - Post Test Treatment Designs was used to study the effect of Parent Training Programme on the parental stress and loneliness of their children. The result showed the significant difference between the experimental group and control group on the parental stress of the participants at .05 level of significance and consequently on the loneliness of their children at .01 level of significance.

**Keywords:** Parental Responses to Children's Expressions of Negative Affect, Parent Training Programme, Parental Stress, Loneliness.

## **A COMPARATIVE STUDY OF RURAL AND URBAN FEMALE CORONARY HEART DISEASE PATIENTS ON STRESS, COPING STYLES AND HEALTH HABITS**

**Jitendra Mohan & Sukhmani Singh**

*Panjab University, Chandigarh*

Lifestyles of populations across the world have been changed dramatically in the 20th century. As a result of it, most human societies have moved from agrarian diets and active lives to fast foods and sedentary habits. Gupta et al. (2008) suggested that various cross-sectional studies indicated the prevalence of CHD to be between 7-13 per cent in urban and 2-7 per cent in rural India. Nowadays, the prevalence of CVD risk factors have been gradually increased in the rural population of India. Ghosh (2015) also found that the CVD risk factors were significantly prevalent in the rural population of India. Thus it was reasonable to argue that CVD risk factors were increasing irrespective of the Habitat. Earlier men were predominantly affected by CVD, but in today's scenario women were also no longer be considered immune to its occurrence. Thus, the present study was planned to compare Rural and Urban Female Coronary Heart Disease Patients on Stress, Coping Styles and Health Habits. It was hypothesized that Rural Female CHD patients would score higher on Stress and Coping Styles whereas lower on Health Habits in comparison to Urban Female CHD Patients. The sample comprised of 100 subjects out of which 50 were Rural and 50 were Urban Female CHD Patients. They were in the age range of 40-60 years. They were administered on tests of Stress (Perceived Stress Scale, Cohen, Kamarck & Mermelstein, 1983) Coping Styles (Sarafino, 1994) and Health Habits (Atwater, 1995). t-test was applied to compare Rural and Urban Female CHD Patients on Stress, Coping Styles and Health Habits. Results showed that Rural Female CHD patients scored higher on Stress whereas lower on Problem Focused Coping and Health Habits as compared to Urban Female CHD patients. Results shall be discussed in terms of modifiable risk factors for prevention of Coronary Heart Disease.

**Keywords:** Coronary Heart Disease, Stress, Coping Styles and Health Habits

## ABSTRACTING 'THEORY OF MIND' FROM LOW-LEVEL MIND READING TO HIGH-LEVEL MIND READING

Sibin Raj K.

*Gautam Budhha University, Greater Noida, Delhi*

The term theory of mind (ToM) refers to the ability to reason about mental states, such as beliefs, desires, and intentions, and to understand how mental states feature in everyday explanations and predictions of people's behavior. Researches and discussions of ToM focuses exclusively on the narrow participant groups such as pre-school children and shed a little light on adult group and their higher order ToM processing in different kinds of population. In this article, I (a) selectively overview the literature on ToM, (b) suggest that ToM can be explored into its core nature and applications on clinical population as well as higher functioning individuals by studying in adult population who uses higher order ToM, (c) argue that the individuals of certain professions or population who show their mental potentials in a higher manner which cure, creative, manipulate, entertain people (mental health professionals, writers/musicians, machiavellianists, mentalists) are the result of higher order ToM, (d) point out that ToM is an umbrella term or ability for many cognitive as well as emotional potentials in which many of are still not explored.

**Keywords:** Theory of Mind (ToM), Higher Order Tom, Mental Health Professionals, Writers, Musicians, Machiavellianists, Mentalists

## CONTRIBUTION OF POSITIVE COGNITIVE EMOTION REGULATION STRATEGIES IN DEPRESSION

Shweta Chaturvedi & Preet Kumari

*Department of Psychology, Dayalbagh Educational Institute, Agra*

Researches on depression have identified both positive and negative cognitive emotion regulation strategies have pivotal role in depression. The present study examined the hypothesis how specifically positive cognitive emotion regulation strategies contribute in reducing the symptoms of depression. A total of 100 adolescents suffering from depression have completed the Beck Depression Inventory II and Cognitive Emotion Regulation Questionnaire. The multiple regression analysis has revealed that positive reappraisal was highly contributed in reducing symptoms of depression compared to other strategies.

**Keywords:** Positive Refocusing, Refocus on Planning, Positive reappraisal, Depression

## A COMPARISON OF EMOTIONAL COMPETENCE OF UAE AND INDIAN SPORTS PERSONNEL: A COMPARATIVE STUDY

Shyam Lata Juyal\*, Shubham Kirar Suryawanshi\*, Nidhi Sharma\*, & M.. Rafiuddin\*\*

*\*Dept. of Psychology, KGC, Gurukul Kangri Vishwavidyalaya, Haridwar, India.*

*\*\* BITS Pilani – Dubai, International Academic City, Dubai, UAE.*

Emotions play as an important role in sport as any other factor to sport performance. It has been determined that emotional competence is essential in both individual and team sports and can be the key factor in an athlete's functioning. Keeping in view we explored in this study whether UAE & Indian sports personnel will differ significantly

on Emotional competence, and also, is difference exist in comparison to non – sports personnel on emotional competence? For studying the above the total sample comprised of 320 participants, 120 participants from India and 120 from UAE included in the sample. Each group of 120 participants divided into two groups 80 were sports and 80 non – sports personnel. Further bifurcated them into gender of participants (40 girls and 40 boys). Assessing Emotional Competence of participants Emotional Competence Scale administered of them which was constructed and standardized by Sharma H.C. & Bharadwaj R.L. Results revealed that Indian sports personnel have higher value on the dimension of AFWE than the UAE sports personnel. Female sports personnel of India showed high EPE than the males. Indian sports personnel indicated more competence on the dimensions of AECE, AFWE, ACPE and EPE than non – sports personnel. The same trend found to be in Indian males and females in favour of sports personnel.

**Keywords:** Emotional Competence, India, UAE, Sports Personnel, Non-Sports Personnel.

## **POWER MOTIVATION, WELL BEING AND JOB SATISFACTION IN TEACHING AND NON-TEACHING STAFF OF A PRIVATE UNIVERSITY IN HARYANA: A COMPARATIVE STUDY**

**Sanjeev Kumar\* & Shubham Singhal\*\***

*\* Sigma Institute, Bhopal, M.P.*

*\*\* Department of Clinical Psychology, SGT University, Haryana, India*

Power Motivation, Well Being and Job Satisfaction have been extensively researched throughout the world considering different sampling parameters. Public and Privately managed organizations offer different types of job climate and other organizational variables which may result in different kinds of physical and psychological health states. Considering present socio-economical and cultural-technical environment these variables need to be reviewed with the present sample in consideration. Present research is one step in this direction. The research is a correlation study consisting N=60 where n1= 30 (teaching staff) and n2=30 (non-teaching staff) in a privately managed University in the State of Haryana (India). Power motivation is measured with Winter (1972) scale, Job Satisfaction is measured with Weiss (1967) and Well being is measured with PGI Well Being Scale by Verma and Verma (1989). The standardization of tests is verified.

**Keywords:** Power Motivation, Job Satisfaction, Well Being.

## **“PORTRAYING DIS/ABILITY ON TELEVISION: A CONTENT ANALYSIS OF DANCE REALITY SHOWS”**

**Shuchi Yadav**

*Galgotias University, Greater Noida-UP, Ph – 9818408501*

Contemporary society lives in a mediated world. Social reality constructed by television programming whether news or entertainment is increasingly focusing on the ‘emotional’ content in their storytelling. Dance reality TV shows are using this style of narrative content more often to portray the disabled on screen. Media portrayals of disability have been under criticism for under-representations or stereotypical representations. However studies show that ‘emotional’ style of representation is gaining popularity with the audiences. The objective of the study therefore is to study the structure of the audio-visual television narratives to understand how ‘emotions’ are stimulated on screen. For this purpose, the content of three popular dance reality shows representing disabled contestants

was studied. Three disabled contestants belonging to different dance reality shows have been taken as samples in various episodes across channels. It is a qualitative study that attempted a semiotic method of content analysis to analyze the 'denotative' and the 'connotative' meanings coded in the TV narratives. The findings reveal – firstly, recurring tropes or frames of empathy are evident across narratives in portraying disability in reality shows. Secondly, producers dramatize the visual sequences by highlighting the personal connect of the 'celebrity' judges with the disabled. Thirdly, the inclusion of the disabled as contestants in the dance reality shows seems to be a part of a strategized intent of the producers to maximize the participation of the audience.

**Keywords:** Disability; Stereotypes; Emotional tropes; TV narratives; Reality shows

## **ROLE AMBIGUITY, PERCEIVED ORGANIZATIONAL SUPPORT AND ORGANIZATIONAL COMMITMENT OF BANK EMPLOYEES**

**Siddharth Soni & Manisha Agarwal**

*Department of Psychology, Banaras Hindu University, Varanasi*

Recent studies on banking sector indicates that the employees of banking sector are under a great deal of pressure due to many antecedents of environmental factors such as heavy workload, role ambiguity, role conflict, lack of feedback, lack of supervisors support keeping up rapid change in organizational technology, being in a innovative role, career development organizational structure and climate and recent episodic events, one of the affected recent that come out is stress consequences on commitment of the employees. The study has been conducted to examine the nature of the relationship between role ambiguity, perceived organizational support and organizational commitment of the bank employees. The data was collected on private and public sector bank employees. A total number of 100 banking personnel including clerk and managerial level were participated in the study. In order to collect data, required for the present study, Role ambiguity, perceived organizational support and organizational commitment was measured by role ambiguity scale, perceived organizational support scale and organizational commitment scale. Correlation was done to examine the relationship between variables, and stepwise regression analysis was done to analyze the data.

**Keywords:** Role Ambiguity, Perceived Organizational Support, Organizational Commitment, Bank Employees

## **SUICIDAL IDEATION IN RELATION TO MARITAL AND EMPLOYMENT STATUS OF WOMEN**

**Begum Sonam, Chandra Puran & Khokhar C.P.**

*Department of Psychology, G.K.V. Haridwar*

Suicidal behavior- suicidal ideation, suicide attempt and completed suicide- probable represents a continuum of self-harming behaviors. Suicidal ideation or behavior can be an escape from an unbearable situation or state of mind. The aim of present study is to explore the level of suicidal ideation among married and unmarried employed women. Sample of the study consisted of 40 unmarried employed women and 40 married employed women who are selected through purposive sampling technique. The suicidal ideation scale of Arone T. Beck, Maria Kovacs and Arlene Weissman (1979) is used to assess the suicidal ideation of unmarried and married employed women. The result has shown that unmarried employed women have higher suicidal tendency as compared to married employed women. However factors like job status, age, education and personality have also been associated with suicidal ideation in women.

**Keywords:** Suicidal Ideation, Employed Women, Marriage

## A PSYCHOLOGICAL PERSPECTIVE FOR NURTURING EXCELLENCE IN SHOOTING SPORT

Anurag Saksena & Shreya Saksena

**Background:** Shooting is a highly competitive Olympic discipline which requires a very high level mental training, nerves of Steel and sound conditioning of the Human mind to deliver Olympic level results. Shooting has emerged as natural choice all over India, motivated by the success of Indian shooters in Olympics since Athens 2004. Interactions with International level shooters have brought out that psychological stability is the match winning factor in this sport. The study of the psychological processes that enhance the performance of a shooter as well as the identification of those thoughts that can lead to undesirable conflict and disrupt the equanimity of the shooter during a match will help improve the performance of athletes in this field. Sports psychology in India needs to develop in this particular field in order to support the Indian Olympic Dream! **Expected Result:** India was expecting a sterling performance in the recently concluded Olympics at Rio de Janeiro. However the dismal results in this field highlight the need for qualitative psychological research in this field based of case study based analysis and the specific factors which need to be borne in mind during preparations. Interactions with experienced shooters have revealed that the subtle aspects of the subconscious mind play a important part in the shooting sport. **Method:** A case study based research has been carried out of two emerging shooters which can help evolve norms and identify psychological interventions to enhance performance in this specific sport. **Result and Conclusion:** Psychological preparation is an essential match winning aspect which needs to be incorporated in the training curriculum of Shooters. This has to be catered for by detailed understanding of the sport and the individual shooters to provide tailor-made psychological support.

**Keywords:** Mental Training, Psychological Stability, Subconscious Mind

## PERCEIVED EXPERIENTIAL ATTITUDE-BASED MOTIVATION TO USE TRADITIONAL AND ALTERNATIVE MEDICINES BY PEOPLE LIVING WITH HIV AND AIDS IN ZIMBABWE

Tinashe Muromo

*University of Zimbabwe, Harare, Zimbabwe*

This article examines perceived experiential attitude-based motivation to use traditional and Alternative Medicines (TAM) by people living with HIV and AIDS (PLWHA) in Zimbabwe. It focuses on the attitude as a determinant of behavioural intention as depicted in the Integrated Behaviour model (IBM). Following IBM, attitude was contextualised as a person's evaluation of how favourable or unfavourable his or her use of TAM would be. Experiential attitudes were identified and they focused on affective evaluation of outcomes of TAM use in terms of good or bad. Qualitative data from 20 PLWHA who had treatment from traditional healers was analysed using NVivo. Data revealed that more participants made more positive evaluations of the outcomes resulting from their experiential use of traditional medicines. Sustained and repeated use of traditional medicine which spanned from childhood was illuminated. However, reported experience of the participants yielded not only positive and negative evaluation of outcomes. There were a number of other perceived evaluations that were hanging in the balance. These outcome evaluations seemed to be ambivalent and appeared to cause a lot of tension. Therefore, the comprehension of experiential attitude was found to be trichotomous rather than dichotomous as per IBM. It can be concluded that, perceived experiential attitudes are key determinants of PLWHA to use traditional medicines.

Basing from results from the present study, policy makers and health practioners are recommended to invest in research on the use of TAM so as to repackge and formalize this treatment and healthcare option.

**Keywords:** Traditional and Alternative Medicine, People living with HIV and AIDS, Integrated Behavioural Model.

## WELL-BEING OF STUDENTS IN RELATION TO PARENTAL PERCEPTION

Sunbul Afaq

Aligarh Muslim University

**Objective:** Parents are the first socialising agents and every individual holds certain perceptions about his/her parents. From past few decades researchers have focused a lot on parent- child- relationship and its impact on various aspects of child's life. The aim of the present study is to explore the relationship between the wellbeing of students and their perception about their parents (both maternal and paternal perception). The study examined whether the perception that students hold about their parents affect their wellbeing or not. **Method:** The study was conducted on a sample of 70 students(35 males and 35 females). Perception about parents was assessed using the Perception of Parents- the College Students Scale with 42-items. However, Ryff's scale of psychological wellbeing with 18-items was used for the assessment of wellbeing. Pearson's coefficient of correlation and t-test were performed. **Result:** The study indicated a positive correlation of wellbeing with perception about parents(both maternal perception and paternal perception). Also the mean wellbeing score of females was more than that of males. **Conclusion:** The findings clearly indicate that perception about parents is related to the wellbeing of students. These findings will help the parents to understand how the wellbeing of their children is linked with what they perceive about them.

**Keywords:** Wellbeing, Maternal Perception, Paternal Perception

## COMPONENTS OF FLOW IN LEISURELY & COMPETITIVE ACTIVITIES: PREVALENCE IN INDIAN SETTINGS

Shivika Khurana, Niyati Aggarwal & Vandana Gambhir Chopra

Department of Psychology, Keshav Mahavidyalaya, University of Delhi

The current study is directed to explore two aims: to verify stated and find new components of flow in leisurely and competitive activities and to replicate Csikszentmihalyi's findings suggesting that 1 in 5 individual experiences flow, in Indian population. For this purpose a mixed method research design is used. For the first aim, semi-structured interview guide was constructed and used in focus group discussions and interviews (of 15 participants selected through deviant sampling) were conducted. For the second aim, Csikszentmihalyi's original questionnaire was re-framed for Indian context. The questionnaire was administered on a sample of 300 individuals (Age: 16-45years). Findings are discussed in light of their present-day implications and limitations.

**Keywords:** Flow, Components of Flow, Optimal Experience, Leisure, Competitive Activities

## WORK MOTIVATION AND OCCUPATIONAL STRESS AMONG THE EMPLOYEES OF PRIVATE AND PUBLIC SECTOR

Sucheta\* & Sister M. Reema\*\*

\*Central University of South Bihar, Patna

\*\*Department of Psychology, Patna Women's College, Patna

**Background:** Work Motivation is the process that initiates and maintains goal-directed performance. Motivation generates the mental efforts that derive us to apply our knowledge and skill. Occupational Stress is the stress involving work. It occurs when people have responsibilities and demands at work with which they can not cope for a variety of reasons. It can also occur when there is a mismatch between job expectations and reality. **Objective:** The present research was planned with the primary objective to assess the relationship between Work Motivation and Occupational Stress among the employees of private sector and public sector. The secondary aim was to find out the significant difference between these groups. **Materials and Method:** For this purpose 60 employees from Patna were selected. In which 30 were from the Tata Motors and 30 respondents from Office of Accountant General. The sample was collect using incidental cum-purposive sampling method. **Measures:** The following tools were administered to collect data as per the objectives of the study: (a) Work Motivation Questionnaire (WMQ) Agrawal (1998), and (b) Occupational Stress Index (OSI) by Srivastava & Singh (1989). The scoring was done according to the respective manuals. **Result and Conclusion:** There was no significant difference between private sector and public sector employees on Work Motivation Questionnaire. There was no significant difference between private sector and public sector employees on Occupational Stress Index. There was positive correlation between work motivation and occupational stress.

**Keywords:** Work Motivation, Occupational Stress, Private Sector, Public Sector, Employee

## PSYCHOMETRIC PROPERTIES OF SPORTS MOTIVATION SCALES

Tarun Jain & Ritu Sharma

AIPS, Amity University, Noida

Performance is the action or process of performing a task or function. It is judgment of one action which is measured against some standards which can be pre-established results or expectation of self and others. In sports performance it is measured as peak performance which is a state that is also known as peak experience, the zone of optimal functioning and flow. The present study reviewed sports constructs that are made to assess motivation, achievement motivation and goal orientation in sports person affecting sports performance. Various construct that have been devised to assess sports performances are primarily of two types, one based on the motivation construct and second based on self-efficacy construct. For this purpose Review was based on six constructs namely Task & Ego Orientation, Sports Orientation Scale, Perception of Success, Goal setting, SMS 28, and SMS 6. Analysis of scales was done by reviewing the question and construct in these scales. Review indicates that motivations construct scale predominantly assesses orientation or drive of the person and affective behaviors but does not assess the variables that hinder or assist the performance. This study leaves a strong implication for a need of a sports scale which not only measures the orientation however also focuses on the various variables a sports person faces before, during and after during the course of competition to improve sports performance rather than just assessing motivation.

**Keywords:** Sports Constructs, Motivation, Peak Performance, Sports Performance.

## **SUBSTANCE ABUSE IN RELATION TO SOCIO CULTURAL FACTORS**

**Sunita Rani, Roopendra Kumar & Surabhi Rawat**

*Gurukula Kangri Vishwavidhyalaya, Haridwar*

Substance abuse is a major problem being faced at various levels ,society, family and the individual. Harmful for personal health, it is also dysfunctional to family and society. Person suffering from addiction spend excess time on activities related to getting drugs and using drugs. Many drug abusers resort to crime in order to maintain their supply of drugs. Due to this, all aspect of their life get neglected. Years of research have shown that addiction, once thought to be caused by degeneration of moral and self control, is as much as disease as diabetes and depression. There are many causal factors behind this problem. Current and ongoing research has even identified genetic make ups that make certain people predisposed for substance abuse problem. However, while addiction can be physiological in origin, the facts remains that there are also many cultural and social factors that cause and cultivate addiction in many people. In this research paper we are trying to focus many socio cultural factors that are responsible for cultivating addiction in people.

**Keywords:** Substance Abuse, Socio-cultural Factors, Personal Health, Self Control

## **A COMPARATIVE STUDY OF HYPERTENSIVE AND HEALTHY WOMEN ON ANGER RUMINATION AND ANGER EXPRESSION STYLES**

**Meena Sehgal & Usha Sharma**

*Department of Psychology, Panjab University, Chandigarh*

Hypertension is the leading factor to damage health and has turn out many chronic conditions in human body (Grimsrud et al., 2009). In the past, most cardiovascular research was conducted with male participants, perhaps because of the myth that men were more heart diseases prone (Correa-de-Araujo, 2006). Despite of this recognition, various findings about men should not be generalized to women, and its attempt to close the gender discrepancy; researcher attention to midlife women (ages 45 to 65) is still insufficient (McSweeney, Lefler, & Crowder, 2005). Leuzzi et al. (2011) found that hypertension has been the most common chronic disease in the industrialized countries and represented the most common major cardiovascular risk factor among both men and women. Anger and stress have been identified as most important psychosocial risk factors. Studies have reported that increase in anger rumination, anger expression is consistently linked to higher blood pressure during recovery periods (Gerin et al., 2006). The present investigation was aimed to compare women hypertensive patients and healthy controls on anger rumination and anger expression styles. The sample comprised of 50 hypertensive women patients and 50 healthy controls aged 45-60 years. They were administered tests of Anger viz. The State Trait Anger Expression Inventory (Spielberger, 1988) and Anger Rumination Scale (ARS; Sukhodolsky, Golub, & Cromwell, 2001). It was hypothesized that hypertensive women will score higher on Anger Rumination and Anger Expression Styles viz. State Anger, Trait Anger, Anger In, Anger Control and Total Anger Expressed; and lower on Anger Control in comparison to non-working hypertensive women. t-test was applied to compare women hypertensive patients and healthy controls on Anger Rumination and Anger Expression Styles. The results showed that hypertensive women patients scored significantly higher on anger rumination and anger expression styles viz. state anger, trait anger, anger in and anger out than healthy controls. Healthy controls scored higher on anger control in comparison to women hypertensive patients. Strategies to control anger to reduce manifestation of hypertension shall be discussed.

**Keywords:** Hypertension, Anger Rumination, Anger Expression, Women.



## **A STUDY OF ASSESSING THE EFFICACY OF LIFE SKILLS BASED PSYCHOSOCIAL INTERVENTION PROGRAM ON BEHAVIOR OF JUVENILE DELINQUENTS**

**Annie Khanam\* & Subhasis Bhadra\*\***

*\*Department of Psychology and Mental Health, School of Humanities and Social Sciences, Gautam Buddha University, Greater NOIDA, Uttar Pradesh, 201312*

*\*\*Department of Social Work, School of Humanities and Social Sciences, Gautam Buddha University, Greater NOIDA, Uttar Pradesh, 201312*

Mental health is defined as a state of well-being in which an individual's capacity to deal with life's situation is efficient enough to work productively (WHO, 2010). Mental health of juvenile delinquents has always been a brow raising issue making it biggest concerns of various government agencies. The statistics by National Crime Records Bureau (2014), reflects the Indian scenario of a constant rise in the trends of occurrence of juvenile crime from 2.08% in 2011 to 2.58% in 2013-14 of total cognizable crime. Enormous literature supports the growing fame and evidence for the role of life skills in the development of psychosocial competencies among younger generation (UNICEF, 2016). Psychological and social skills enhance positive behavior change and self esteem in vulnerable children population (childtrends.org, 2016). Life skills education works as a structured programme of behavior change that works upon needs- and outcomes. It takes up experiential learning through participatory approach. It primarily aims to assist delinquent children in practicing psychosocial skills to decrease risk factors and increase protective factors in life (UNICEF, 2016). This paper focuses on problems of juvenile delinquents in observation homes. It aims at assessing the positive behavior change in life skills of juvenile delinquents. The assessment has been conducted in a pre-post intervention method with 60 inmates of 10 to 15 years. Though there are few tools available to assess the different changes that could be achieved through life skills intervention, yet there is no tool specifically available to assess the changes in life skills for juvenile delinquent. Thus, a tool -has been designed to assess ten generic life skills, considering the problems of delinquent children in the observation homes, their past and future. The tool is developed based on only Indian scale available to assess life skills, Life Skills Scale (Vranda, 2009), and it takes up the substantial evidence of various reports by UNICEF, (United Nation, 2001), and WHO that presents a meta analysis which evaluates evidence based programs that conclude the consistency and prognosis of such skills training program to cater behavior change in juvenile delinquents. The Cronbach Alpha value of the tool (0.78), is a consistent value to consider the questionnaire as an appropriate tool to assess the behaviour of juvenile delinquents. The juvenile delinquents are product of multiple social malfunctioning that needs to be changed through progressive interventions, even though there are various limitations in the juvenile home to implement an effective life skill programming. The research showed the viability of the life skills model and assessing the change over a regular intervention for three months.

**Keywords:** Juvenile Delinquent, Juvenile Home, Mental Health, Life Skills

## **SUBJECTIVE PAIN EXPERIENCES AND THE QUALITY OF LIFE OF CANCER PATIENTS UNDERGOING CHEMOTHERAPY**

**Siotia, S., & Jasmine, E.**

*Indian Institute of Psychology and Research*

**Introduction:** Cancer is a condition where there is a rapid development of abnormal cells that grows beyond its usual boundaries. Chemotherapy is painful treatment procedure with multiple side effects that uses anti-cancer

drugs to slow down the growth and to shrink the size of tumor. The pain is subjective in nature and varies depending upon the pain threshold of the person; it tends to interfere with all domains of persons daily functioning. **Objective:** The present study aims to assess and explore the relationship between Subjective Pain Experiences and the Quality of Life of Cancer Patients undergoing Chemotherapy. **Design and methodology:** A non-experimental research design was used with the total of 133 sample. The Brief Pain inventory and The EORTC QLQ –C30 questionnaire were used for the purpose. The data from the respondents were subjected to Multiple Regression, One Way ANOVA and MANOVA. **Results:** The results in the present study have shown that there is a high significant inverse relationship between subjective pain experiences with QoL. The findings further indicate that there is no significant difference in the subjective pain experiences across cancer type. The results show that there is a significant difference in the quality of life of patients across type of cancer where the Breast cancer patients show the lowest Quality of life in comparison to other cancer type. No gender significant differences in the subjective pain experiences and quality of life was found across cancer type. **Conclusion:** Findings of this study is of utmost importance in the field of psycho-oncology which indicates that difference in the QoL across cancer type needs tailored intervention and healing modalities to help patients deal efficiently with daily functioning and help them live a better life.

**Keywords:** Subjective Pain Experiences, Quality of Life, Cancer, Chemotherapy

## IMPACT OF GENDER AND AGE ON SPIRITUALITY

Urvashi Sharma & Archana Satsangi

Department of Psychology, Dayalbagh, Agra 281010(U.P) INDIA

Spirituality is an essential component which helps in balancing among mind, body and spirit. It reflects wellbeing of a person. It is considered as an important indicator of an individual and societal growth. Spirituality is one of the prominent aspects of one's life although age and gender play an important role in spirituality and it is a reciprocal relationship. **Objective:** The purpose of the present study is to examine the role of gender and age on spirituality among bank employees. **Method:** The sample comprises 100 subjects (50 males & 50 females), working in bank. The sample has taken from Agra Region. Sample is equal in terms of education, individual income, age, and marital status in order to examine the effect of gender and age on spirituality among bank employees. **Result:** The result reveals that there is significant effect of gender and age on spirituality.

**Keywords:** Gender, Age, Spirituality, Bank Employee.

## ASSOCIATION BETWEEN SPIRITUALITY AND DIABETES-RELATED EMOTIONAL DISTRESS AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS

Humera Shafi & Urooj un Nisa

Department of Psychology, University of Kashmir, Srinagar

Globally, diabetes is being diagnosed in epidemic proportions and whilst the estimated diabetes prevalence for 2013 is 382 million it is expected to affect 592 million people by 2035. Diabetes is a chronic illness that affects many domains of life. It has been observed that spirituality may well be associated with lower diabetes-related emotional distress. In this context this study aimed to determine the role of spirituality in diabetes-related emotional distress among patients with Type 2 diabetes in Kashmir Valley. A cross-sectional design was employed, in which patients with type 2 diabetes (N=435) completed a questionnaire regarding Spirituality (measured by Spiritual

Well-Being Scale), Diabetes-related emotional distress (Problem areas in diabetes scale) and demographics. Pearson's Product Moment Correlation and Regression Analysis were used to analyze the data. Findings revealed that majority (88.27%) of the type 2 diabetic patients fall in the high level of spirituality but were low (88.73%) on the levels of diabetes-related emotional distress. It was further found that spirituality showed significant negative correlation with diabetes-related distress and also significantly predicted diabetes related emotional distress. Results also revealed that type 2 diabetic patients differ significantly on spirituality as well as diabetes related emotional distress as far as their gender is concerned. Males were found to be more spiritual than females while as females were found to have more emotional distress related diabetes.

**Keywords:** Type 2 diabetes, Spirituality, Diabetes related emotional distress.

## **A STUDY FOR KNOWLEDGE, PERCEPTION AND ATTITUDE OF SEXUALLY TRANSMITTED INFECTIONS AMONG STIS CLINIC ATTENDEES**

**Swati Singh**

*Department of Dermatology and Venereology, IMS, BHU, Varanasi*

**Objectives:** The present study was carried out with the objectives (i) to assess the level of knowledge about STIs and HIV / AIDS, and (ii) to know the factors influencing the knowledge / awareness, perception and attitude about STIs among STIs clinic attendees. **Method:** A cross-sectional study involving 400 STIs clinic attendees from STI Clinic in Varanasi district. An interview schedule was administered to respondents about their knowledge regarding STIs / HIV and AIDS. Chi square test was applied to find out the significant difference in proportions. **Results:** Chi Square test according to the age groups (less than 20 years, 20-24 years, 25-44 years and more than 44 years age groups), educational qualifications (illiterate, up to high school and more than high school) for each level of knowledge/awareness (condom, STIs / RTIs, HIV / AIDS and link between HIV and STI) coupled with the analysis were computerized. Overall, awareness for HIV / AIDS is (46 %), followed by condom (30.5%), STIs / RTIs (19.5%), and link between HIV and STI (4%). P – Value is significant regarding the four age group x four levels of awareness ( $\chi^2 = 64.78$ ,  $df = 3$ ;  $p < .001$ ) as well as accordingly to four levels of awareness x three levels of educational qualification ( $\chi^2 = 42.11$ ,  $df = 2$ ;  $p < .001$ ) of the respondents. **Conclusions:** Integrated approach is strongly suggested for creating knowledge and awareness to control the spread of STIs (including HIV and AIDS) among young people.

**Keywords:** Sexually Transmitted Infections, HIV/AIDS, Knowledge, Awareness

## **PAIN LOCUS OF CONTROL IN MIGRAINE HEADACHE PATIENTS**

**Soni Kushwaha**

*M.G.Kashi Vidyapith, Varanasi*

Pain locus of control (PLOC) refers to beliefs to pain control and management, and incorporates the same constructs of internality and externality. It refers to the degree of control individuals believe they have over their pain experience and encompasses three dimensions: internality, powerful others and chance. This study investigated the association of pain locus of control with migraine headache. Sample consisted of 60 male and 60 female migraine patients of the age range of 20 to 45 years, diagnosed by the neurologists, minimum education high school and suffering from migraine headache at least for the preceding one year period. Another group of 60 male and 60 female controls of

the same age range and education was also included in the sample. Hindi Adaptation of Pain Locus of Control Scale (Kumar, 2000) was administered to these groups individually. It was found that migraine patients are externally controlled and the experience of pain in migraine patients is governed more by powerful others as compared to the control group.

**Keywords:** Pain Locus of control, Internality, Chance, Powerful others, Migraine

## **BEHAVIOUR CHANGE AND PSYCHOLOGICAL INTERVENTION**

**Tufail Ahmad**

*Department of Psychology, BRABU, Muzaffarpur, Bihar, India.*

Cognition is directly connected to our mental health. If any object is related to our fear at any situation, we feel bad even when situation is good. For an example; A person is afraid of red colour in his childhood. In young age whenever he sees red colour, he does not feel good. If we insist him not to be afraid of this situation, it is likely that he feels bad, nausea, high or low blood pressure etc. It may be mental illness, not physiological illness. Thus we can say that if we want to good ensure cognition of any object we will have to be good in our mental health. It is necessary for our good personality. Theories related to behavioural change attempt to explain why behaviour changes. These theories talk of environmental, personal, and behavioral characteristics as the major factors in behaviour determination. In recent years, there has been increased interest in the application of these theories in the area of health, education, criminology, energy and international development with the hope that understanding behavioural change will improve the services offered in these areas. A problem is faced with the stages of change. It is very easy for a person to enter the maintenance stage and then fall back into earlier stages. Factors that contribute to this decline include external factors such as weather or seasonal changes, and/or personal issues a person is dealing with. We have to ensure good cognition for anything at any cost of our mental, physiological and psychological health.

**Keywords:** Behaviour Change Therapy, Cognition, Physical Health, Psychological Health

## **STRESS AND ANXIETY CORRELATE AS TO GENERAL HEALTH OF ADOLESCENTS LIVING IN MIZORAM**

**Zokaitluangi & C. Lalfakzuali**

*Department of Psychology, Mizoram University, Aizawl-796004.*

Adolescence is a period of stress and strain and extensive research have shown that adolescents experience high level of stress, which can lead to the development of mental health problems such as anxiety and depression. Preliminary evidence supports the role of stress and anxiety as factors contributing to the general health of adolescents. Males and females also seem to differ in their reaction and perception of stress, anxiety and mental health in general. The present study is an analysis of the relationship of psychological variables of Stress, Anxiety and General Health, comparing these variables among Male and Female Mizo adolescents. Sample consist of 200 Mizo adolescents ranging in age from 14 to 18 years from different parts of Mizoram selected through multistage random sampling. The Perceived Stress Scale (Cohen & Williamson, 1988), Beck Anxiety Inventory Test (Beck & Steer, 1990) and General Health Questionnaire-12 (Goldberg & Williams, 1988) were used for the purpose of the study. Psychometric adequacy and parametric statistic assumptions were checked for the selected population. Pearson correlation and One-Way ANOVA were applied to find out relationships and significant group differences. The result revealed significant gender differences and significant correlations between the variables. The present

study contributes to an emerging understanding of the underlying process between the different psychological variables bringing greater understanding of the role of stress and anxiety on the general health of a person.

**Keywords:** Adolescence, Stress, Anxiety, General Health

## MEITEI SHAMANISM: PSYCHOLOGICAL REFLECTIONS

Yumlembam Aditi

*Department of Psychology, University of Delhi*

*Amaibis* are priestesses and shamans of the *Meitei*, one of the ethnic groups of Manipur. From the standpoint of Analytical psychology, the present paper attempts to reflect and analyze the experiences of call and crises, and its eventual resolution that constitute the journey of becoming of an *Amaibi*. The crises period exhibited by psychosomatic symptoms, and states of involuntary, uncontrolled trance indicative of psychic dissociation culminates in restructuring and integration of a new personality thus affirming the psyche's self-healing capacity and innate ability for transformation. By attending to the physical discomforts, dreams, trance-visionary experiences and training in *Meitei* myths and ritual performances under the guidance of a trained *Amaibi*, the novice *Amaibi* succeeds in moving from crises to cure and from being healed to a healer.

**Keywords:** Amaibi, Shaman, Psychosomatic, Dissociation, Trance-visionary

## RELATIONSHIP OF SELF-CONSCIOUS AFFECT WITH SYMPTOM SEVERITY: A STUDY OF OBSESSIVE/COMPULSIVE DISORDER PATIENTS

Touseef Rizvi

*Department of Psychology, University of Kashmir, Hazratbal Srinagar*

**Objective:** This study was conducted with the objective to assess self-conscious affect (Guilt, Shame & Blaming Others) and symptom severity in OCD patients and to find out the relationship between the study variables. **Method:** The sample of the study consisted of 71 patients (43 males and 28 females) selected purposively from Department of Psychiatry, Government Medical College and Associated Hospitals, Karan Nagar, Srinagar. Participants completed the sample survey packets comprising of Tosca-3S Test of Self-Conscious Affect, Version 3 (1989) and Y-Bocs Symptom Checklist (1989). **Result:** The results of the study revealed that there is a significant and positive correlation between symptom severity and two dimensions of self-conscious affect viz. guilt, shame whereas the relationship between blaming others dimension and symptom severity was found to be insignificant. **Conclusion:** The results of the study can be uplifting for clinicians by helping them to understand the relationship of self-conscious affect with symptom severity so as to consider it in relation to the treatment.

**Keywords:** Self-Conscious Affect, Guilt, Shame, Symptom Severity

## INTERNET ADDICTION DISORDER IN EMERGING ADULTS

Ved Prakash Maurya

*Department of Clinical Psychology, Gautam Buddha University, Greater Noida, UP*

**Aim:** The article is planned to highlight the psychosocial impact, psychological theories, probable treatment and rehabilitation of an Internet Addiction Disorder in emerging adults.

Internet addiction disorder (IAD) is a newly identified psychiatric disorder. American Psychiatric Association (APA) includes IAD as an impulse control disorder in new DSM-V. Maladaptive pattern of Internet use, leading to clinically significant impairment or distress as manifested by three or more out of these; Tolerance, Lack of Control, and Continued Excessive Use Despite Knowledge of Negative Effects, Loss of Interests Excluding Internet, and Use of The Internet to Escape or Relieve a Dysphoric Mood; along with these Preoccupation or Withdrawal Symptoms must be attached. 86% comorbid situations encountered in IAD included social phobia, depression, anxiety disorders, shyness, introversion, loneliness, personality disorders, substance addiction, sexual compulsivity and attention deficit and hyperactivity disorder. IAD has 5 subtypes which are: Cyber-sex Addiction, Cyber-relationship Addiction, Online Gambling, Information Overload and Computer Gaming Addiction. The reason for the internet becoming so widespread in such as Cooper has defined under 'Triple A Engine' (Access, Affordability and Anonymity). These popularizing and facilitating factors may increase internet addiction. Internet addiction results in personal, family, academic, financial, and occupational problems that are characteristic of other addictions. **Conclusion:** Immediate Attention is required from mental health professionals to deal with such new emerging problems, which are affecting society at large level.

**Keywords:** Internet Addiction Disorder, Access, Affordability, Anonymity and Psychological Impact

## **COGNITIVE RETRAINING AS TECHNIQUE FOR MANAGEMENT OF COGNITIVE DYSFUNCTIONS AMONG NEURO-PSYCHIATRIC DISORDERS**

**Payal & Ashutosh Srivastava**

*Department of Psychology & Mental Health, Gautam Buddha University*

Cognitions are intellectual abilities used for perceptions, acquiring, understanding, and responding to information presented to a person. Cognitive dysfunction is the loss of these intellectual abilities. This can affect a person's thoughts, memories, and reasoning capabilities. Cognitive dysfunctions may be seen in a variety of neuropsychiatric disorders. The most severe forms of cognitive dysfunction are seen in diseases such as Alzheimer's, chronic fatigue syndrome, multiple sclerosis, depression, schizophrenia, and even fibromyalgia in addition to neuro-cognitive disorders. Some forms of cognitive dysfunction are temporary and improve over time as the disease or disorder begins to improve. Unfortunately, in some cases cognitive dysfunctions can also worsen without improvement at all. Cognitive retraining is a therapeutic strategy that seeks to improve or restore a person's skills in the areas of paying attention, remembering, organizing, reasoning and understanding, problem-solving, decision making, and higher level cognitive abilities. The purpose of cognitive retraining is the reduction of cognitive problems associated with neuro-psychiatric disorders. This therapeutic technique is successfully being used in case of neuro-cognitive disorders. However, in case of the above mentioned psychiatric disorders it is yet to become a treatment of choice. This paper builds the evidences and rationale for the use of cognitive retraining in treatment and rehabilitation of patients with various psychiatric conditions.

**Keywords:** Cognitive Dysfunctions, Cognitive Retraining, Neuro-Cognitive Disorders, Neuro-Psychiatric Disorders

## **THE CULTURE OF SILENCE IN THE INDIAN SOCIETY: CASE STUDY OF A RAPE VICTIM**

**Pubalin Dash, Anand Pratap Singh & Priyanka Sharma**

*Gautam Buddha University, Greater Noida, UP.*

Rape is an extremely traumatic incident for the victim but a culture of denial, secrecy and silence prevails around it in Indian society making the trauma hidden and cloaked in secrecy. Tragically this is a culture created by both the perpetrator and the bystander i.e. the larger society. A 25-year-old married woman who had been assaulted by her neighbor, she kept on repeatedly pleading, swearing on God that she was not lying about the sexual assault but that it actually happened. Rape is an extreme personal violation for the victim as one's most private and inner space is assaulted. Post-traumatic stress disorder manifests after she exposed to a tremendously stressful event rape which was neglected. After the interventions she broke down and shared that ever since her husband got to know about the incident he has been doubting whether she was assaulted or whether it had been consensual. The fact that her spouse with whom she had been living with for the last eight years doubted her was perhaps more disquieting for her than the trauma of rape itself. Exposure and systematic desensitization encouraged the victim to revisit and confront the traumatic events. Though this re-experiencing was initially very difficult for the victim, the pain subsides with repeated exposure. The goal was to emotionally process the trauma and get habituated to the fear so that it was no longer paralyzing. Stress inoculation training imparts skills such as relaxation techniques, assertiveness training, covert modeling, cognitive restructuring and thought stopping to the victims. These skills enabled the victim to manage her anxieties in an adept manner.

**Keywords:** Post-traumatic Stress Disorder, Anxiety, Rape, Systematic Desensitization

## **A COMPARATIVE STUDY OF MARITAL SATISFACTION, STRESS, SOCIAL SUPPORT AND MENTAL HEALTH AMONG WORKING AND HOME-MAKER MARRIED WOMEN**

**Meena Sehgal & Upneet Kaur Dhaliwal**

*Department of Psychology, Panjab University, Chandigarh*

*Marital satisfaction* is the subjective evaluation of one's experience in their *marriage*. It is often *defined* as the attitude an individual has towards his or her marital relationship. Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. Social support is defined as the physical and emotional comfort given to us by our family, friends, co-workers and others. Mental health can be described as the ability to respond to many varied experiences of life with flexibility and a sense of purpose. It is the state of balance between the individual and the surrounding world. The aim of the present study was to compare marital satisfaction, stress, social support and mental health among working and home-maker married women. For the same 25 working married women and 25 home-maker married women were randomly selected. For this purpose Enrich Marital Satisfaction Scale (Fowers & Olson, 1989), Perceived Stress Scale (Cohen, Kamarck & Mermelstein, 1983), Multidimensional Scale of Perceived Social Support Assessment (Zimet, Powell, Farley, Werkman & Berkoff, 1990) and Mental Health Inventory (Wig, 1999) was used. The data was analyzed using t-ratios and inter-correlational analysis. Consistent with previous findings, present results revealed significant differences between the working wives and home-maker wives on marital satisfaction and stress. It would be interesting to explore the

comparison between marital satisfaction, stress, social support and mental health in the working and home-maker wives. Further the results will be discussed in context of previous findings.

**Keywords:** Marital Satisfaction, Working Wives, Home-Maker Wives, Mental Health, Social Support, Stress.

## **ROLE OF EMOTIONAL INTELLIGENCE IN JOB PERFORMANCE OF HOSPITALITY EMPLOYEES**

**Vandana Singh & Urmila Rani Srivastava**

*Department of Psychology, Faculty of Social Science, B.H.U. Varanasi-221005*

The major objective of this present study was to explore the role of emotional intelligence in job performance of hospitality employees. Data were collected from 279 managers and employees of different star hotels of Varanasi. The data of the present study were analyzed using Pearson's correlation and Hierarchical regression analysis. The results of the correlation analysis indicated that emotional intelligence was significantly positively correlated with job performance. Results of hierarchical regression analyses indicated that emotional intelligence significantly positively predicted job performance of employees, after controlling the effect of socio-demographic variables. The demographic variables of the study included age, marital status, salary, education qualification, size of the team, and total work experience. The findings of the present study indicated the importance of emotional intelligence in developing good interrelationships between coworkers in organizations to enhance their performance.

**Keywords:** Emotional Intelligence, Employees, Job Performance

## **EMOTIONAL WELL-BEING QUESTIONNAIRE: DEVELOPMENT AND STANDARDIZATION**

**V. K Gupta & A. P. Singh**

*Department of Psychology, Faculty of Social Sciences, B.H.U., Varanasi-221005 UP (INDIA).*

In this globalization era, emotional well-being is considered to be one of the key factors of an individual's proper functioning especially in organizational settings as well as important for healthy adjustment and maintaining different aspects of health. The purpose of this paper is to explore the psychometric properties of the newly developed questionnaire related to emotional well-being. The items were framed with help of the previous available scales and interaction with sampling unit. Initially, eighteen items were framed and presented to experts. Only nine items were retained on the basis of experts' maximum agreement and this nine items questionnaire was distributed to participants to take their responses. The sample comprises of 250 managers of first level working in different units of Coal India Limited. The results of reliability analysis indicate that Cronbach's  $\alpha = .748$ . The reliability statistics fit the optimal level of *Nunnally's* criteria and statistically acceptable for newly developed scale. Results of the exploratory factor analysis indicate that these nine items are loaded on three factors and these three factors explain 64.397 % of total variance in emotional well-being. This questionnaire will be useful for assessment of emotional well-being of managerial personnel.

**Keywords:** Emotional Well-being, Reliability and Construct Validity



## **SOCIO-DEMOGRAPHIC CORRELATES OF SELF-INJURIOUS BEHAVIOUR IN PATIENTS WITH SUBSTANCE USE DISORDER**

**Vikas & Krishan Kumar**

*Institute of Mental Health, University of Health Sciences, PGIMS, Rohtak*

Self-harm is a common clinical problem, but it is poorly understood and arouses ambivalence and uncertainty among mental health professionals. Various factors have been identified as predictors of self injurious behavior or deliberate self harm. These factors are related with person's socio-demographic, personality and situational profile. But there is dearth of literature which predicts self-injurious behavior of patients with substance use disorder especially in Indian context. This study takes a first step toward identifying socio-demographic correlates of self injurious behavior in substance use disorder. Method: A total sample of 100 patients with a diagnosis of different substance use disorder was taken in the present study as per ICD-10 (DCR) (WHO, 1992) criteria. The mean age of sample was  $31.71 \pm 10.93$  years (range 18 to 56 years). The mean years of education of patients were  $11 \pm 3.002$  years (range 5 to 18 years). The sample was collected by using purposive sampling method. The obtained data was analysis by Chi square analysis and Pearson product moment method. Results: Results shows that the patients with self injurious behavior group and without self injurious behavior group differ significantly on marital status and occupation. A strong but negative correlation between self injurious behavior and age of onset of substance dependence was found. Further it can be concluded that various demographical and clinical variables are found to be associated with self injurious behavior and these factors may help the clinicians in psycho-therapeutic context for controlling and managing self injurious behavior.

**Keywords:** Socio-demographic, Self Injurious Behavior, Substance Use Disorder.

## **NEUROCOGNITIVE FUNCTIONING: AN INDICATOR OF SCHIZOPHRENIA AND BIPOLAR DISORDER**

**Vismita Paliwal**

*NIMS Hospital and Medical College, Jaipur-Delhi Highway, Jaipur, Rajasthan, India.*

Psychological ill health has been studied from different angles from times immemorial. A study was conducted to observe differences in the cognitive abilities of patients of paranoid schizophrenia and bipolar disorder. Two verbal and two non verbal neurocognitive tests (namely Digit span test, Trail making test A & B, Verbal memory & learning test and Clock drawing test) were conducted on 30 paranoid schizophrenic and 30 manic depressive patients . A significant difference was observed on the scores of all the tests between schizophrenic and manic depressive patients. It may be concluded that in general, schizophrenic or manic depressive patients may be diagnosed on the basis of their cognitive functioning. Larger samples drawn from different socioeconomic strata may help in generalizing the results.

**Keywords:** Schizophrenia, Bipolar Disorder, Cognition.

## **AN INVESTIGATION INTO THE RELATIONSHIP BETWEEN GENERAL HEALTH AND LIFE SATISFACTION AMONG ADOLESCENT MALE AND FEMALE SERVANTS IN VARANASI**

**Vachaspati Dubey**

*Department of Psychology, Jagatpur P.G. College, MGKVP., Varanasi*

Having servants for doing household work is becoming fashion and status symbol these days in homemakers and working women, where the families treat these servants in their own way which somehow directly affects their general health and satisfaction of life.

Present study aimed at investigating and comparing the correlation pattern between general health and life satisfaction of adolescent male and female servants doing house cleaning and cooking in the families in Varanasi city. The sample size of this research consists of 100 adolescent servants (50 male and 50 female, purposively and randomly selected from the middle class families of Varanasi city. To collect the data translated version of General Health Questionnaire (Goldberg, 1978) with 28 items and Life Satisfaction Scale (Dr.Q.G.Alam and Dr.Ramji Srivastava) with 60 items, were applied. The results of the present study showed that there was negative significant correlation between physical symptoms, anxiety, social dysfunction and depression sub-scales and total scores of GHQ and life satisfaction in adolescent female servants whereas no significant relationship found between the total scores of GHQ and Life satisfaction in adolescent male servants.

**Keywords:** General Health, Life Satisfaction, Adolescent Male-Female Servants.

## **IMPACT OF PARENTAL LIFESTYLE AND PSYCHOLOGICAL WELL BEING OF CHILDREN**

**Manisha Jha, Ruchi Varma Shanker, Jagdish Sadiza, Pooja Sharma**

*Department of Clinical Psychology, Institute of Human Behaviour and Allied Sciences (IHBAS),  
Delhi-110095*

Families have changed over the past three decades in terms of family formation, household structure, work-life balance and consequent parent child relationship. How parents are doing themselves, how they are doing socially and emotionally and how they are coping with the stresses in their lives is really important. Change in parental lifestyle and relationship has been reported in the literature as being associated with a wide range of adverse effects on children's wellbeing, both as a short-term consequence of the transition and in the form of more enduring effects that persist into adulthood. Effects reported include adverse impacts on cognitive capacity, schooling, physical health, mental and emotional health, social conduct and behaviour, peer relations, criminal offending, cigarette smoking, early departure from home, early-onset sexual behavior etc. In this respect, impact of possible moderators and mediators has shown that the child's age, gender, temperament and past experiences with conflicts (with parental ones as well as conflicts between strangers), as well as the extent of a conflict resolution and the gender of the parents moderate the relationship between parental lifestyle and conflicts and children's responses to these. Promoting positive well-being for children in this context propagate a radical approach, where children and young people are respected, valued and heard to improve/facilitate how all aspects of children's lives, from their personality, to socio-demographic factors, to external influences, combine to determine their life satisfaction. Learning through this penal discussion is aimed to contribute to the health and wellbeing of children and their parents, including a positive ethos and relationships, and participation in activities which promote a healthy lifestyle, positive attitudes and dispositions.

**Keywords:** Parental Lifestyle, Wellbeing, Conflicts, Positive Attitudes, Life Satisfaction

## ROLE OF DEPRESSION IN CARDIAC PATIENT IN RELATION TO THEIR AGE, GENDER AND OCCUPATION

Seema Sharma & Vibha Sharma

*Department of Clinical Psychology, Institute Of Human Behaviour And Allied Sciences (IHBAS), Delhi.*

**Objective:** Depression is a type of mental disorder that affects a person's mood, thoughts, behaviour and overall health. Recent studies have shown depression and cardiac disease are very common and often coexist. According to WHO, by the year 2020 depression will be the second leading cause of disability in developed countries (after cardiac disease). The aim of this study was to identify the role of depression in cardiac patient among their age, gender and occupation. **Method:** Eighty patients (male and female, age - 40 years and 60 years) with diagnosis of cardiac disease by the clinic or hospital were used for the sample. Depression was assessed by using "Depression Scale". Data were analysed using three way analysis of variance. **Result:** Depression was associated with cardiac disease in the variable of age, gender and occupation in a significant way at some level but on the other hand did not find the significant effect of independent variables. **Conclusion:** Our findings suggest that there is a role of depression in cardiac patient is significant at some level as independent variables are dependent on each other.

**Keywords:** Cardiac Disease, Depression, Age, Gender, Occupation

## NEGOTIATING A COMMON GROUND BETWEEN BEHAVIOURIST AND GENERATIVE THEORETICAL POSITIONS IN LANGUAGE LEARNING

Om Prakash

*Gautam Buddha University*

From Structuralism to Behaviourism and to Generative paradigm, we have a sizeable literature on language learning and language use in a real socio-cultural setting. In response to Skinner's (1957) 'Verbal Behaviour', Chomsky severely criticized the existing behaviourist position in language acquisition and in response proposed the generative paradigm of language acquisition. As opposed to the behaviourist positions in psychology of considering language as any other cognitive outcome, Chomsky came up with a biological foundation of language. In claiming the newly proposed paradigm with an adequate explanation to all unanswered questions posed against behaviourist psychologists, Chomskyan tradition moved too far for any reconciliation between the two positions. Such a long tradition of research and findings give us two concepts 'competence' and 'performance' with various distinct theoretical positions, with special reference to Chomsky's I/E-language distinction, Hymes' concept of communicative competence and Halliday's opposition of such an I/E-language dichotomy.

This paper is an attempt to negotiate a common ground between Behaviourist and Generative Theoretical Positions in Language Learning with an argument that notions of 'Linguistic Competence' (I-Language, i.e. underlying structures of language) and 'Linguistic Performance' (E-Language, i.e. actual verbal behaviour) are tenable and such a strict binary distinction is not feasible. This paper is an attempt to demonstrate the simultaneity instead of such a binary opposition between the two concepts which appear untenable empirically.

**Keywords:** Language Learning, Linguistic Competence, Behaviourist Position, Generative Position.

## **INFLUENCE OF EXTROVERSION ON LIFE EVENTS STRESS AND MENTAL HEALTH RELATIONSHIP**

**Anand Prakash Dubey & A P Singh**

*Dept. of Psychology, Faculty of Social Science, B.H.U. Varanasi-221005.*

The purpose of this paper is to explore the influence of Extroversion on life events stress and mental health relationship. The sample comprises of 418 students of Banaras Hindu University engaged in the higher studies. In this era of stress provoking, the sound mental health has been prior concern of the psychological researches. In this study, personality trait (Extroversion) is assessed through self-reported HEXACO Personality Questionnaire developed by Ashton & Lee. The results of correlation analysis show that Extroversion is significantly and positively associated with mental health. The results of the hierarchical moderated regression analysis show that Extroversion moderated the positive life events stress and mental health relationship. The findings of this study reflect the importance of indirect influence personality factors on life events stress and mental health relationship.

**Keywords:** Extroversion, Life Events Stress and Sound Mental Health.

## **A COMPARATIVE STUDY OF WOMEN WITH AND WITHOUT KNEE OSTEOARTHRITIS ON PERCEIVED STRESS, COPING STYLES AND OPTIMISM**

**Meena Sehgal & Supreet Kaur**

*Department of Psychology, Panjab University, Chandigarh*

Osteoarthritis is a highly prevalent chronic disorder. The hand, knee, hip and spine are the commonest sites of the body to be affected. It has been found that most forms of arthritis share the common symptoms of pain, fatigue, and decreased daily functioning which can threaten independence and psychological well-being (Murphy et al., 2012). Women with knee osteoarthritis demonstrate higher degree of pain and physical disability in comparison to men. Studies have established the relationship between chronic disease severity and psychosocial stress (Mohan, 2000). The role of psychosocial factors in general has been stressed in the genesis of chronic illness (Mohan et al., 2006). Therefore, the current paper attempted to study stress, coping styles and optimism among women with and without knee osteoarthritis. Self report measures to assess Stress (Perceived Stress Scale by Cohen, 1983), Coping Styles (Coping Strategies Inventory (Short Form 32) by Tobin, 1984) and Optimism (Revised Life Orientation Test by Scheier et al., 1994) were administered to a sample of 100 females. They were further classified into two groups: knee osteoarthritis patients (n=50) and healthy controls (n=50) in the age range of 45-65 years. Results revealed significant differences between the two groups on Perceived Stress ( $p < .01$ ), Engaged Coping Strategies ( $p < .01$ ), Disengaged Coping Strategies ( $p < .01$ ) and Optimism ( $p < .01$ ). Results of the study offer a possibility to better understand the role of stress, coping and emotions in pain among osteoarthritis patients.

**Keywords:** Perceived Stress, Coping Style, Optimism, Knee Osteoarthritis patients

## **COPING STRATEGIES IN CAREGIVERS OF HEART, CANCER AND AIDS PATIENTS**

**Naved Iqbal, Mehfooz Ahmad, Sumaira Rafiq Zargar, Neeludin & Irum Khan**

*Department of Psychology, Jamia Millia Islamia, New Delhi-25*

Heart, cancer and AIDS are very serious diseases rising in the world. Although many studies have been conducted on various aspects of heart, cancer and AIDS patients, however, few comparative researches have been done on coping of caregivers of these diseased groups. Therefore, present research was planned and carried out with the objectives of measuring ways of coping of caregivers of heart, cancer and AIDS patients. Total sample of the study comprised 120 subjects, 40 in each group i.e. caregivers of heart, cancer and AIDS patients. Data was collected from different hospitals of New Delhi by administering ways of coping questionnaire. ANOVA and Post-Hoc test were used to analyze the data. Results showed a significant difference between caregivers of heart, cancer and AIDS patients on distancing, seeking social support and escape avoidance coping, care givers of AIDS patients used 'distancing' and 'escape-avoidance' coping more than caregivers of heart and cancer patients and caregivers of cancer patients used 'seeking social support' more than caregivers of AIDS patients. Findings also showed non-significant difference between caregivers of heart, cancer and AIDS on confrontive coping, self controlling, accepting responsibility, plane full problem solving and positive reappraisal.

**Keywords:** Coping, Caregivers, Heart, Cancer and AIDS Patients

## **A STUDY OF MENTAL HEALTH AMONG ADOLESCENTS IN RELATION TO SATISFACTION WITH LIFE, PERCEIVED STRESS AND ACADEMIC ACHIEVEMENT**

**Meena Sehgal & Medhavi Gugnani**

*Deptt. of Psychology, Panjab University, Chandigarh*

The word Mental health is inclusive of positive aspects of well-being and healthy functioning. Literature suggests that most of the mental health problems diagnosed in adulthood begin in adolescence. Parents, practitioners, and policymakers are placing importance on adolescents' mental health. Studies suggest that adolescents with better mental health are physically healthier, demonstrate more socially positive behaviours, show high academic achievement and engage in less risky behaviour. This paper attempts to study mental health among adolescents in relation to Satisfaction with life, Perceived stress and Academic Achievement. For this purpose a sample of 62 adolescents aged between 13-16 years were randomly selected, WHO Measure of Mental Health adapted for use in India by Wig (1999), The Oxford Happiness Questionnaire Hills, P., & Argyle, M. (2002), Satisfaction with life scale by Diener (1985), The Perceived Stress Scale (PSS) by Cohen (1983) and Achievement scores of the past three years were taken from the academic record and used. *Correlational Analysis* was done and it was found that Mental Health is significantly positively correlated to Satisfaction with life and Significant negative correlation was found between Mental Health and Perceived Stress.

**Keywords:** Mental health, happiness, Achievement, Stress

## **HUMAN DEVELOPMENT, SPIRITUALITY, MINDFULNESS AND INDEGENEOUS PERSPECTIVES ON HEALTH & WELL BEING**

**Inder Singh, Pratibha Anand Singh, Rushi Naaz, Kaveri Chauhan, Arshad Naaz**

*Scientist 'F', Defence Institute of Psychological Research (DIPR), Ministry of Defence, Delhi*

*Assistant Professor, Deptt. of Psychology, Noida International University*

*Associate Professor & Head, Deptt. of Clinical Psychology, RML Hospital, New Delhi*

*Assistant Professor, Deptt. of Applied Psychology, Galgotias University, Greater Noida, U.P.*

*Senior Psychiatric Social Worker (PSW), Deptt. of Psychiatric Social Work, Institute of Human Behaviour and Allied Sciences (IHBAS), Dilshad Garden, Delhi.*

The symposium on 'Human Development, Spirituality, Mindfulness & Indigenous Perspectives on Health & Well Being' covers various perspectives relating to human development, spirituality and practices pertaining to spiritual orientation such as mindfulness, vipasana, and other indigenous perspectives that are explored in the context of the same variable, that is, psychological well being.

The first paper provides an overview of human development and its transformation processes over civilizations and how civilizations have contributed to shape human beings with unique growth and development. It focuses upon human development needs, human rights, freedom, capabilities, public reasoning and commodities, enlarging choices, opportunities and functionings in positive mental health context.

The second paper in the row provides an introduction to various spiritual practices in India. It attempts to highlight spiritual orientation and understanding among adults and youth and the extent to which it can bring about positive outcomes in life. It would also focus on spiritual practices among young college going people from various nationalities and its impact on bringing positive outcomes in various aspects of life including relationships, growth, achievement and mental health by enhancing their subjective resilience.

The third presentation would focus on mindfulness as a means of enhancing psychological well being. Mindfulness is defined as "the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experiences moment by moment" (Kabat-Zinn, 2003). Non-judgmental awareness, characterized by curiosity, openness, and acceptance of that experience, can increase coping by decreasing reactivity. The paper highlights, on the basis of research evidence, the benefits of mindfulness in improving cognitive processes, emotional reactions, interpersonal relations and its utility in providing intervention for a range of mental and physical health disorders in adult populations.

The fourth presentation highlights the research findings of an empirical study done to investigate the role of Vipasana training on positive psychological capacities of employees working in Delhi NCR. Vipasana is a way of self-transformation through self-observation and it focuses on deep interconnection between mind and body which can be responsible to enhance four positive psychological capacities (HERO) at workplace. This study uses semi-empirical method with pre and post test design with 10 days Vipasana meditation at Dhamma centres. The results obtained will be discussed.

The final presentation will discuss the role of other indigenous approaches in relation to resilience, health and psychological well being.

**Keywords:** Human Development, Spirituality, Mindfulness and Indegeneous Perspectives on Health & Well Being

## **IMPACT OF PARENTAL LIFESTYLE ON PSYCHOLOGICAL WELL BEING OF CHILDREN**

**Manisha Jha, Ruchi Varma Shanker, Jagdish Sadiza, Pooja Sharma**

*Department of Clinical Psychology, Institute of Human Behaviour and Allied Sciences (IHBAS),  
Delhi-110095*

Families have changed over the past three decades in terms of family formation, household structure, work-life balance and consequent parent child relationship. How parents are doing themselves, how they are doing socially and emotionally and how they are coping with the stresses in their lives is really important. Changes in parental lifestyle and relationships has been reported in the literature as being associated with a wide range of adverse effects on children's wellbeing, both as a short-term consequences of the transition and in the form of more enduring effects that persist into adulthood. Effects reported include adverse impacts on cognitive capacity, schooling, physical health, mental and emotional health, social conduct and behaviour, peer relations, criminal offending, cigarette smoking, early departure from home, early-onset sexual behavior etc. In this respect, impact of possible moderators and mediators has shown that the child's age, gender, temperament and past experiences with conflicts (with parental ones as well as conflicts between strangers), as well as the extent of a conflict resolution and the gender of the parents moderate the relationship between parental lifestyle and conflicts and children's responses to these. Promoting positive well-being for children in this context propagates a radical approach, where children and young people are respected, valued and heard to improve / facilitate how all aspects of children's lives, from their personality, to socio-demographic factors, to external influences, combine to determine their life satisfaction. This contributes to the health and wellbeing of children and their parents, including a positive ethos and relationships, and participation in activities which promote a healthy lifestyle, positive attitudes and dispositions.

**Keywords:** Parental lifestyle, Wellbeing, Conflicts, Positive Attitudes, Life Satisfaction

## **GERIATRIC MENTAL HEALTH: UNDERSTANDING AND CAPACITY BUILDING**

**Manoj Kumar, Vikas Sharma & Lalit Kumar Singh**

*Government Medical College and Hospital, Chandigarh*

Increases in life expectancy during the twentieth century have produced an aged population of unprecedented size and longevity. The census trend indicates that India has already more than 59 million people who are 60 years and above. Aging leads to several biological changes that take place over time and results in progressive lose of functional capacity. The aged have to cope up with many physical and mental health problems with advancing age requiring constant attention. Depression, hypertension, arthritis and dementia are highly prevalent among the aged. Dementia is a devastating illness that results in a progressive decline in cognitive ability and functional capacity, causes distress to patients, their caregivers, and families, and has a large societal impact. Diagnosing and treatment of this condition requires lot of training and expertise. Also providing care for a patient with dementia is stressful, and informal caregivers of people with dementia show higher levels of psychological distress than carers of physically frail elderly people and non-caregivers. Several forms of interventions for dementia caregivers have been suggested and evaluated.

A greater need is felt to understand some of the important mental health problems in geriatric with focus on diagnostic and assessment, current evidence of non pharmacological treatment, and certainly caregiver's issues of care to these elderly.

**Keywords:** Geriatrics, Caregivers, Mental Health, Capacity Building

## **ROADBLOCKS TO MEDITATION AND BUILDING GRATITUDE PRACTICE IN DAILY LIFE**

**Rushi, Mona Choudhary and Pragti**

*Deptt. of Clinical Psychology, RML Hospital, New Delhi*

**Introduction:** Meditation has many forms both formally and informal ways but Despite knowing the many advantages of Meditation most people don't have a consistent practice. We are focusing on Gratitude as it has been widely studied; easy to cultivate and practice, instantly shifts negative brain state. **Aim and Objective:** Familiarize participants with common Roadblocks and what to do about them will reduce dropout. Teaching Gratitude as a meditation practice which one can easily practice both formally and informally will increase compliance to the practice. **Expected Outcome:** Knowing about obstacles and ways to overcome them will encourage more people to build a consistent practice eventually increase their wellbeing. Practicing Gratitude shifts negative brain state immediately thus easy to experience its effects which increases compliance. Also it's easy to practice both formally and informally thus making it easy to translate the formal practice in day to day life therefore increasing compliance to the practice.





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(REGISTERED UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860 REGD. NO. 1107)

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