

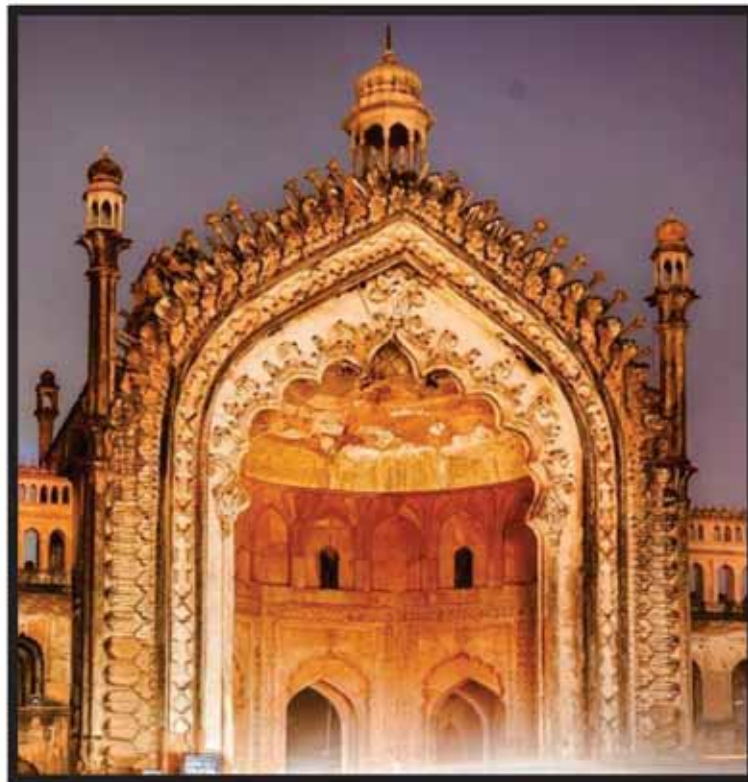


Souvenir



ICIAHP-2017

(12th-14th November 2017)



3rd INTERNATIONAL CONFERENCE OF INDIAN ACADEMY OF HEALTH PSYCHOLOGY

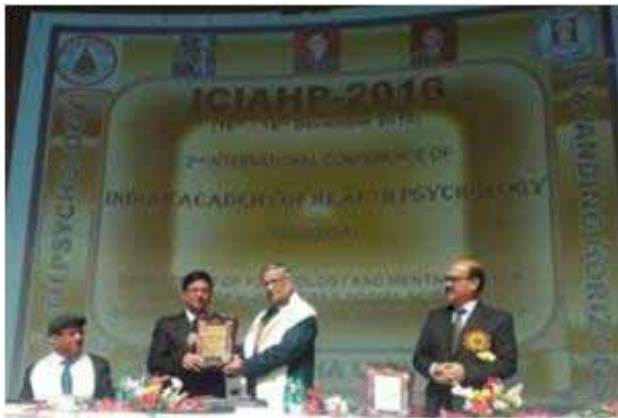
**ORGANIZED BY
DEPARTMENT OF PSYCHOLOGY
NATIONAL POST GRADUATE COLLEGE, LUCKNOW, U.P.**

PAST INTERNATIONAL CONFERENCES OF IAHP

1st INTERNATIONAL CONFERENCE OF INDIAN ACADEMY OF HEALTH PSYCHOLOGY, UNIVERSITY OF JAMMU, J&K, INDIA

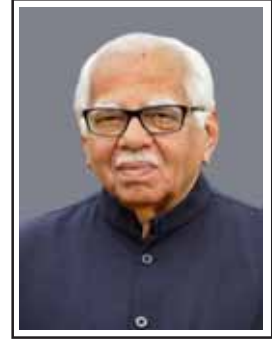


2nd INTERNATIONAL CONFERENCE OF INDIAN ACADEMY OF HEALTH PSYCHOLOGY, GAUTAM BUDDHA UNIVERSITY, GREATER NOIDA, UTTAR PRADESH, INDIA



RAM NAIK

Governor, Uttar Pradesh
Raj Bhawan
Lucknow-226027



Message

I am indeed happy to learn that the 3rd International Conference of Indian Academy of Health Psychology is being organized on the theme 'Health and Well-Being : Issues and Challenges' from 12th to 14th November, 2017 at National Post Graduate College, Lucknow.

I sincerely hope that the Conference will be of great help in promoting good life through collaborative research and action. I am sure that the sharing of knowledge and experiences by the delegates would be highly beneficial to all the participants.

I extend my best wishes on the occasion.


Ram Naik

YOGI ADITYANATH

**Chief Minister, Uttar Pradesh
Lal Bahadur Shastri Bhawan
Lucknow**



Message

I am happy to that the Department of Psychology, National PG College, Lucknow is going to organise the 3rd International Conference of Indian Academy of Health Psychology from November 12th to 14th, 2017. A souvenir is also being brought out on this occasion.

Psychology is a very important aspect of human behaviour. In this context, this Conference assumes much importance.

I am confident that during the event, the participants will share the latest developemnts and findings in the field of Psychology.

My best wishes for the entire endeavour.

A handwritten signature in blue ink, appearing to read "Yogi Adityanath".

Yogi Adityanath



डॉ० दिनेश शर्मा
उप मुख्यमंत्री, उत्तर प्रदेश
99-100, विधान भवन,
लखनऊ



संदेश

यह हर्ष का विषय है कि नेशनल पी०जी० कालेज, लखनऊ के मनोविज्ञान विभाग द्वारा दिनांक 12 से 14 नवम्बर 2017 तक इण्डियन एकेडमी ऑफ हेल्थ साइकोलाजी द्वारा **हेल्थ एण्ड वेल बीइंग इसूज एण्ड चैलेंजेज** विषय पर तृतीय अन्तर्राष्ट्रीय सम्मेलन का आयोजन किया जा रहा है। जिसमें देश के विभिन्न अंचलों के शिक्षा, चिकित्सा, व्यवसायिक, मनोविज्ञान तथा समाज सेवा क्षेत्र के लगभग 700 प्रतिनिधियों द्वारा प्रतिभाग किया जायेगा।

इस अवसर पर नेशनल पी०जी० कालेज द्वारा एक स्मारिका का प्रकाशन भी किया जायेगा। मुझे आशा है कि उक्त स्मारिका के प्रकाशन से मानव स्वास्थ्य से सम्बन्धित समस्याओं, चुनौतियों तथा उनके निराकरण पर प्रकाश पड़ेगा साथ ही साथ यह स्मारिका मानव स्वास्थ्य के प्रति मार्गदर्शक का भी कार्य करेगी।

कार्यक्रम की सफलता तथा स्मारिका के सफल प्रकाशन के लिये मेरी हार्दिक शुभकामनायें।

डॉ० दिनेश शर्मा



केशव प्रसाद मौर्य
उप मुख्यमंत्री, उत्तर प्रदेश
विधान भवन, लखनऊ



संदेश

दिनांक 12 नवम्बर से 14 नवम्बर, 2017 तक आयोजित होने वाले 3rd International Conference of Indian Academy of Health Psychology कार्यक्रम के आयोजन विषयक आपका पत्र प्राप्त हुआ। अवगत कराया गया है कि इस कार्यक्रम में विभिन्न अंचलों के शिक्षा, चिकित्सा, व्यवसायिक, मनोविज्ञान तथा समाज सेवा क्षेत्र के प्रतिनिधियों द्वारा प्रतिभाग किया जाएगा।

इस अवसर पर नेशनल पी0जी0 कालेज द्वारा एक स्मारिका का प्रकाशन भी किया जायेगा।

स्मारिका के सफल प्रकाशन एवं कार्यक्रम के सफल आयोजन हेतु मेरी हार्दिक शुभकामनायें।

केशव प्रसाद मौर्य

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Message

I am extremely happy to know that Dept. of Psychology, National P.G. College is Organizing 3rd International Conference on "Health is a Well Being : Issues and Challenges" from Nov. 12-14, 2017. Health is a state of complete physical, mental and social well being. in modern world of stress it is really a challenge for an individual to achieve good health and well being. The theme of the conference is no doubt a very relevant in the present context. I wish the conference addresses the issues and concerns related to health and well being of society.

I am pleased to convey the greetings and good wishes to organizers of conference and participants for the huge success of conference.

A handwritten signature in blue ink, appearing to read "Dr. Mahendra Singh".

Dr. Mahendra Singh

PROF. SURENDRA PRATAP SINGH

Vice-Chancellor
University of Lucknow
Lucknow-226007 (U.P.), India



Message

It gives me immense pleasure that Department of Psychology, National PG College, Lucknow is going to organize an International Seminar on "**Health and Well-Being : Issues and Challenges**" to be held on November 12-14, 2017 and on this occasion a souvenir is being published by the Department.

Looking to the theme of Seminar, I am confident that the policy initiatives taken by the Department of Psychology of National PG College in existing health scenario of the society and would be significant in transforming the second generation reforms nationally and globally.

My best wishes to the participants and organisers for the successful organization of the seminar.

A handwritten signature in blue ink, appearing to read 'S.P. Singh'.

S.P. Singh

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, National P.G.College, Lucknow is organizing 3rd International Conference of the Indian Academy of Health Psychology in which more than 450 delegates are participating. The focal theme of the conference “**Health and Well-Being: Issues and Challenges**” 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 health and well-being.

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

Prof. Jitendra Mohan
Professor Emeritus of Psychology
Panjab University, Chandigarh, India



Message

Special greetings!

I admire your professional commitment to lead INDIAN ACADEMY OF HEALTH PSYCHOLOGY, with great creativity and involvement. You have successfully organized two international conferences in Jammu and Noida. I am certain that the 3rd international Conference of IAHP being held at Lucknow will create new benchmark. The focal theme Health and Well-being: Issues and Challenges is very stimulating and relevant.

I particularly appreciate the Principal of P.G. National College, Lucknow for his stewardship in bringing an international event to Lucknow. Dr. P. K. Khatri, the organizing secretary of the conference and other colleagues must have put in their best.

Health Psychology is emerging as a leading area involving medical professional, psychologists, sociologists and other stake holders to reduce the burden of sickness and enhance the goals of health and well being to make the society better and our country even more flourishing.

I really thank the leaders of U.P. and responsible citizens of Lucknow for becoming hosts to a serious endeavor to discuss, analyze and formulate strategies to a healthier and vibrant future!

May the International Conference on Health Psychology reduce death, sickness and pain and lead us to health, happiness and peace!

“Together we excel”

Jitendra Mohan
Professor Emeritus of Psychology

PROF. P.C. MISHRA

Professor of Psychology
Dean, Faculty of Arts,
University of Lucknow
Lucknow-226007 (U.P.), India



Message

I am happy to learn that Department of Psychology, National PG College, Lucknow is organising 3rd International Conference of Indian Academy of Health Psychology with the focal theme **Health and Well-Being : Issues and Challenges** during **November 12-14, 2017**. Wellbeing is a broad concept that includes an evaluation of how individuals feel within themselves; both physically and mentally. It covers how individuals feel, think, their relationships and self set goals and can have a huge impact of how they live their lives. Life style, socio-economic status and income are related with quality of life and wellbeing and also have a vital role to play in an individual's overall health status. In modern times health psychology is an emerging field and is seeing wide spread popularity and applicability in different spheres of life. It examines how biological, social and psychological factors influence health & illness and the overall wellbeing. The theme of the conference '**Health and Well-Being : Issues and Challenges**' is no doubt very relevant in the present context of meeting the challenges of every age group in 21st century. We wish that the conference will address the issues and concerns related to Indian perspective on Health and wellbeing.

We hope that this conference will provide an excellent opportunity to the participants especially researchers and policy makers to discuss various issues and concerns related to health and wellbeing among infants, adolescents, youth and the elderly. We hope that the deliberations of conference would give a definite direction in this regard. I extend warm greetings and felicitations to the conference organisers, participants, resource persons, faculty members and students and psychology department and wish all success for this conference in achieving its goals.

Prof. P.C. Mishra

PROF. D.P. SINGH

Manager
National P.G. College
Lucknow



Message

It am pleased to know that Dept. of Psychology, National PG College, Lucknow is Organizing 3rd International Conference on "Health and Well-Being : Issues and Challenges from Nov. 12-14, 2017. Health is the condition of being sound in body, mind and spirit. Well being includes experiencing pleasant emotions, absence of negative affects and great satisfaction with life, both health and well being go hand in hand. I hope that this conference will prove to be an excellent opportunity to the researchers and policy makers to bring into light various issues and concerns related to health and wellbeing. I extend my best wishes to conference organisers, participants and resource persons for the success of conference.

Prof. D.P. Singh

DR. NIRJA SINGH

Principal

Natioanl Post Graduate Collge
Lucknow-226001 (U.P.)



Message

It is indeed a matter of immense pride and pleasure that the Department of Psychology, National PG College, Lucknow is organizing **3rd International Conference of Indian Academy of Health Psychology (ICIAHP-2017)** from 12th to 14th November, 2017.

According to World Health Organization (1948), 'Health is a complete physical, mental and social well-being and not merely the absence of disease or infirmity'. So the health and health care must be seen with holistic point of view. The focal theme of the conference - "**Health and Well Being: Issues and Challenges**" is of inter-disciplinary concern and of great contemporary relevance, as Global health and sustainability problems are so huge and complex that it can't be dealt with an individual discipline anymore. The conference is the groundwork to promote interdisciplinary effort in this direction. Various technical sessions on a variety of issues shall enrich the deliberations which will contribute fruitfully in the field of academics, public health and even in administration.

This is a wonderful opportunity for all participants to have an exposure and understanding pertaining to the various aspects that influence health. I congratulate the organizers for their endeavour and consistent efforts in the matter. I sincerely express my noblest wishes for grand success of the conference. I am sure that it will continue to maintain the excellence in academic environment of the college.

Dr. Nirja Singh

DR. PK KHATRI
Organizing Secretary
ICIAHP-2017



Message

"Take care of your body it's the only place you have to live in"

Indeed it is a very pride moment for me to welcome all the International and National Resource Persons and Delegates in 3rd International Conference of Indian Academy of Health Psychology to be organized by the Department of Psychology, National PG College, Lucknow - the City of Nawabs on 12-14 November, 2017. The focal theme of the Conference is "Health and Well being : Issues and Challenges" is the most significant and important issue in present scenario.

The health psychology deals with the study of psychological and behavioral process in health, illness and health care. It is concern with understanding how psychological, behavioral and cultural factors contribute to physical health and illness. Health psychologists understand health to be the product not only of biological processes but also of the psychological, behavioral and social processes. By understanding psychological factors those influence health, and constructively applying that knowledge, health psychologists can improve health by working directly with individual patients or indirectly in large scale public health programmers. Promoting well-being would not only lead to the better quality of life for the masses, it would help to trap the overall growth of individual accompanying their physical, mental and spiritual health. Well-being thus, emerges target to be achieved during early of life and deliberations on the same would prove extremely beneficial the overall growth of the individual across the world.

I hope that this three days International Conference will provide an excellent opportunity to the participants to discuss various issues and concerns related to well-being and health. The eminent scholars in the concerned field will enrich those who here to seek more knowledge about the issues related and will also generate direction for further research and targeted action that will create well-being in society.

I convey my best wishes for an effective, successful and productive conference and also extend my heartfelt thanks to all the participants of the congerence, who took pain to be here to grace the occasion.

P.K. Khatri

Dr. Janmejy Pradhan

Scientist 'F'

Defence Institute of Psychological Research,
Delhi

Academic Secretary, 3rd ICIAHP-2017
(Finance Secretary, IAHP)



Message

I am happy to be part of the 3rd **International Conference of Indian Academy of Health Psychology** on focal theme of **Health and Well-being: Issues and Challenges**, being organized by the Department of Psychology, National Post Graduate College, Lucknow during 12-14 November, 2017. This event marks a step forward towards exchange of views and experiences on the emerging issues and challenges of health and well-being. I am sure that this conference will provide varied insight to various stake holders like, academia, scientists, health professionals, civil societies, , NGOs, public and private sectors to face the Mental Health related challenges and bring out some of the most innovative solutions and adapt to the efficiency model of positive and holistic health to overcome the human pain and suffering.

I wish this conference will help us in achieving the swap over learning and the spinoff for the policy makers to foster and strengthen health psychology in India. I offer my best wishes for this occasion to be an event of academic excellence and a grand success.

Janmejy Pradhan

Academic Secretary, ICIAHP-2017

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

S. No.	Name	Address	Designation in IAHP
5	Dr. Janmejy Pradhan	Scientist- F, DRDO, Delhi jimmy_pradhan@rediffmail.com	Finance Secretary
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 singhdrrs@rediffmail.com	Executive Member
11	Dr. P. K. Khatri	Head, Department of Psychology, National P.G. College, Lucknow pkkhatri@yahoo.com	Executive Member

REGIONAL SECRETARIES

<p>East Region: Dr.D.Dutta Roy Associate Professor Psychology Research Unit Indian Statistical Institute, Kolkata Nominated w.e.f. 17 January, 2017</p>	<p>West Region: Dr. Samir J.Patel Professor Department of Psychology Sardar Patel University, Vallabh Vidyanagar, Gujarat Nominated w.e.f. 07 March, 2017</p>
<p>North Region: Dr. Alok Mishra Chairman Brain Behaviour Research Foundation of India New Delhi Nominated w.e.f. 15 April, 2017</p>	<p>North Central Region: Dr. Rakesh Jain Senior Clinical Psychologist Institute of Mental Health and Hospital Agra, U.P. Nominated w.e.f. 22 January, 2017</p>
<p>Central Region: Dr. Rupesh Ranjan Clinical Neuropsychologist Bhopal Memorial Hospital and Research Center Bhopal, M.P. Nominated w.e.f. 21 January, 2017</p>	

ABOUT THE PRESIDENT: INDIAN ACADEMY OF HEALTH PSYCHOLOGY

Professor Anand Kumar is a distinguished and internationally recognized Professor of Psychology. His area of specialization includes clinical, health and sport psychology. He is President of Indian Academy of Health Psychology and Former HOD of the Department of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi. Professor Anand Kumar has been teaching in M.G.Kashi Vidyapith since 1978. He has 39 years of Post Graduate teaching and 42 years of research experience.

Prof. Anand Kumar has been recipient of many prestigious national and international honours and awards; Best Speaker Award at the 10th World Congress of Social Psychiatry in 1983 at Osaka (Japan), Life Fellow Award (1983) by the World Association for Social Psychiatry and Man of Achievement Award (1993) by the Cambridge University, England. He has been Visiting Professor (2007, 2008) at Goethe University, Frankfurt, Germany. Recently, he was member Technical Program committee and organizing committee in the International Conference on Psychology and Health (September, 2015) at Shanghai, China; OCM member of Positive psychology Series International Conferences and Key-note speaker in the 17 th World Summit on Positive Psychology and Psychotherapy, May 2017, Toronto, Canada.

Prof. Anand Kumar has chaired scientific sessions, delivered keynote addresses / guest lectures at International Conferences and academic organizations in U.S.A., Canada, Brazil, Australia, U.K., France, Germany, Denmark, Holland, Sweden Argentina, Italy, Austria, Russia, Japan, China, Malaysia, Hong Kong, Thailand, Singapore and Sri Lanka. He has been President of Sports Psychology Association of India (2002-2006), Chairman, University Academic Committee (2004-2008) and acted as official Sport psychologist of Govt. of India at Seoul (1988) and Sydney (2000) Olympics. More than 100 research papers have been published in accredited International and National Journals on his credit. He has organized and Directed 2 International and 3 National conferences, 01 National Workshop and 4 Orientation Courses on Research Methodology.

Prof. Anand Kumar has directed 02 International projects entitled “Pain Locus of Control in East and West Countries” sponsored by the University of North Carolina, U.S.A. (2002) and “Cross Cultural Study of Death Anxiety” sponsored by the Veterans Administration Centre .U.S.A. (1983). He also directed 3 National projects entitled” The Role of Social Support and Pain Locus of Control on Negative Affectivity, Social Inhibition and Health Related Quality of Life in Chronic Low Back Pain Patients” sponsored by the ICSSR (2016); “A Study of Social Support, Self Efficacy, Depression and Quality of Life of Asymptomatic HIV⁺, Symptomatic HIV⁺ and AIDS Patients” sponsored by the ICSSR (2013) and U.G.C. Research Project entitled “Personality Characteristics of High Achieving Sports Women”(2001).

Two International and 3 National projects have been directed by him.

ABOUT THE COLLEGE

National Post Graduate College, established in the year 1974 by the Legendary Chief-minister of Uttar Pradesh, late Shri Chandra Bhanu Gupta. Shri.C. B. Gupta was the main force behind Motilal Nehru Memorial Society which set up various educational, social welfare and cultural centres in Lucknow. NPGC is the only Autonomous College of Lucknow University.



The College offers Under-Graduate, Post-Graduate, Diploma and Certificate courses in Arts and Commerce, Science, Management and Computer faculties. The college has well equipped Laboratories, Library, E-library and departmental libraries in all the faculties. The Library well arranged and besides text books latest edition of reference books are available, Journals and other papers are continuously being added to the research section. The campus has been transformed into a Wi-Fi campus. The college has been promoting modern digital technology and computer education to the students. With the efforts of the principal, administration, teachers and hard work of the students, NPGC has been accredited grade “A” by NAAC (National Assessment and Accreditation Council) and ranked 20th position in Arts and — The college functions on imparting quality of education, extra-curricular activities by inculcating the virtue of being good human with a sense of discipline.

ABOUT THE DEPARTMENT

Department of Psychology was established in the year 1979, under the able guidance of Dr. P.K. Khattri. Bachelors of Arts was started with only few number of students that grew into thousands over with the years of experience. After 27 years of hard work and dedication, Department of Psychology at National P.G. College introduced Masters of Arts in the year 2006, with this Lucknow witnessed a major change in the field of Applied Psychology. Students along with the theoretical knowledge are encouraged to perform research work and one month Internship from esteemed organizations. Departmental facilities include the Counseling Center, the Personality Development Center, and laboratories for student exposure. The Department has been successfully organizing various national and international workshops, seminars and lectures to enrich the professionals with the new developments in the field of psychology. Every year a large number of students from department are placed in various prestigious organizations.

COMMITTEES

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Prof. Surendra Pratap Singh,
Vice Chancellor, Lucknow University

Patron

Prof. D.P. Singh, Manager
National P.G. College, Lucknow

Convenor

Dr. Nirja Singh, Principal
National P.G. College, Lucknow

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Logistics and Hospitality

Chairman

Professor Anand Kumar, President
Indian Academy of Health Psychology

Academic Secretary

Dr. Janmejy Pradhan
Scientist - F, DIPR, New Delhi

Academic Committee

Organizing Secretary

Dr. P.K. Khattri
Head, Department of Psychology
National P.G. College, Lucknow

Local Secretaries

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Asst. Prof. Dept. of Psychology, NPGC
Dr. Nehashree Srivastava,
Asst. Prof. Dept. of Psychology, NPGC

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Asfa shahab

PROGRAMME SCHEDULE

ICIAHP - 2017

3rd International Conference of Indian Academy of Health Psychology

(November 12-14, 2017)

NATIONAL P.G. COLLEGE, LUCKNOW

CONFERENCE PROGRAM (ICIAHP-2017)

11 November, 2017 (Saturday)

- 12:00 - 17:30** Pre- Conference Workshop on Cognitive Drill Therapy and Hypnotherapy
Facilitator **Dr. Rakesh Jain**
Senior Clinical Psychologist
Institute of Mental Health and Hospital
Agra
- 12:00 - 14:30** **Session-1: Cognitive Drill Therapy: Theoretical Aspects**
Session-2: Cognitive Drill Therapy: Demonstrations
- 14:30 - 15:00** **LUNCH**
- 15:00 - 18:00** **Session-3: Hypnosis: Theoretical Aspects**
Session-4: Hypnosis: Demonstrations
- 12:00 - 17:30** Pre- Conference Workshop on Data Visualization in Health Related Researches
Facilitator **Dr. D. Dutta Roy**
Associate Professor, Psychology Research Unit
Indian Statistical Institute , Kolkata
- 12:00 - 14:30** **Session-1: Data Visualization and health infographics, Data quality (detecting outlier, data variability)**
Session-2: Using charts, graphs, and design elements: Box-Whisker plot, Stem leaf plot
- 14:30 - 15:00** **LUNCH**
- 15:00 - 18:00** **Session-3: Pie diagram, Trend chart**
Session-4: Scatter chart, Dendogram and Correspondence ma

12 November, 2017 (Sunday)

- 09:00 - 10:00** **Registration and Breakfast**
- 10:00 - 11:30** **INAUGURAL FUNCTION (Auditorium)**
- Anchoring :** **Dr. Nehashree Srivastava**
- 10:00 - 10:05** Tagging of the Badges and Presentation of Bouquet to Guests on Dias
- 10:05 - 10:10** Lighting of Lamp
- 10:10 - 10:15** Vandana /Geet
- 10:15 - 10:20** Welcome Address
- Dr. Nirja Singh,**
Principal, National P.G.College

10:20 - 10:25	Welcome Address	Dr. P.K. Khattri Organizing Secretary, ICIAHP-2017
10:25 - 10:30	ICIAHP-2017 Brief	Dr. J. Pradhan, Scientist 'F' Academic Secretary, ICIAHP-2017 Scientist – F, DIPR, Delhi
10:30 - 10:35	IAHP Brief of Health Psychology	Prof. Rakesh Pandey Secretary General: Indian Academy of Health Psychology Professor, Department of Psychology, B.H.U., Varanasi
10:35 - 10:40	Souvenir Release	
10:40 - 10:50	Special Address	Prof. Surendra Pratap Singh Vice Chancellor, Lucknow University, Lucknow
10:50 - 11:00	Special Address	Dr. Prithvish Nag Vice Chancellor, M.G. Kashi Vidyapith, Varanasi
11:00 - 11:10	Special Address	Dr. G.S. Saun Former Member Secretary & Director, ICSSR, New Delhi
11:10 - 11:20	Book Release DRDO, Delhi	Handbook of Suicidal Behaviour (Springer Publications) Dr. Updesh Kumar, Scientist – G,
11:20 - 11:30	Presidential Address	Professor Anand Kumar President: Indian Academy of Health Psychology
11:30 - 11:40	Presentation of Awards Committee	IAHP Life Time Achievement Award IAHP Innovative Scientist Awards Facilitation Award by Organizing
11:40 - 11:50	Felicitation of Guests	
11:50 - 12:00	Chief Guest Address	Dr. Dinesh Sharma Hon'ble Deputy Chief Minister, U.P.
12:00 - 12:05	Vote of Thanks	Dr. Jagriti Shukla
12:05 - 12:30	INAUGURAL TEA	
12:30 - 13:00	KEY-NOTE ADDRESS (Auditorium)	
CHAIRPERSONS	(1) Professor Anand Kumar President: Indian Academy of Health Psychology M.G. Kashi Vidyapith, Varanasi (2) Professor N.K. Saksena Former President, 103 th Indian Science Congress, Kanpur	
Key-Note Address	Professor Jitendra Mohan Professor Emeritus Punjab University, Chandigarh	
13:00 - 14:00	PLENARY SESSION – I (Auditorium)	

CHAIRPERSONS

(1) **Professor P.C.Mishra**
Dean, Faculty of Social Sciences
Lucknow University, Lucknow

(2) **Dr. P.K. Khattri**
Organizing Secretary, ICIAHP-2017
National P.G. College, Lucknow

Invited Address

(1) **Status of psychology of health and well-being in unorganized sector and corporates in india**

Prof. C.N. Daftuar
Director, Salahkar Consultancy, Pune

(2) **Establishing an Evidence-base for Mental Health Interventions in India: A policy and Practice Approach**

Dr. D.S. Faruqui
Executive Director, Oxford Evidence and Interventions, Oxford, United Kingdom

14:00 - 14:45

LUNCH

14:45 - 16:00

PLENARY SESSION – II (Auditorium)

CHAIRPERSONS:

(1) **Professor A.P.Singh**
Professor Emeritus, Department of Psychology, B.H.U., Varanasi

(2) **Professor C.P.Khokhar**
Professor, Gurukul Kangri University, Haridwar

Invited Address

(1) **Nicotine Dependence in Schizophrenia: Potential Causes and Management**
Professor Veena Kumari

Institute of Psychiatry, London, U.K.

(2) **Successful Aging**

Prof. N.K. Chadha
President: Indian Association of Positive Psychology

(3) **Exploring, Tuning, and Integrating Personal & Professional Excellence: Add Balanced Years to Your Life and Healthy Life to Your Years**

Professor Binod Kumar
President: Mental Health Foundation of India

16:00 - 16:15

TEA BREAK

16:15 - 18:00

Symposium (Auditorium)

Depression and Suicide: Prevention and Management

MODERATOR:

(1) **Dr. Updesh Kumar, Scientist – G, DRDO, Delhi**
(2) **Professor Abhay Kumar Srivastava, B.H.U., Varanasi**

Speakers

(1) **Dr. Julie Garland, France**
(2) **Dr. Francois Garland, France**
(3) **Dr. Narendra Thugunna, Kathmandu, Nepal**
(4) **Dr. Sanghmitra Sausen Gupta, Kolkata**

16:15 - 18:00

WORKSHOP ON BREATHWORK (Seminar Hall)

Role of Breathwork in Health and Well-Being

CHAIRMAN:

(1) **Professor Mukta Rani Rastogi**
Lucknow University, Lucknow
(2) **Professor Ramjee Lal**
V.B.S. Purvanchal University, Jaunpur

Facilitators	(1) Dr. Lena Christena Tuulse Venesberg, Sweden (2) Alfredo Galbusera calusco d'Adda, Italy
19:00 - 20:30	CULTURAL PROGRAMME (Auditorium) Followed by Dinner
13 November, 2017 (Monday)	
09:00 - 10:00	Breakfast
10:00 - 12:30	PLENARY SESSION – III (Auditorium)
<u>CHAIRPERSONS</u>	(1) Professor Mahmood S. Khan Aligarh Muslim University, Aligarh (2) Dr. Sarada Devi Sriamma, U.S.A
Invited Address	(1) An Eclectic Psychotherapeutic Approach to Impersonal Health Care Dr. Prashantham Baddam Christian Medical College, Vellore, Tamilnadu (2) A Simple Model for Bringing Ease to Disease Adela Barcia Holistic Psychotherapist, California (3) Role of Brain Behaviour Research in Health and Well-Being Dr. Alok Mishra Chairman: Brain Behaviour Research Foundation of India, New Delhi (4) Prof. Ravi Gunthe Former President: Indian Academy of Applied Psychology
10:00 - 12:30	SYMPOSIUM (Seminar Hall-I) Health and Well-Being: Issues and Challenges
MODERATOR	(1) Professor Radhey Shyam M.D. University, Rohtak (2) Prof. P.K. Rai Professor and Head, Department of Psychology H.S., Gaur University, Saugar, M.P.
Speakers	(1) Professor Abha Singh Director, AIPS, Amity University, Noida (2) Professor Promila Batra M.D. University, Lucknow (3) Professor Aradhana Shukla Kumaon University, Almora Campus, Almora (4) Professor K.S. Sengar RINPAS, Kanke, Ranchi (5) Professor Bhumika Kar Centre of Cognitive and Behavioural Sciences, Allahabad
10:00 - 12:30	SYMPOSIUM (Seminar Hall-II) Chronic and Fatal Illness: Issues and Challenges
MODERATOR	(1) Professor R.N Singh Department of Psychology, B.H.U., Varanasi (2) Professor Krishna Dut KGMU, Lucknow
Speakers	(1) Professor Madhurima Pradhan Lucknow University, Lucknow (2) Professor M.G. Hussain Jamia Millia Islamia, Delhi

	<p>(3) Professor Akbar Hussain Aligarh Muslim University, Aligarh (4) Professor Nihar Ranjan Mrinal Former Head, Nagpur University, Nagpur</p>
10:00 - 11:15	Scientific Session- I (Room-I)
Chair	(1) Prof. Leela K. Pradhan - Kathmandu, Nepal (2) Prof. Arti Bakhshi - Jammu
	Scientific Session- II (Room-II)
Chair	(1) Professor Shyam Lata Jaul - Haridwar (2) Prof. Yama Khokhar - Pant Nagar
	Scientific Session- III (Room-III)
Chair	(1) Prof.A.V.S.Madnavat - Jaipur (2) Prof. Rakesh Pandey - B.H.U.
11:15 - 11:30	TEABREAK
11:30 - 12:30	Scientific Session - IV (Room - I)
Chair	(1) Prof. Shalini Singh - Rohtak (2) Prof. Meera Jaiswal - Ranchi
	Scientific Session - V (Room-II)
Chair	(1) Prof.Pallavi Bhatnagar - Lucknow (2) Prof. Manju Agrawal - AMITY, Lucknow
	Scientific Session- VI (Room-III)
Chair	(1) Prof. Shambhu Upadhyay - M.G.K.V.P., Varanasi (2) Dr. O.P.Sharma - Jaipur
12:30 - 12:45	TEABREAK
12:45 – 13:45	Young Scientist Award Session (Auditorium)
13:45 – 14:45	LUNCH
14:45 – 16:00	Scientific Session – VII (Room -I)
Chair	(1) Prof. Sandeep Rana - Hissar (2) Dr. Dimpay Mahanta - Guwahati
	Scientific Session - VIII (Room -II)
Chair	(1) Prof Anubhuti Dubey - Gorakhpur (2) Prof. Meena Sehgal - Chandigarh
	Scientific Session - IX (Room - III)
	(1) Prof. Akbar Hussain - Jamia, Delhi (2) Dr. Naveen Kumar - Delhi
	Scientific Session - X (Room - III)
Chair	(1) Professor Samir Patel - Vallabh Vidyapith (2) Professor L.N. Bunker - Jodhpur
14:45 – 16:00	SYMPOSIUM - (Seminar Hall)
	<i>Role of Military Psychology in Health & Well Being</i>
MODERATOR:	Dr. Y.K. Nagle - Scientist – F, DRDO, Delhi
Speakers	(1) Dr. Janmejay Pradhan - Scientist – F, DRDO, Delhi (2) Dr. B.C. Kar - Scientist – F, DRDO, Allahabad (3) Dr. Akansha Gautam - Scientist – D, DRDO, Delhi (4) Dr. Dolly Bansal - Scientist – C, DRDO, Delhi
16:00 - 16:15	TEABREAK
16:15 - 17:30	Best Paper Award Session (Auditorium)
16:15 – 17:30	PANEL DISCUSSION - (Seminar Hall-I)

Impact of Psychiatric and Psychosomatic Disorders on Health and Well-being

MODERATOR

Prof. Shashi Rai - Sambal Hospital, Lucknow

SPEAKERS :

- (1) Prof. A.K. Agrawal - KGMU , Lucknow
- (2) Prof. S.C.Tiwari - KGMU , Lucknow
- (3) Prof. Prabhat Sithole - KGMU , Lucknow
- (4) Prof. Harjeet Singh - KGMU , Lucknow
- (5) Dr. Richa Priyamvada - Clinical Psychologist, Patna

18:30 - 19:30

Executive Committee Meeting of IAHP

14 November, 2017 (Tuesday)

08:30 - 09:30

Breakfast

09:30 - 10:15

General Body Meeting of IAHP (Seminar Hall-I)

10:15 - 11:30

Scientific Session - XI (Room -I)

Chair

- (1) Prof. Saroj Kothari - Indore
- (2) Prof. R.P. Singh - MGKVP, Varanasi

Chair

Scientific Session - XII (Room -II)

- (1) Dr. Rupesh Ranjan - BMRC, Bhopal
- (2) Dr. Anand Pratap Singh - G.B.U., Noida

Chair

Scientific Session - XIII (Room -III)

- (1) Dr. Roshan Lal - Chandigarh
- (2) Dr. Satya Gopal Ji - D.A.V., Varanasi

Chair

Scientific Session - XIV (Room -IV)

- (1) Dr. Rajesh Kumar - Chandigarh
- (2) Dr. Jigar Parikh - Ahmedabad

11:30 - 11:45

TEABREAK

11:45 - 13:00

Scientific Session - XV (Room -I)

Chair

- (1) Dr. Showkat Shah - Srinagar, J&K State
- (2) Dr. Ashok Rai - Joint Secretary, IAHP, Varanasi

Scientific Session - XVI (Room -II)

- (1) Dr. Sunil Shah - Shimla
- (2) Dr. Anjali Gupta - Lucknow

Chair

Scientific Session - XVII (Room -III)

- (1) Dr. Ritu Sekhri - Chandigarh
- (2) Dr. Manorama Singh - Lucknow

Chair

Scientific Session - XVIII (Room -IV)

- (1) Dr. Sandhya Ojha - Varanasi
- (2) Dr. Kumud Srivastava - Lucknow

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 Department of Psychology, National P.G.College, Lucknow has organized this memorable event under the leadership of Dr. P.K.Khattari. 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 this contemporary society in which it appears that even sky is not the limit of success.

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 and well-being. 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.

Psychological determinants of health have been in focus since the beginning of the 20th century and results demonstrate that people who eat regular meals, maintain a healthy weight, do not smoke, drink little alcohol, have adequate sleep and exercise regularly are in better health and live longer. Findings also demonstrate the influence of anxiety on the cardiovascular and immune systems. It was found that the functioning of the immune system could be modified by training.

In recent times, researches in three developmental areas have significantly contributed to the growth of health and well-being in India:

The first is research in the area of yoga, meditation and mindfulness that has established close linkages between the mind and the body. Many researches are also focusing to relaxation, breathwork and other mind control techniques to alleviate physical sufferings.

Second is, stress research that has grown beyond the traditional stress models. The role of cultural and personality factors in moderating the adverse health-related effects of stress have been a major research concern and priority.

Third is systematic exploration into the healing traditions of India which developed many psychological techniques to alleviate suffering of the patients afflicted by various diseases. Rapidly growing interest in the Indian system of medicine has brought forth the potential role of psychological management of such patients. As health psychology is growing, a symbiotic relationship between the mind and the body is taking the prime importance. Healthy life style is now viewed in terms of challenges and opportunities. A dynamic view of health that acknowledges the implications of a new holistic paradigm has enlarged the scope of human health and well-being.

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

patients understand as to why their body is acting or reacting in a certain way, then they are be able to understand how things like stress management can help.

The issues and challenges of health and well-being in our contemporary society are:

- * Understanding chronic illness; like, Cancer, AIDS and Coronary heart diseases.
- * Promoting health and preventing disease.
- * Increasing knowledge and awareness of health relevant processes among socially deprived groups.
- * Updating health care system of our country for meeting health care demands and needs.
- * Understanding disease prevalence, because high incidence of acute infectious diseases is associated with poverty, lack of education and lack of health care resources,

To utilize the potentials of health psychology for enhancing health of the contemporary society, we need to implement several action plans including the following:

1. We need *better collaboration between health psychology and health care providers* to significantly enlighten and open new pathways.
2. We need a greater emphasis on the development of methods towards the assessment of patient-reported outcomes, because a growing trend emphasizes the importance of measuring health outcome from the perspective of the patient. Big data visualization techniques may enhance the skills of a researcher in health psychology.
3. We need greater efforts to help attenuate the known disparities associated with social and economic deprivation and gender. Health psychology has a rich history of the study of social and economic stressors and can make important contributions in this area.
4. We need to encourage more multidisciplinary research. There are plenty of advocates for multidisciplinary collaboration, but there is paucity of such collaborative practices.
5. We need to conduct various training programs and workshops for the development of continuing education opportunities that provide scholars with information about new developments in health psychology.
6. Policymakers also should recognize that more attention must be devoted to professional skill development at the pre- and postdoctoral levels. The development of such special Trans-disciplinary curricula and practicum experiences is need of the hour.

This conference will address all aspects of current issues and challenges of health and well-being, focusing on recent developments in fundamentals and practical applications. I hope that it will provide 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 applied aspects of health psychology

It is high time when must seriously come out with certain well tested strategies to assist people from grassroots in maintaining healthy lifestyles and their well-being. I am sure that eminent and learned participants in this event will discuss debate and come out with certain innovative strategies and recommendations that will act as a lighthouse for the people in society to safely and securely navigate their ships of life in the stormy oceans of the present-day world full of turmoil, stress and strains.

KEYNOTE ADDRESS

HEALTH, WELL BEING AND HAPPINESS

Jitendra Mohan

*President: Asia-Pacific Association of Psychology, Professor Emeritus of Psychology, Department of Psychology
Panjab University, Chandigarh, India*

E-mail address: jitendramohan74@gmail.com

***Health is the expression of a rare melody of personal wellbeing, social welfare and global harmony.
(Mohan 2017)***

One of the most enduring pursuits throughout history of mankind has been the search for happiness, well-being and a good healthy life. Csikszentmihalyi (1990) opined that the pursuit of happiness has been, and remains, the most central motivator of human thought and action: “Twenty-three hundred years ago Aristotle concluded that, more than anything else, men and women seek happiness. While happiness itself is sought for its own sake, every other goal—health, beauty, money, or power—is valued only because we expect that it will make us happy. Much has changed since Aristotle’s time.... And yet on this most important issue very little has changed in the intervening centuries”.

Zen Buddhism holds that the original nature of human beings is pure and harmonious, free from anxiety and perplexity. However, humans are characterized by a fundamental restlessness or anxiety and fail to existentially realize their original nature. As regards Contentment, a major source of well-being Zen Buddhism suggests that liberation from suffering and the realization of contentment come not from adding to what is (the present pre-reflective experience, just as it is), but by removing all additions to what is. This involves emptying ourselves of conceptualizations, including self, which involves the removal of all filters and partitions we have created between ourselves and aspects of our experience. When this happens, we are free to experience the present moment, just as it is. We are no longer separate from the world, but an integrated part of it. We experience the well-being.

In its classic way the World Health Organization defined health as ‘a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity’ (WHO, 1948). One of the strengths of this definition is its all-encompassing breadth. It moves away from the notion that being healthy is simply about not being ill. In this sense it has a more positive, holistic view about what health is. However, the WHO definition has also been criticized on many counts, for example, as being unattainable and idealistic (Lancet, 2009).* The definition, although revolutionary in 1948 when it was published first, was and still is criticized, often severely. Most critiques focus on the concept of health as a state (Frenk & Gómez-Dantés, 2014), and address the component of “complete” well-being. With societies consisting of an increasing number of people experiencing chronic illness or multimorbidity, such pathologising will affect more and more individuals (Lancet, 2009).

The criticism of the WHO model highlights the need for health to be conceptualized as a dynamic process that takes the adaptation to changed internal and external circumstances into account. One definition that addresses both the main points of critique outlined above is the “ability to adapt and self-manage” which was introduced by Huber et al. (2011). Thus, the first step towards using the concept of health as the ability to adapt and to self manage is to identify and characterize health for the 3 domains of health, mainly, physical, mental and social, with the mental component of health being intricately related to well being and happiness.

Well Being

The concept of Well-being refers to optimal psychological functioning and experience. It is the focus not only of everyday interpersonal inquiries but also of intense scientific scrutiny. How we define well-being influences our practices of government, teaching, therapy, parenting, and preaching, as all such endeavors aim to change humans for the better, and thus require some vision of what “the better” is (Ryan & Deci, 2001).

Well-being may be defined according to global question about overall life satisfaction and domain specific questions about work, income, social relationship and neighborhood (Andrews, 1991; Diener, 1984). Research on Well-being consistently reveals that the characteristic resources valued by society correlated with happiness. Well-being refers to

what people think and how they feel about their lives to the cognitive and affective conclusions they reach when they evaluate their existence (Diener, 2000).

Subjective Well-being (SWB), refers to people's emotional and cognitive evaluations of their lives, includes what lay people call happiness, peace, fulfillment, and life satisfaction. Personality dispositions such as extraversion, neuroticism, and self-esteem markedly influence levels of subjective well-being. Although personality can explain a significant amount of the variability in subjective well-being, life circumstances also influence long-term levels of subjective well-being (Diener, Oishi, & Lucas, 2003).

Happiness, Health and Well Being: The Viewpoints

The Hedonic View

Equating well-being with hedonic pleasure or happiness has a long history, Aristippus, a Greek philosopher from the fourth century BC. taught that the goal of life is to experience the maximum amount of pleasure and that happiness is the totality of one's hedonic moments. His early philosophical hedonism has been followed by many others. Hobbes argued that happiness lies in the successful pursuit of our human appetites, and DeSade believed that pursuit of sensation and pleasure is the ultimate goal of life. Utilitarian philosophers such as Bentham argued that it is through individuals' attempting to maximize pleasure and self interest that the good society is built. Hedonism, as a view of well-being, has thus been expressed in many forms and has varied from a relatively narrow focus on bodily pleasures to a broad focus on appetites and self-interests.

Happiness thus is not reducible to physical hedonism, for it can be derived from attainment of goals or valued outcomes in varied realms (Diener et al., 1998). Kahneman, Diener and Schwarz (1999) defined hedonic psychology as the study of "what makes experiences and life pleasant and unpleasant".

The Eudaimonic View

Aristotle considered hedonic happiness to be a vulgar ideal, making humans slavish followers of desires. He posited, instead, that true happiness is found in the expression of virtue-that is, in doing what is worth doing. Fromm (1981), drawing on this Aristotelian view, argued that optimal well-being (*vivere bene*) requires distinguishing.

Waterman (1993) stated that, whereas happiness is hedonically defined, the eudaimonic conception of well-being calls upon people to live in accordance with their domain, or true self. He suggested that eudaimonia occurs when people's life activities are most congruent or meshing with deeply held values and are holistically or fully engaged. Under such circumstances people would feel intensely alive and authentic, existing as who they really are- a state Waterman labeled personal expressiveness (PE). Empirically, Waterman showed that measures of hedonic enjoyment and PE were strongly correlated, but were nonetheless indicative of distinct types of experience. Norwegian people are the happiest people on earth according to World Happiness Report (2017). Close behind Norwegian at the top of the table are Danes, Icelanders and Swiss. India ranked 122nd on the list.

Self-determination theory (Ryan & Deci 2000) is another perspective that has both embraced the concept of eudaimonia, or self-realization, as a central definitional aspect of well-being and attempted to specify both what it means to actualize the self and how that can be accomplished. Specifically, SDT posits three basic psychological needs-autonomy, competence, and relatedness-and theorizes that fulfillment of these needs is essential for psychological growth (e.g. intrinsic motivation), integrity (e.g. internalization and assimilation of cultural practices), and well-being (e.g. life satisfaction and psychological health), as well as the experience of vitality (Ryan & Frederick 1997) and self-congruence.

Thus, the concept of happiness is much more multidimensional and exists at various levels. At the subjective level, it is about valued subjective experiences: well-being, contentment, and satisfaction (in the past); hope and optimism (for the future); and How and happiness (in the present). At the individual level, it is about positive individual traits: the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future-mindedness, spirituality, high talent, and wisdom. At the group level, it is about the civic virtues and the institutions that move individuals toward better citizenship: responsibility, nurturance, altruism, civility, moderation, tolerance, and work ethic (Seligman & Csikszentmihalyi, 2000).

To conclude, it can be understood that better health is central to human happiness, well-being and wellness as it is a multidimensional issue which sustains the totality of human existence. Thus, it is important to understand 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.

SUCCESSFUL AGING: AN INTROSPECTION AND JOURNEY THROUGH POSITIVE HEALTH PSYCHOLOGY APPROACH

Prof. N.K. Chadha

Chairperson (Research and Doctoral Program), Dean, Faculty of Behavioral and Social Sciences, Manav Rachna International University and Former Prof. and Head, Department of Psychology, University of Delhi

Aging is one element of our diverse society which brings us to same platform, as we all age. Ageing is a multidimensional process; old age is the closing period of the life of an individual. A person's activities, attitude towards life, a relationship to the family and the work, biological capacities and physical fitness are all conditioned by the position in the age structure of the particular society in which he lives.

No one can predict the future but each one of us has the capacity to change it. As seen since long, the term 'old age' conjures up images of frustration and pity. The researches on old age have always concentrated on uselessness that get attached to elderly but as the years have passed the concentration is now on the nature of good aging and aging as a positive change leading to productive functioning. This paper highlights the nature and concept of successful aging. Further the paper purports various dimensions of successful aging and ways to achieve them. Growing need of positive and successful aging is evident in our society and this paper in link with this viewpoint presents the different roads which ultimately lead our society towards a healthy perception of aged and aging both.

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

A greater realization of the valuable lessons which older people can give us is vastly promoted in the fields of psychology, behavioral genetics and health psychology. The study of positive aspects of aging (referred to as positive aging, healthy aging, successful aging and aging well) is only several decades old and requires much research oriented attention from the experts and much regard from the general public, in times to come. For the scientist, the idea that a negative change is caused by a problem rather than by normal aging creates an opportunity to modify the problem. Thinking about modifiable age related problems was a sea change that launched the modern federal infrastructure of programs for research on aging. The transition from seeing negative changes with aging as being one's own destiny to a new view of modifiable age associated problems was a huge leap in itself. The next initiative drawn was the recognition that aging could be accompanied by potential beyond problems. This view, the focus on the potential of aging, began emerging by the end of the twentieth century and reflected a second major conceptual sea change in aging. Successful aging does not begin at age 60. Whether a person ages successfully or not is, to a good extent, determined by his **lifelong behaviors and choices**—many of which are adopted at an earlier point in life. So, there is a need to take a **lifespan approach to successful aging—or more broadly speaking to successful human development.**

UTILIZING INNER RESOURCES: A SIMPLE MODEL FOR INITIATING HEALING

Adela Barcia

Holistic Psychotherapist, California, U.S.A.

In this workshop, a model will be presented for addressing and ameliorating chronic pain, injuries that are slow to heal, and illness. This model has a transpersonal core and is an adaptation of a hypno-therapeutic NLP six step reframing protocol. The clinical utilization of the model will be described. There will be cases presented and a live demonstration with a volunteer. There are two fundamental premises that underlie the model: First, that when one's emotional, mental, and spiritual aspects are in congruence, the body is most able to utilize its extraordinary systems of healing and repair. Secondly, that pain, symptoms, and even physical illnesses, can be meaningful in the service of a higher purpose. These may be an expression or a consequence of something important that one has not been attending to in one's life. In hypnosis, the client is invited to access their own source of inner wisdom and allow the purpose to come to conscious awareness. They are directed to have their unconscious mind and inner wisdom discover and offer new ways to meet the purpose more effectively. As they commit to adopting more functional ways, a powerful healing of the presenting malaise is initiated. An individual's mental and emotional internal states have many physiological effects, most significantly, in both the endocrine and immune systems. A shift in the internal world will be reflected in the body. When the whole being is coherent, one can be healthy and well.

Keywords: Purpose, coherence, wellbeing

TAKING THE ROAD LESS TRAVELLED: UNDERSTANDING SUICIDAL BEHAVIOUR THROUGH SPIRITUALITY

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In the current scenario, it has been estimated that every 40 seconds, one person in the world dies by committing suicide. By the year 2020, the WHO estimates that approximately 1.53 million deaths may occur by suicide with the rate for suicide attempts increasing by 10 to 20 times, that leads to the inference of one death every 20 seconds and one attempt every one to two second on an average. Thus, the phenomenon emerges as an alarming affair that warrants greater attention. The phenomenon has been viewed and is aimed for discussion from the lens of various theoretical perspectives, prevention and intervention. The need to create awareness, greater understanding and prevention of suicidal behaviour has driven several research studies that have recognised spirituality as one of the paths towards health and well-being. The discussion highlights relevant strategies within spirituality for prevention of suicidal behaviour. Furthermore, it raises some of the methodological concerns associated of spirituality and mental health outcomes. These issues have been elucidated through recent researches within the field and directions for further studies.

ADDRESSING THE SUBCONSCIOUS ROOTS OF DEPRESSION

Dr. Francois Gerland

*Alchemical Hypnotherapy Trainer
President of Foundation VIE, France*

After working for many years as an alchemical hypnotherapist, I've been exposed to many cases of clients considering themselves as depressed or having been diagnosed with depression by their doctor. All therapists know that even

if some medical, social or family conditions as well as traumatic events can lead to depression or suicide, the responses to such events vary enormously from one person to the next. Since the ground breaking work of Dr Bruce Lipton in the field of epi-genetics, it is now known that it's not so much facts which influence our mood or wellbeing but the very perception we have of these facts. The same event, considered as benign by an individual can bring another one to depression or even suicide. Perception is not just factual: it is highly subjective and emotional. The emotion triggered by an event can be deeply rooted in the subconscious mind. If a traumatic memory is triggered, the response will correspond to the original event rather than what is actually happening. The result is an accumulation of inappropriate reactions which can end up in what we call depression. During this presentation, we will expose ways to address the deeply buried roots of depression and reprogram our subconscious mind so that our life and its varied events can be embraced in a positive, functional and constructive way.

PRENATAL ORIGINS OF DEPRESSION AND SUICIDE

Dr. Julie Gerland

Co-founder, Foundation VIE

UN Representative for Noble Institution for Environmental Peace, France

According to the World Health Organisation (WHO) “depression is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. Depression is a common mental disorder. Globally, more than 300 million people of all ages suffer from depression.” Although treatment is available and clearly helps in some cases, prevention is always best. In order to understand what we do not want it is helpful to study what it is that we do want. For the past 35 years the field of pre and perinatal psychology and health pioneered in the USA by Drs. Thomas Verny MD, and David Chamberlain Ph.D have shed considerable light on how the nine-months spent in the womb affect the rest of our lives. The neuroscience of a prenatal baby based on both emotional and physical development is greatly affected by epigenetic factors. The old debate of “Nurture vs. Nature” has been replaced and now science and case studies clearly show what babies want. By educating and supporting future parents we can prevent depression and it's terrible consequences.

DEPRESSION AND SUICIDE: HOLISTIC APPROACH FOR PREVENTION AND MANAGEMENT

Sanghamitra Sau Sengupta

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National Co-coordinator : Depression & Suicide Prevention Program of IAHP

Depression and suicide can be prevented, treated and can be managed as long as multidisciplinary holistic approach is fostered. Eclectic Psychotherapy, Developing Resilience, Laughter therapy, Mindfulness, Relaxation therapy, Affirmations, Therapeutic energy breath work, Visualisation, Breath meditation, Chanting meditation, Yoga, Pranayama, Holy scriptures for addressing a physical, emotional, mental, spiritual person as a whole and to cure disorder diseases focussing on individual well being as well as social well being bringing psycho-physiological coherence.

NICOTINE DEPENDENCE IN SCHIZOPHRENIA: POTENTIAL CAUSES AND MANAGEMENT

Veena Kumari

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The rate of cigarette smoking in schizophrenia is two- to four-fold higher than the rate seen in the general population, with a very low success rate in attempts to quit. The presence of subclinical symptoms in healthy people manifesting

as schizotypal personality traits is also associated with an increased smoking rate. Possible mechanisms mediating the association between smoking and schizophrenia include i) shared genetic vulnerability, ii) smoking related changes in psychiatric symptoms and side effects of antipsychotic medications, and iii) improvement in illness-related deficits in sensory and cognitive domains. This presentation will examine why people with schizophrenia show extremely high smoking rates, find it difficult to quit, and are more likely to relapse than others. It will also review recent literature demonstrating brain changes, such as thinning of the cortex, due to chronic cigarette smoking, and discuss current and potential drug and/or psychological therapies to help patients with schizophrenia to quit and/or to provide them with an alternative without the harmful effects associated with chronic smoking.

HAPPINESS, HEALING AND HOLISTIC HEALTH: PREVENTIVE AND CURATIVE PROSPECTIVE

Abha Singh

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Director, Amity Institute of Psychology and Allied Sciences, Noida*

In the past few decades, there has been a revolution in how we perceive the body. What appears to be an object is actually a process, a constant flow of energy and information that has the power to impact physical being of an individual including chronic and fatal illnesses. However many of us fail to understand, how this flow of energy- both positive and negative can have an impact of the physical aspects of an individual's existence. The speaker aims to scientifically uncover the role of a healthy and positive mind in building and maintaining a healthy body. The talk also aims to cover the role of meditation, yoga and alternative healing techniques in alleviating symptoms of physical and psychological pathology and support these contentions with research evidence. The deliberation is aimed at providing audience with hands on techniques to strengthen their mind, enhance levels of happiness and live a positive and holistic life.

PSYCHODIABETIOLOGY: CLINICAL ASSESSMENT AND MANAGEMENT OF TYPE II DIABETES

Professor Akbar Husain

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There is extensive literature suggesting that the stress has a profound impact in the development of Type II diabetes. Diabetes mellitus and insipidus are included in the endocrine-related stress disorder. Major diabetic problems are more widespread among patients with clinical depression, stress and anxiety. On the other hand, depression is more common among people with diabetes than in general population. This implies clinical assessment of psychosocial factors in regular medical practice is necessary. Psychosocial factors have meaningful impact on the management of diabetes. Research points to a link between the intensity of diabetes treatment and the occurrence of depressive mood. Research also indicates that the course of the disease affects the patient's ability to cope with stressful situations and sense of control over the disease. Many conducted studies reveal the importance of psychosocial factors in diabetes self-care. Diabetes-related emotional distress is connected with difficulties with diabetes self-management and poor glycemic control. Self-efficacy and problem solving were associated with self-management behaviours like healthy eating and physical activity. There is evidence that diabetes management is strongly influenced by psychosocial factors. This implies the necessity of inclusion of diagnosis of psychological and psychotherapeutic factors during a routine visit of patients with diabetes. Team approach in this management, including diabetologist, health psychologist, and social worker is most favourable. A patient-centered approach is recommended for the management of diabetes type 2 by the American Diabetes Association and the European Association for the Study of Diabetes. There is a need for diagnostic and therapeutic tools helpful in management of psychosocial problems related with diabetes. However, the number of tools that are useful in such conditions is limited. The computerized assessment tool "Monitoring of Individual Needs in persons with Diabetes" (MIND) includes World Health

Organization's Five Well-being index (WHO-5) Problem Areas In Diabetes (PAID), life events and patient's agenda, can be used for diagnosis of psychosocial factors connected to diabetes management.

MENTAL HEALTH: CONCEPT, ISSUES AND CHALLENGES

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In these days many psychologists of India and abroad have focused their attention to seek the courses of negative mental health and best possible ways to improve and try to feed positivity in people. This endeavour has appeared in terms of a new branch of psychology named health psychology. This field has obtained a relative recognition in the reader's professionals and practitioners of psychology. The researcher working in this area have also focused upon demographic variables like, age, role and socio-economic class as determine of the adoption and practice of health and positively rotate it with the status (Varying or Static) of mental health. Mental health is a fundamental component of health which can be realized by a person (or by the others) about his own cognitive, affections and relational abilities and healthy mental dispositions allows coping well with life's challenges to woke productively and to wake a positive contribution to one's community mental health has been reported as an important factor influencing individuals various behaviors, activities, happiness and performance. It can be defined as the ability to adjustment to the environment on the plane of reality. This paper deals with the concepts and issues involved in the fundamental component of mental health and challenges ahead. At last, suggestions are made to improve positive mental health in society and create a new world full of happiness.

Keywords: Mental Health, Concept, Issues Challenges

DEVELOPMENTAL COGNITIVE NEUROSCIENCE: INSIGHTS INTO THE MECHANISMS OF DEVELOPMENTAL DISORDERS

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Cognitive developmental research benefits enormously from interdisciplinary methods and approaches used in cognitive neuroscience. Studies on cognitive development in normally developing children have informed about the prolonged and progressive nature of brain and cognitive development. Cognitive neuroscience has also provided valuable insights into the mechanisms of developmental disorders such as attention deficit hyperactivity disorder (ADHD), autism and dyslexia. The neural and cognitive mechanisms of such disorders inform about processes like attention, social cognition and reading acquisition respectively. In addition, the neurocognitive mechanisms could also be used as diagnostic markers for these disorders. Examples for ADHD, Autism and Dyslexia will be discussed. Our work on cognitive markers for ADHD demonstrates specific cognitive impairments related to inhibition, attentional disengagement, error monitoring and delay aversion, which were found to be diagnostic of ADHD as opposed to typically developing children and those with oppositional defiant disorder. The cognitive mechanisms of developmental disorders could also be linked to other measures based on methods like EEG/ERP and neuroimaging. The diagnostic utility of EEG (resting EEG and ERP) data along with cognitive mechanisms underlying ADHD and autism will be discussed. Third example will be taken from dyslexia with insights gained from a large-scale project on the development of a screening and assessment tool for dyslexia in Indian languages and what do we learn from such data about reading acquisition among typically developing readers and those with dyslexia. Purpose of the talk is to highlight the mechanistic and clinically relevant insights gained from the interdisciplinary research in the field of developmental cognitive neuroscience.

Key words: Cognitive development, Developmental cognitive neuroscience, ADHD, Autism, Dyslexia, EEG/ERP, neuroimaging, cognitive markers.

STATUS OF PSYCHOLOGY OF HEALTH AND WELL-BEING IN UNORGANIZED SECTOR & CORPORATES IN INDIA

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An attempt is made to to formulate a definition of Health Psychology encompassing application as well as possible solution of problems inbuilt in this branch of science. I define 'Health Psychology' as '...branch of Science that endeavor to approach, manage and cure mental, physical and psychosomatic ailments by using psychological, medicinal and behavioural approaches'. The paper also highlights THE SERIOUSNESS OF VARIOUS MENTAL HEALTH issues in the context of Indian Corporates and also in the unorganized sector. For example, about 36% of our population suffers with depression alone and GOI spends only 0.006% of its Health Budget on Mental Health. WHO made 6 observation and 10 recommendations for supporting Mental Health in developing countries. Broadly, this paper covers the following: 1) Health Psychology in general; 2) Health psychology in Corporates; 3) Health issues in Indian Corporates-some challenges; and 4) Way forward. Special attention has been paid to the problems related to Women workers. Women in general and women workers in particular suffer particularly on the following issues: (i) Population, (ii) Poverty, (iii) Low literacy level leading to issues like poor sanitation and lack of public amenities which further contribute to ill health and (iv) Sociocultural beliefs. It has also been emphasized that a number of factors cause stress among working women. These may include: (1) Multiple overlapping roles (2) Types of job, (3) Sexual harassment, (4) Shift work, (5) Musculo-skeletal disorders, and (6) ergonomic issues, etc. Some way forward has also been suggested.

PSYCHOLOGICAL INTERVENTIONS TOWARDS RAISING WOMEN

Promila Batra

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Inspite of vast research and numerous steps taken by the governments, the position of women all around the world has not been able to attain either equity or equality. UN had announced on the basis of research that it is all about the unequal power distribution between the two genders; and declared the achievement of equal status of women to be its fifth goal for sustainable development. The Declaration on the Elimination of Violence against Women was adopted without vote by UN Nations in its General Assembly in its resolution 48/104 of 20 December 1993. Contained within it is the recognition of "the urgent need for the universal application to women of the rights and principles with regard to *equality, security, liberty, integrity and dignity* of all human beings. A serious question and point to ponder over is that after all where are the barriers? What is it that even after more than twodecades; we have not been able to reach this status of universal application of human rights, whereas these have been well defined in the Indian Constitution. The idea of gender and feminine counselling is also almost seven decades old. But this practice has also not been able to help the women much. Perhaps the time has come to give this issue a serious thought and psychologists need to gather together to search for the methods that can reduce the existing Misogyny. Having interviewed 1000 subjects(men and women) across various age groups, occupations, SES etc. from rural and urban areas, the author realised that it is not the education that matters rather it is the attitude that matters. Further it was also realised that it is not only men who try and suppress the women rather these are the social norms that are accepted as it is by the women too in general. So as a first step there is a need to deal with many descriptive and prescriptive myths prevailing amongst both the men and the women. Followed by this, the women need to learn about the strengths they really have been bestowed with, but are suppressing due to learnt conformity. Finally they need to learn how to change their own behaviour and master a few life skills to change the environment around. These steps would be discussed in details in this paper.

JOB OPPORTUNITIES FOR YOUNG PSYCHOLOGISTS THROUGH TECHNOLOGY

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“Children are our assets. With talent in their hands and determination in their minds they hold the key to bright future.”

A child is the most valuable resource of any family. Every child holds the promise of a bright future for his/her parents, society provided he/she is armed with correct career options. Every student's voice is, 'What courses to opt for', 'what career option to go with' - Fashion Designing or Indian Army? Mathematics or Biology? Which profession should I consider? Do my abilities match my interests? Does my intellectual level go with it? My opportunities....? This is where we step in with the program named 'Unknown to Known' - screening software where we aim at developing every facet of a child's personality, meticulously map the inherent pattern of strength of the child and guide him/her towards the quest for the most apt career choices. Unknown to Known- screening software is designed after years of research and intensive toil in the field of apt career assessment and after counseling thousands of students. Using appropriate tools and procedure, we make the child's aptitude known. Various combinations of the students' aptitudes and interests are then analyzed for their fitment with various lucrative career options and then only the child's own career interests and inclinations are finally recommended. The program of 'Maatrutva' is not only a solution for such problems but also a foundation of later personality of the child. It aims to develop the capacity of mother which helps to understand the child, frame their future and strengthen the bonding techniques, developed by a team of experienced Indian Psychologist based on Indian values for building the capacity of motherhood through various activities and techniques. It aims to understand the child, frame his/her future child, effective bonding techniques, Behaviour Modification Techniques, to control the children for T.V., mobile and other gadgets addiction, for aggressive or rigid behavior, sibling rivalry, faulty food habits and other related problems. This speech will help in changing the perception of parents towards children, help them to know about their parenting style and the scope of improvement, their contribution in the confidence boosting, development of 'ME', 'SELF CONFIDENCE' and 'I' in the child.

IMPORTANCE OF REBIRTHING BREATH WORK IN HEALTH AND WELLNESS

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Rebirthing is basically an regression technic based on 1 to 2 hours connected, energy, conscious breath with the goal to liberate the emotional mind from the trauma that affect it. Through the breath people move and concentrate enough energy to relax their mind and free trauma layers forever. At each session the emotional mind is getting more and more free from the traumas that affect it. Since the emotional mind is the root cause of all illnesses, the more we release the emotional mind from trauma, the more we gain health. Trauma can be of present life or inherited from ast lives. Whatever the origin of the trauma, the connected breath has the tendency to liberate it spontaneously. Birth trauma, parental disapproval, unconscious death urge, specific negativity, past life memory and all other traumas can be healed by rebirthing breathing. Since depression, suicide, burned carrier, sense of victim are some of the manifestation of unconscious death urge trauma, they are spontaneously healed by conscious connected breathing.

CONFERENCE WORKSHOP

BREATH WORK IN HOLISTIC HEALTH AND WELLNESS

Lena Kristina Tuulse

Holistic Psychotherapist and Breathwork Expert

Founding Member of IBF, International Breathwork Foundation, Sweden

As a Psychologist I have brought the importance of how breath work can be used in rehabilitation and health work in many professional fields. I have been educating personal from Prisons and into many treatment centers as well as into the field of health and wellness. The term attachment disorder is used to describe emotional and behavioral problems of young children, of school-age, teenagers and adults. Generally the term attachment disorder refers to the absence or distortion of age appropriate social behaviors with adults. For example, in a toddler, attachment-disordered behavior could include a failure to stay near familiar adults in a strange environment or to be comforted by contact with a familiar person. In a six-year-old attachment-disordered behavior might involve excessive friendliness and inappropriate approaches to strangers from the lack of closeness at home. This has been the case where many pedofiles has been able to take advantage of such a behavioral in children. Besides breath work I practice the Law of Attraction and Quantum Physics with their positive approaches to change and transformation We need to let the flow of inspiration follow us to the end of our lives. Although I still think that there is a place for a good cry and to have the possibility to share our old thoughts and misunderstandings for a loving listening person, a Teacher of Breath. A person skilled with patience and presence to silently and lovingly be with you when you are looking inside into your magic and wonderful mind and emotions. When you have a chance to follow into the winding road of past memories and fantasies of your past mixing in with the insights and understanding of your present situation. What a fantastic way to be able to clear up knots in your psychic. To take a trip into what has been unseen and misunderstood till then. In the next session with me you will have the opportunity to try a breathing session and have an experience for yourself. Welcome!

ESTABLISHING AN EVIDENCE-BASE FOR MENTAL HEALTH INTERVENTIONS IN INDIA: A POLICY AND PRACTICE APPROACH

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We take Mental Health Care Act 2017 enacted by the Parliament of India as the stimulus of the current proposal while considering that mental healthcare should be focused on improving outcomes or that outcomes should be assessed using reliable measures. The Act urges the policymakers and stakeholders should establish systems and guidelines that streamline the commotion of efficient, effective and cost-effective mental healthcare services in the country. Such streamlined mental healthcare practices should ideally reflect features such as centrally chosen outcome measures, high concordance with existing clinical processes, incorporation of culturally diverse treatments/interventions, high relevance to clinical decision making, reflecting service user priorities, ratification by experts, having a focus on deficits and incessant updates by scientific information coming from practice/implementation. Therefore, a guideline supported, scientifically principled and continuously updated bank of evidence that binds together effective outcome histories for a ready reference of precise decision is warranted. Mental health practitioners may look to this mental-health evidence base as the strategic function to turn the Mental Healthcare Act 2017's key principles into reality. This evidence-base can provide unique information about the quality of principal diagnosis and performance of interventions across the country. It can identify which methods and therapies work, which do not work, and the reasons why. Ultimately, this evidence-base contributes to improving the quality and consistency of national mental health statistics and comparability of practices and outcomes. The current presentation is a proposal to setup such an evidence-base named *FEDInfo* while using the research infrastructure of the Foundation

for Evidence-based Development in India (FEDI). FEDI has a mission to use state of the art and globally proven evidence-based methods to help governments and institutions in India to strengthen their decision-making processes across different disciplines including mental-healthcare. Evidence-based method enjoys popular value across the world and helps to promote rational, scientific decision making in the face of intuition or ideologies. The pursuit of this method is based on the premise that decision making (diagnosis and choice of interventions in the case of healthcare) should be better informed by available evidence and should include rational analysis. This is because decision which is based on systematic evidence is seen to produce better outcomes. The current proposal outlines the blueprint of establishing FEDInfo for the accuracy, streamlining and consolidation of mental health practices in India. It is expected that some meaningful resolutions in this regard will be heralded through shared inputs.

PRE-CONFERENCE WORKSHOP

APPLICATION OF COGNITIVE DRILL THERAPY AND HYPNOSIS

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Cognitive Drill Therapy is being specifically applied on the persons afflicted by Obsessive-Compulsive Disorder (OCD) and phobia. Four components can readily be identified in these disorders which are captioned as OBSD (**Objects, Body-Mind Reactions, Safety Behaviors & Danger Ideation** Framework. The affected persons manage exposure to their objects of OCD/phobia by getting engaged in safety behaviors which provide transient relief but serve as maintaining factor. From a psychological perspective, danger probability is considered as the determining factor in OCD/phobia. Through psycho-education, a refocus and re-attribution is achieved in which affected individual is made to understand that Objects of fear are simply feared cues; he/she is not scared of feared cues as such but the potentials of harm that could result from exposure to the objects of phobia/OCD. If danger ideations associated with objects of phobia/OCD get disconnected, the problem will be resolved as exposure to objects would no longer elicit any fear reaction. All danger ideations contain a future time perspective. For example, dog may bite; I can catch rabies. These are probabilistic statements that point out to likelihood in future time. In Cognitive Drill Therapy, such danger thoughts are converted into past or present time frame, such as dog has bitten me, I have caught rabies, I am dying painful death. With proper psycho-education and support the affected person is encouraged to imagine objects of OCD/Phobia and verbally repeat such statements of feared cognition; which is called as Cognitive Drill. In response to cognitive drill, there can be sharp rise in BMR which is continuously monitored and regulated so that it remains in manageable limits. Cognitive drill in this manner, results in reactive inhibition evidenced by low or minimal psychophysiological reactivity to exposure to objects of OCD/phobia. To promote generalization, drill and daring is prescribed as home work. A person exposes himself/herself to actual objects of fear in real life situations while performing the drill. Hypnosis is at state of duality of awareness in which waking awareness remains present along with altered state of awareness. The extent and depth of altered component depends upon suggestibility and hypnotizability of a person. There are clinical as well as standardized tools available to map hypnotizability. Primarily, this state of duality of awareness is created by giving some kind of suggestions. Hypnotic trance further makes a person more open to accept suggestions. Suggestion scripts are used for developing coping skills, reduction in anxiety and stress, modifying pain experience. Hypnotic awareness also facilitate performing regression which usually aims at identifying non-conscious conflict areas and traumatic experience. The uncovering through regression procedure leads to catharsis and insight into one's emotional problems and facilitate faster resolution in some cases. In this workshop, detailed conceptualization of Cognitive Drill Therapy will be communicated including on the spot demonstration of actual application of therapeutic process.

DATA VISUALIZATION IN HEALTH PSYCHOLOGY RESEARCH

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Data visualization is a general term that describes any effort to help people understand the significance of data by placing it in a visual context. So, it is very useful for community health psychology awareness program. Besides, it is important for health data analytics where in Big data are used for health surveillance. Archive data analysis helps hospital authority to predict patient flow. It is useful in managing health service providers, insurance and pharmacy. Current workshop will be for PG. and P.G. qualified students. By learning this, they can inspect data quality before use of Advanced statistics. Besides, they can present their data with newly developed graphical distributions. This will help them further in exploring the nature of variables and their effects on health. Data provide information about psychological and behavioural processes in health, illness, and healthcare. Besides, Visual data help understanding how psychological, behavioural and cultural factors contribute to physical health and illness. This workshop will focus on five things - a) Paradigm shift from hypothesis driven to Data driven model; b) Data retrieving from Archives; c) Data cleaning, d) Data mining, e) Data validation, f) Health infographics. With the rapid growth of randomized health data, information technology, computer science, and statistical tools, research paradigm is shifting from hypothesis driven to data driven model. It tends to analyze Big data from the data archive. In the data driven model, researcher aims at retrieving the data according to research question. Data cleaning is important to remove noise data from the data archive. Cleaned data are mined with specific statistical tools so that new pattern can be explored. Finally health knowledge is discovered through pattern recognition. Health infographics makes use of intelligent design and graphics to present complex data that can be easily understood by the readers. It can convey the complex information in short space. Health infographics are designed with different plots like pie chart, histogram, bar plot, box-whisker plot, scatter gram etc.

CONCEPT NOTE ON SYMPOSIUM ON THE ROLE OF MILITARY PSYCHOLOGY IN HEALTH AND WELL-BEING

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Most of us know what the military is and does. Some of us know what a psychologist is and does. However, very few know what a military psychologist is and does. Introducing yourself as a military psychologist in an academic and/or social gathering is almost the perfect icebreaker. What military psychologist does? Military psychologist's role is very unique and different. Military psychology, then, is simply psychology applied in a military context. Military psychology includes the sub-disciplines of social, experimental, industrial, organizational, human factors engineering, and clinical/counselling psychology, just to name a few. Some military psychologists are uniformed officers of the Army, Navy, Air Force and Coast Guard. Others are civilian officers by the Government of India, Ministry of Defence and others work in the private sector, may be from small businesses to enormous corporations that support military organization. And some of them are traditional academic psychologists who, by virtue of their research focus, define themselves as military psychologists. More than twenty years of terrorism, conflict and counter insurgency facing by our nation which have exposed some obvious limitations of our understanding of human behavior and their adaptation. The challenges to Indian Military Psychologists are many folds. The Defence Institute of Psychological Research is the premiere organization of the country which is dedicating services in areas of Personnel selection, Training of Assessors, Human factors in Extreme environmental conditions, Well-being and follow-up studies of Indian Armed Forces. The proposed symposium on the *role of military psychology in health and well-being of soldiers* is the focused area of research of the Indian Military Psychologist. The papers selected for presentations addressed the focal theme of the symposium and dwell upon some of the key aspects which are likely to reinvigorate insight in the scholars, academicians and practitioner to take up studies in these applied areas of military psychology.

Keywords: Military Psychologist, Well-Being, Indian Armed Forces.

SERVING SOLDIERS TO SOCIETY: A HEALTH AND WELLNESS PROSPECTIVE OF MILITARY PSYCHOLOGY

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Military Psychology has an increasable history from the very beginning. Formally the bonnet started with the development of Army Alpha testing in measurement of mental ability and individual differences during the World War-I to meet the induction requirements of Armed Forces and continued with Army Beta for culture fair assessment, with never ending contribution in the field of psychology with Classification of Psychological Disorders for DSM and intervention Strategies, Substance abuse and dependence studies and interventions, PTSD Management, Organisation Management models, Human Engineering and Agronomics for Human-Machine interaction, Comprehensive Soldiers Fitness Program, Psychological Operation strategies, and so. The seven decades journey of Military Psychology in India not only addressed the above, but also transferred the knowledge and expertise from Soldiers to society in various spin-off forms like building human capital through personnel selection (various selection and assessment Modules), enhancing human capital through Behaviour Training Modules, optimising human capital through Man-Machine-Interaction Module, and so on. Military psychology in India has immensely contributed toward the health and wellbeing of soldiers and society as well through various researches in the areas

like adaptation to extreme environment, Counselling, stress Management, Personality Assessment, Resilience Building, Suicide Prevention, Character Strength Building, performance enhancement through Mindful Meditation, Yoga, study of brain and vision research through Experimental human engineering etc. The discussion highlights certain relevant contributions of military psychology not only from soldiers prospective but also from societal prospective as well. Moreover, it covers certain spinoff concerns and suggested answers associated with health and wellbeing. These issues have been supported with recent researches within the field of military psychology and directions for future endeavour.

Keywords: Military Psychology, Soldiers, Society.

SPORTS, COGNITION AND HEALTH: ROLE OF SPORTS IN GENERAL COGNITIVE PERFORMANCE

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Objectives: Attentional processes like spatial orienting, visual search, sustained attention, inhibitory control, attentional networks, and working memory among sports persons playing different sports were examined. Cognitive mechanisms underlying performance in sports were explored. **Method:** Five experiments were conducted with 60 participants in each experiment. 20 football players, 20 basketball players and 20 participants in the control group participated in the study. **Results:** Sports persons showed stronger appearance of motion at short distances and short ISIs as compared to the control group on apparent motion task. Basket ball players showed an advantage for motion perception at shorter ISIs. Basket ball players were faster with respect to Self guided search particularly for conjunction search. Football players were better with respect to working memory for spatial locations. Attentional facilitation as well as attentional disengagement is better in basket ball players. Results based on Attentional networks i.e., alerting, orienting, and executive attention network indicate greater efficiency of alerting network among sports persons as compared to the control group. Greater efficiency for the orienting network was observed for basket ball players. Conflict resolution was found to be faster for basket ball players as compared to football players indicating greater demands on executive attention network for football players. **Conclusion:** To conclude, sports persons were found to be more efficient with respect to motion perception, working memory, attentional allocation and disengagement and executive attention as compared to the control group. These findings indicate that certain cognitive processes that are critical for performing well in sports get trained with practice on a particular sport.

Keywords: Cognitive, Health, Sports, Attention, Visual Search, Working Memory, Vigilance.

HUMAN FACTOR: ANALYSIS OF NEED AND HAZARDOUS ATTITUDE AMONG PILOTS

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Objectives: Individual behaviour and attitude govern by the motives, when it motivated, it arouses and energises behaviour. There are certain needs which when fulfilled turn a person towards better performance, adjustment and satisfaction. The purpose of this study was to investigate the relationship between need and hazardous attitude among pilots. **Method:** A total number of 85 young pilots were selected to complete the testing on Need pattern questionnaire and Hazardous attitude questionnaire. Data analysis was conducted using by Pearson's r. **Results:** Finding of the study showed that need for achievement, need for power and need for aggression are positively correlated with macho attitude (Hazardous Attitude). Results have also shown that pilots with high achievement need will likely to show more macho attitude. **Conclusion:** One of the most valuable implications of the study lies

in the area of training in the development of curricula and instructional methods. The development of models that further portrays an understanding of pilots' attitude and need.

Keywords: Need, Hazardous Attitude, Pilots

GENDER INFLUENCE ON JOB SATISFACTION AND ITS IMPACT ON GENERAL HEALTH

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Objectives: The purpose of this research study is to study whether there is any difference between gender on health and job satisfaction with specific reference to occupational stress. Occupational (job, work or workplace) stress has become one of the most serious health issues in the modern world (Lu et al., 2003), as it occurs in any job and is even more present today than decades ago. As the decades have passed by the gender inequality has become a thing of past and that has made the occupation scenario different. It has also brought in a new dimension of conflicts and of balancing work and family. The study attempts to find whether gender has any impact on ascertaining the level of job satisfaction and likewise the health parameters. The study provides understanding on the dynamics of the workplace, how certain individual and perceptions of occupational stressors affect stress-related outcomes and how these outcomes manifest in either the job satisfaction or the health aspects. **Method:.** The sample of the study comprised of Engineers from government sector (Military Population) of India (N=450, Male=298, Female=152). The age of the engineers ranged from 22-49 years with a mean age of 25 years. Stratified random sampling was used for selection the sample. Stratification was done for gender and discipline and selection was done randomly. A total number of 450 employees (298 male & 152 female) having at least 3 years of experience, were randomly chosen for the study. The General Health Questionnaire-12 (GHQ-12) that focuses on psychological components of ill health (Goldberg & Williams, 1988) and the Minnesota Job Satisfaction Questionnaire developed by Weiss, Dawiss England and Lofquist (1967) were administered. Sstatistical Package for Social Science (IBM and SPSS statistical version 21) was used for data analysis. Ddescriptive analyses and *t test* of variables across gender and sector categories were carried out. Correlation analyses were carried out in order to have a better understanding about the relationship amongst variables. **Results & Conclusion:** The impact of gender difference on general health and job satisfaction is and has been an interesting area that has been explored in the recent past. In this study it has come out that there is no significant difference between the genders and that can be associated to the changes in the lifestyle and the social fabric.

Keywords: Health, Job satisfaction, Gender.

ABSTRACTS

EFFICACY OF BIOFEEDBACK ON REDUCING ANXIETY IN MOTHERS HAVING CHILDREN WITH INTELLECTUAL DISABILITY

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Objectives: The diagnosis of intellectual disability children is likely to be traumatic experience for their families. Having a disabled child tends to influence the lives, emotions and behaviours of family members. Biofeedback itself a mind–body technique which helps or make the individuals learn how to modify their physiology of body for the purpose of improving physical, mental, emotional and spiritual health. It was been used effectively to reduce anxiety of mothers of intellectual disability children. The purpose of this research was to study the effectiveness of biofeedback in reducing anxiety of mother having children with intellectual disability. **Method:** The study comprised of 5 mothers having children with intellectual disability it was an intervention study, for the pre and post test score was taken. In this study biofeedback (ECG/HRV and Respiration) intervention was given to all 5 mothers individually. Data was collected before and after intervention, which consisted of 20 session of 15 min duration. The biofeedback intervention was given to reduce the level of anxiety by maintain the sympathetic and parasympathetic nervous system through heart rate and breathing. **Results:** The statistical technique used is Mean, SD, Wilcoxon Sign Rank test was used. Results reveal that there was a significant difference between pre and post test scores of biofeedback intervention on mothers having children with intellectual disability. **Conclusion:** A significant effect of biofeedback found in reducing anxiety in mothers having children with intellectual disability.

Keywords: intellectual disability, Biofeedback, Anxiety, Sympathetic and Parasympathetic Nervous System.

PERCEIVED SOCIAL SUPPORT AND HOPE IN RELATION TO PSYCHOSOCIAL DISTRESS AMONG HIV/AIDS ORPHANS

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Objectives: The present study examined the perceived social support (PSS) and hope in relation to psychosocial distress among HIV/AIDS orphans and non-HIV/AIDS orphans. **Method:** The sample of the study consisted of 236 orphans (116 HIV/AIDS orphans and 120 non- HIV/AIDS orphans) living in the orphanages. The tools employed for present study were PSS scale for children consisting of 30 items and comprising of three subscales assessing the source of the emotional support (i.e., family, friends, or teacher), hope scale for children consisting of 30 items and psychosocial distress scale for children also consisting of 30 items. **Results:** The results revealed that friend, teacher and family PSS was significantly positively correlated with hope in HIV/AIDS orphans and non-HIV/AIDS orphans. Hierarchical regression analysis was computed and it was found that friend and family PSS significantly contributed 30.3% and 2.6% of variances in hope among HIV/AIDS orphans. In non-HIV/AIDS orphans, friend and teacher PSS significantly contributed 55.2% and 3.3% of variances in hope. Friend, teacher and family PSS was significantly negatively correlated with psychosocial distress in HIV/AIDS orphans and non-HIV/AIDS orphans. Hierarchical regression analysis was found that friend and family significantly contributed 5.9% and 5.2% of variances in psychosocial distress among HIV/AIDS orphans. In non-HIV/AIDS orphans,

friend significantly contributed 5.0% of variances in psychosocial distress. Significant negative correlation was found between psychosocial distress and hope in HIV/AIDS orphans and non-HIV/AIDS orphans. **Conclusion:** The present research provides useful insight about the current and existing status of HIV/AIDS orphans. Strong perception of support from friends, family, school staff and mental health services may reduce the deleterious effects of exposure to illness and psychological problems and improve psychosocial wellbeing and hope of HIV/AIDS orphans.

Keywords: HIV/AIDS Orphans, Hope, Perceived Social Support, Psychosocial Distress.

RELATIONSHIP BETWEEN WORKPLACE BULLYING AND EMPLOYEE WELL-BEING: A MULTI-THEORETICAL PERSPECTIVE

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Objectives: This study endeavoured to explore the underlying and intervening mechanism of the multi-layered associations between workplace bullying and employee well-being through the lens of multi-theoretical perspective incorporating transactional model of stress and coping, SET, AET, and COR theory. The relationship between workplace bullying (WB) and employee well-being (EWB) in terms of employee general and workplace well-being was ascertained. The role of perceived victimization (PV) as a mediator underlying the relationship of workplace bullying with employee general and workplace well-being was assessed. Also, the relationship between bullying and employee workplace well-being was examined through the mediation of general well-being of employees. Further, the role of psychological capital (PsyCap) as a moderator influencing the hypothesized direct and indirect relationships was ascertained. Finally, the relationship between workplace bullying and employee well-being was evaluated by employing a moderated multi mediation model in the light of perceived victimization and PsyCap. **Design:** Using a cross-sectional survey design, the hypothesized moderated mediation model has been tested among 574 human service professionals. The proposed mediation, moderation and moderated mediation models have been evaluated using a two-step approach to structural equation modeling (SEM). **Results:** The findings of mediation analyses imply that PV accounts for the indirect negative relationship between WB and employees' general as well as workplace well-being. An indirect association of WB and subsequent victimization was found with employees' workplace well-being via general well-being of employees. The results of the moderation analyses showed that PsyCap weakened the positive relationship between WB and PV and further controlled the subsequent negative effects of PV on EWB. The moderated mediation association between WB and EWB was validated by showing that PsyCap buffers the indirect negative effects of bullying on employee well-being mediated via subjective victimization. **Conclusion:** The study contributes to the extant literature on workplace bullying by evaluating the impact of moderated mediated factors on the relationship between workplace bullying and employee well-being. Further, it represents one of the rarest attempts undertaken in Indian settings to explore the role of employee strengths in underlying and mitigating the direct and indirect negative effects of workplace bullying on employee general and workplace well-being. The study endorses and highlights the value and buoyancy of individual factors in a more comprehensive model for tackling the problem of workplace bullying. Knowledge about such factors will assist in working out intervention strategies for enhancing employee well-being, thereby ensuring numerous bounties to the organizations.

Keywords: Workplace Bullying, Well-Being, Perceived Victimization, Psychological Capital.

UNDERSTANDING DYNAMICS OF MUSIC ENGAGEMENT AMONG YOUNG ADULTS

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This study aimed to achieve three objectives, which are as follows: (1) To examine the basic underlying dimensions of functions of music and *rasa* being perceived {factor analysis of Function of Music Scale (FMS) and Music Emotion Scale (MES)} developed by the researcher); (2) To explore inter-correlations among personality factors, music listening styles, music listening types (active and passive) and dimensions of Music Preference Scale (MPS), FMS, and MES; and (3) To establish differences, based on demographics (e.g. music background, age, and gender), in all the variables of interest (if any). A sample of 229 young adults (M = 131; F = 98; M = 22.4 years) completed measures of the above constructs and data were analyzed via factor analysis, correlations, one-way ANOVA, post hoc tests, and independent sample T-tests. *Sukhâtma* and *Dukhâtma* were the two factors emerged out of 11 *Rasa*. For functions served through music, two factors emerged namely *mood based* and *memory based functions*. Significant correlations among dimensions of different scales and differences based on participants' music background could be established. Lastly, a 'Music Engagement Model (MEM) for Young Adults' describing their music behaviour, have been proposed.

Keywords: Music preference; music listening; *rasa*; functions of music, personality; psychological well-being

A STUDY OF COPING STRATEGIES AS MODERATOR OF STRESS AND MENTAL HEALTH IN POLICE PERSONNEL OF UTTAR PRADESH

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Objectives: Due to enormous stress, the prevalence of mental health troubles in the police personnel has become rampant. As we know the police personnel in the Indian police organization can be best categorized into constables, inspectors and officers. For the management of stress and mental health coping strategies have a crucial role to play. The objective of the present study was to study the moderating effect of coping strategies on the relationship between stress and mental health in the police personnel of Uttar Pradesh. **Method:** The sample involved 300 male police personnel comprising of 100 constables, 100 inspectors and 100 officers being incidentally selected from 6 districts of Uttar Pradesh viz. Lucknow, Varanasi, Meerut, Raibareilly, Ghazipur and Noida with their age range between 35-45 years and experience of 15 years of police service on average. They were assessed by using Occupational Stress Questionnaire (OSQ, Gmelch and Chan, 1994), Brief COPE Scale (Carver, 1997) and Mental Health Inventory (Jagdish and Srivastava, 1983). To find out the moderating effect of coping strategies on the relationship between stress and mental health, the Multiple Moderated Regression Analysis was conducted. **Results:** The study found that coping strategies have a moderating effect on the relationship between stress and mental health in cases of inspectors in terms of active, adaptive and maladaptive coping and officers in terms of active and adaptive coping. Stress overall and its various dimensions as well as active and adaptive coping have significant effect on the relationship between stress and mental health in officers. However, in constables, active and adaptive coping strategies do not have any moderating effect on the relationship between stress and mental health. **Conclusion:** The study concludes that various coping strategies have a moderating effect on the relationship between stress and mental health in police personnel. This study has high level of implication for the emphasis on certain adaptive

coping strategies for the focused management of stress and promotion of health and wellbeing in police personnel of our region.

Keywords: Coping Strategies, Stress, Mental Health, Moderating Effect, Police Personnel.

MOOD STATES AND WAYS OF COPING AMONG DIABETIC PATIENTS

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Objectives: The present study was undertaken to evaluate mood states and ways of coping among Type 1 diabetic, Type 2 Diabetic and non diabetic patients. **Method:** A total of 50 type 1 diabetic, 50 type 2 diabetic and 100 non diabetic chronic medical disease patients from the state of Rajasthan served as the sample selected through purposive sampling technique. Male patients between the age group of 35-55 with minimum education level of graduation belonging to the urban area of Jaipur were selected for the study. Patients coming from rural area and having history of disease for less than one year were excluded from study. Eight state questionnaires developed by Barton, Cattell and Corher (1972) and the ways of coping scale developed by Folkman & Lazarus, (1985) was administered to the sample population to obtain data pertaining to the Mood states and ways of coping. **Results:** Diabetic patients were found to have significantly high anxiety, stress, depression, regression, fatigue and guilt, whereas other chronic medical disease patients were high on extraversion and arousal. Among the diabetic group type 2 diabetic patients were found to have significantly high anxiety, stress, regression, fatigue, extraversion and arousal in comparison to type 1 diabetic group. In coping variable it was found that diabetic patients uses less functional coping pattern in comparison to non diabetic group. Among the diabetic group type 2 diabetic group uses better coping pattern than type 1 diabetic patient. **Conclusion:** Diabetic patients suffer from mood fluctuation more frequently in comparison to other chronic medical disease patients. Developing positive mood and improving social relations will lead to more extrovert behavior and high arousal level which will again be useful in glycemic control. Diabetic patients were found to use more emotion focused strategies viz. Seeking social support coping and escape avoidance coping which gives rise to their blood sugar level. Doctors, counselors and family members should motivate them to use more problem focused strategies such as Plan full problem solving coping and positive reappraisal coping. Instead of emotion focused strategies. This will help them develop their effective coping pattern and help in maintaining their confidence also. Diabetic patients need special counseling and empathetic attitude not sympathetic one.

Keywords: Diabetic Patients, Other Chronic Medical Disease Patients, Mood States, Ways of Coping.

HEALTH RELATED QUALITY OF LIFE, PAIN LOCUS OF CONTROL AND TYPE- D BEHAVIOUR PATTERN AMONG CHRONIC LOW BACK PAIN PATIENTS

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Objectives: Health related quality of life is a multidimensional, global, physical and mental well being of an individual. Pain locus of control refers to beliefs related to pain control and management and incorporates the constructs of internality and externality. Negative Affectivity and Social Inhibition form key elements of Distress Personality (Type - D Behaviour Pattern). This study investigated Health related quality of life, Pain locus of control, Social Inhibition and Negative Affectivity among chronic low back pain patients. **Sample:** The sample comprised of hundred chronic low back pain patients and a control group of hundred people in good health. Health related

quality of life was measured by Health Quality of Life Scale SF36v2 and Social Support was measured by Hindi adaptation of P.G.I. Social Support Questionnaire. Hindi adaptations of Pain Locus of Control Scale and Type - D Scale (D S 14) were used to measure Pain Locus of Control and Type - D Behaviour pattern, respectively. **Results:** The research findings reveal that chronic low back pain affects physical as well as mental well being of patients impacting their Health related quality of life. Chronic low back pain patients are externally controlled and experience high levels of Negative Affectivity and Social Inhibition as compared to the control group thereby exhibiting a high level of Type-D Behavior pattern. **Conclusion:** The research lays the foundation for development of a multidimensional technique for the treatment of chronic low back pain which incorporates physical, psychological and social aspects of treatment.

Keywords: Health related Quality of Life, Social Support, Pain Locus of Control, Type - D Behavior Pattern, Social Inhibition, Negative Affectivity, Chronic Low Back Pain.

QUALITY OF LIFE IN RELATION TO SOCIAL SUPPORT: A STUDY OF HINDU COUPLES

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Objectives: This study was carried out with the objectives of investigating to (a) psychometric properties of the behavioural measures of Social Support Questionnaire and Quality of Life Assessment Inventory, (ii) factor analysis of the subscale / subfactor measures of the behavioural gamut, and (iii) effects of 'gender' (men and women) and 'levels of number of available support' (low and high scorers) as well 'gender' (men and women) and 'levels of satisfaction factor of social support' (low and high scorers) on the various measures of quality of life. **Method:** A total of three hundred and ten (310) HINDU couples served as respondents by purposive sampling technique. The scales employed for data collection were (a) Social Support Questionnaire (SSQ; Sarason et al., 1983); and (b) Quality of Life Assessment Inventory (WHOQOL Group; 1995) to meet the objectives of the study. **Results:** Results revealed significant positive relationship between satisfaction factor of social support and quality of life (physical comfort, psychological, level of independence, mood and spirituality, however, negative relationship with that of physical discomfort. **Conclusion:** Findings indicate that satisfaction factor of social support enhances quality of marital life.

Keywords: Social Support, Quality of Life, Satisfaction, Number of Available Support.

EFFECT OF BLUE AND YELLOW LIGHTS ON VIGILANCE TASK PERFORMANCES

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Objectives: 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 Lights and vigilance tasks performances. The major objective of this study was to find out the effect of Lights on vigilance task performance under high event rate condition. **Method:** Blue and Yellow lights were used as Independent variables. 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. A total number of 17 participants were participated in this study. A 30 Minute vigilance task was given, in which, participants were required to detect a bigger square in small squares. A 2 (experimental) × 3 (Three 10 min. blocks) factorial with repeated on the last factor design was used in this study. **Results & Conclusion:** Accuracy reaction time and response bias show beneficiary effect of yellow light. Other physiological markers and mental workload measures was found in line of behavioural performance. The major significance this study would help to understand the relation between blue and yellow lights and vigilance task performance.

Keywords: Vigilance, Lights, Blood Pressure, SpO2, Body Temperature, Pulse rate, Mental Workload

RELATIONSHIP BETWEEN SELF-EFFICACY AND MENTAL HEALTH AMONG UNIVERSITY STUDENTS

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Objectives: This study was carried out with the objectives of investigating the relationship between self-efficacy and mental health among the university students. **Method:** One hundred twenty three students were selected through convenience sampling technique. Participants were asked to complete the general self-efficacy scale and mental health inventory. The data was then analyzed using descriptive statistics and the spearman's correlational analysis. **Results:** The results revealed that dimensions of mental health index such as anxiety (-.24; p<.01), depression (-.19; p<.05), loss of behavior (-.26; p<.01), general positive affect (.19; p<.05), and life satisfaction (.25; p<.01) were found significantly correlated with self-efficacy. The results showed significant correlation of self-efficacy with psychological distress (-.30; p<.01) and psychological well-being (.18; p<.05) the global dimensions of mental health index. Moreover, self-efficacy was found positively correlated with mental health index as a whole (.31; p<.01). **Conclusion:** Findings indicate that measures for prevention of academic distress should be targeted.

Keywords: Self-Efficacy, Mental Health, Stress, Depression.

INTERNET ADDICTION AND SUBJECTIVE WELL-BEING OF COLLEGE STUDENTS

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In today's world technology have a huge impact on the young generation. For youth, the Internet presents a number of risks along with a multitude of opportunities. Due to their unlimited access to the Internet via a range of wireless tools, today's college students tend to spend large amounts of time online, and therefore may have significant potential to experience symptoms of problematic Internet use. The impacts of Internet use on psychological well-being are receiving greater research attention, but with mixed results and conclusions. Some researchers have found positive effects in terms of social relationships while others report that prolonged Internet usage increases the potential for depression, loneliness, and other psychological and emotional problems. Despite these risks, the research also suggests that the Internet can be beneficial for youth. It provides a vehicle to promote cognitive, social, and physical development. Thus the aim of the present study is to assess the impact of internet addiction in context of social networking sites on the subjective well-being of college students. The assumption of the present study is that "the one who are most addicted to the internet have poor subjective well-being whereas, the one who

are less addicted have good subjective well-being”. For this purpose two questionnaires i.e., Internet addiction test and subjective well-being were administered on 100 college students whose age range was 18-23 years, must have an internet access in personal mobile, computers, laptops, etc. and, must spent on an average 2 hours a day online for private purposes. Findings revealed that both the groups differed significantly on the scale of subjective well-being.

Keywords: internet addiction, subjective wellbeing, social networking sites, internet usage.

THE RELATIONSHIP BETWEEN OBESITY AND SELF ESTEEM AMONG COLLEGE – AGE STUDENTS

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Objectives: This study was carried out with the objectives of investigating the relationship between obesity and self esteem among college age students with giving intervention therapy. **Method:** The study was conducted at Amity University Gwalior. Based on purposive sampling method, 60 male /female undergraduate students selected. A group of thirty bulimic students between the age range (18 to 30) years and thirty students were taken anorexic between the age range (18 to 30) and similarly thirty normal control groups were selected between the age range (18 to 30). Body Mass Index (BMI), was used to assessed the dimension of obesity, self esteem scale (SES) by Rosenberg was administered to assess the self esteem among normal control groups. EAT -20 (Eating attitude scale) by Garner and Garfunkel is probably used to standardized measure of symptoms and concern characteristics of eating disorder. Body weight and height were measured during physical examination while self perception measured by self esteem scale. For therapeutic Intervention group (IG) an operating procedure manual was used, control group (CG) received a health literacy. **Results:** It revealed that a group difference exists on obesity subjects and self esteem. It is also found that obese students were low on self esteem. **Conclusion:** Findings indicates that present study contributes in understanding the Significance that ‘self esteem has increased with psychotherapy in obesity’.

Keywords: Self Esteem, Obesity, Body Mass Index, Psychotherapy.

PERCEIVED SOCIAL SUPPORT AND BEHAVIORAL DIFFICULTIES AMONG ORPHANS AND NON- ORPHANS

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Objectives: The present study examined the perceived social support and behavior difficulties in orphans and non-orphans. **Method:** 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. **Results:** The result revealed that significant differences were found between orphans and non-orphans in behaviors difficulties. Insignificant

differences were found between orphans and non-orphans in perceived 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. Orphans are the socially deprived and most vulnerable groups of children in the society. Social support plays a protective role in dealing with psychosocial outcomes of orphans. **Conclusion:** 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.

Keywords: Behavior Difficulties, Non-Orphans, Orphans and Perceived Social Support.

COGNITIVE BEHAVIORAL COPING STYLE AS A FUNCTION OF SEX, GRATITUDE AND NEUROTICISM IN MEDICAL PROFESSIONALS

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Objectives: The present study attempted to explore the effect of Gratitude and Neuroticism on cognitive behavioral coping style of Medical professionals. **Method:** A sample of 160 medical professionals (80 male & 80 female) were taken from 5 government hospitals of Uttarakhand and 4 private hospitals of Uttar Pradesh. The age ranges from 25 to 55 years. Analysis of variance was used to analyze the data. **Results:** The results indicated that male and less neurotic medical professionals adopt cognitive behavioral coping style more than female and highly neurotic medical professionals. Highly grateful male and low grateful female medical professionals adopt cognitive behavioral coping style more than low grateful male and highly grateful female medical professionals. High gratitude promote cognitive behavioral coping style in male more than female medical professionals whereas low gratitude promote cognitive behavioral coping style in female more than male medical professionals.

Keywords: Gratitude, Neuroticism, Cognitive Behavioral Coping Style.

HUMOR STYLES AND PSYCHOLOGICAL WELLBEING OF ADOLESCENTS

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Objectives: The quality of having a good sense of humor contributes to psychological wellbeing. Apart from the other different skills for having greater and healthier sense of psychological wellbeing, the trait of good sense of humor has been proposed for facilitating in meeting the challenges of everyday lives of adolescents. The study examined the role of gender and health status in humor styles and psychological wellbeing of orthopedic disabled and normal healthy adolescents. **Method:** The sample comprised of 120 adolescents (normal healthy = 60, orthopedically disabled = 60). The age of participants ranged from 13 to 18 years. The Ryff's Psychological Wellbeing and Humor Style measures were administered to assess the humor styles and psychological wellbeing of adolescents. A 2 x 2 factorial design has been employed. **Results:** The analysis showed that females with disability scored higher on the dimensions of humors styles (affiliative and self-enhancing) than males. There was significant interaction effect between gender and health status. Males scored higher on autonomy whereas females scored higher on positive relations dimensions of psychological wellbeing. **Conclusion:** Overall, the gender differences

were exhibited between adolescents with disability and without disability on positive relations and personal growth dimensions of psychological well being.

Keywords: Disability; Affiliative; Self-enhancing; Humor; Psychological Wellbeing

EMOTIONAL INTELLIGENCE, LIFE-SATISFACTION, AND BURNOUT OF TEACHERS

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Teachers are considered as the main pillars of the educational system. They are the moderators through which the knowledge can be transferred to the students, who represent the foundation of the society. Emotional intelligence can make the teachers not only able to deal with their students, guardians of students, and their colleagues as well. It is a type of social intelligence that includes to control own and others emotions; makes a choice between them and the ability of using these emotions to set the lives of people. Emotional Intelligence has direct impact on the teachers' behavior working in an organization and it is important for obtaining success out of their noble teaching profession. The present study examines the relationship of emotional intelligence with life satisfaction and burnout of teachers (n= 100) using the measures of emotional intelligence (e.g., ability to express and appraise emotions, ability to utilize emotions, ability to manage emotions in self, ability to manage emotions in others), life-satisfaction (e.g., emotional and cognitive evaluations), and burnout (e.g., emotional exhaustion, personal accomplishment, depersonalization). Emotional intelligence increased life-satisfaction, and personal accomplishment, and decreased emotional exhaustion, and depersonalization of teachers. Findings are discussed and implications of the study are pointed out.

Keywords: Emotional Intelligence; Life-Satisfaction; Burnout; Teacher.

TREATMENT ADHERENCE BEHAVIOR OF PATIENTS IN CHRONIC AND ACUTE ILLNESS

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Objectives: HIV/AIDS and Cancer are recognized as most alarming life threatening illnesses in India. About 95 per cent of medication adherence is required to recover from these illnesses. The process of adherence encompasses not only medication but also lifestyle changes that may promote positive health outcomes. Studies indicate that patients' concerns toward medication procedures generally predict their treatment adherence behavior. Some concerns about the safety of medication procedures may decrease their adherence behavior towards the treatment regimen. In developing countries, financial constraints and a disruption in access to medications are indicated to be the common barriers in many studies. Despite the advances in modern medicines, alternative to conventional medical treatment continue to flourish and are chosen by increasing number of patients to deal with their health problems. The present study examines the medical treatment adherence and alternative treatment adherence behaviours of HIV/AIDS patients (n =100), breast cancer patients (n =100) and patients suffering from acute illnesses, such as cough, cold, fever etc. (n=100). **Method:** The participants were given the medical treatment adherence and alternative treatment adherence measures. **Results:** Patients of acute illnesses generally exhibited greater medical treatment adherence and alternative treatment adherence behaviours as compared to HIV/AIDS

and cancer patients. Some variations due to educational and residential background were also evident in the medical treatment as well as alternative treatment adherence behaviours of women patients. **Conclusion:** The implications of these findings are discussed in light of treatment adherence behaviors of women patients.

Keywords: Chronic Illness, Acute Illness, Adherence, Medication Adherence, Alternative Treatment Adherence.

IMPACT OF SOCIAL SUPPORT ON WELLBEING OF HINDU AND MUSLIM WIDOWS

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Objectives: A widow is a woman who has lost her spouse and not married again. This situation can create a kind of solitude in the life of any individual but if widowhood is experienced by a female, it turns into a kind of symbolic death for her that is mainly given by the society in the form of innumerable restrictions imposed over her life style and segregation from the society considering her as a bad omen. This inhuman treatment of the society that a widow has to face in her whole life has detrimental impact on her wellbeing in the form of disturbed physical, social, emotional health. The present study is attempted to identify the impact of social support on the wellbeing of widows. **Method:** For this purpose 100 hindu and 100 muslim widows were selected through purposive sampling method and they were measured on the Interpersonal Support Evaluation List developed by Cohen et al., (1985) and the wellbeing scale developed by Jagsharanbir Singh and Dr. Asha Gupta (2001). Data has been analysed with the help of simple linear regression model. **Results & Conclusion:** The result has been found that social support is proved a significant predictor of wellbeing. Both the groups of widows have been found to differ significantly on social support and wellbeing.

Keywords: Widow, Social Support, Wellbeing.

MEMORY IMPAIRMENTS IN PATIENTS WITH MIGRAINE

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Migraine is the second most common type of primary headache having a worldwide prevalence of 10-12% in the adult population. The disease is principally characterized by recurrent attacks of unilateral headache that typically last 4 to 72 hours, associated with other neurological symptoms in addition to pain, such as nausea, photophobia and fatigue as well as numerous disturbances in autonomic, mental, sensory and motor functions. Patients with migraine consistently show performance deficit on memory task, whether the material in question is verbal or non-verbal, recently learned item or older material. **Objectives:** The study has been design to assess the memory deficit in migraine patients and it's comparison to normal control group. **Method:** The sample consists of 100 subjects, out of which 50 migraine patients diagnosed by neurologist and 50 normal controls without a history of headache have been included in the study. Mini Mental Status Examination and Wechsler memory scale (WMS III) have been used in the study. **Results:** Migraine patients performed poor in comparison to normal control on MMSE and subtest of WMS III. It has further been found that patients with migraine were having problems of immediate, recent and remote memory. They were having impaired logical memory in terms of conceptualizing theme of the story and had difficulty in learning and remembering the information. **Conclusion:** The present study

suggests that patients with migraine might present higher risk of cognitive impairments, especially in certain neuropsychological domains such as orientation, logical memory and conceptualization.

Keywords: Migraine, Memory impairments, Orientation.

SELF ESTEEM AND EMOTIONAL MATURITY OF PHYSICALLY DISABLED STUDENTS

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Objectives: According to ministry of social justice and empowerment (2011), India has around 46.2 lakhs (1.82 percent) population between 10 to 19 years suffering with some kind of disability. Among eight types of disabilities, movement disability has found to be 20 percent whereas the reports of others disabilities are as follows- seeing 19 percent, hearing 19 percent, speech 7 percent, mental retardation 6 percent, mental illness 3 percent, multiple disability 8 percent, any other 18 percent. The percentage of movement disability of in males is 22.5 percent, whereas 17.5 percent females suffered movement disability (as reported by ministry of social justice and empowerment, 2011). The present study aimed to investigate the gender differences between self esteem and emotional maturity of physically disabled students whose disability ranges between 40 percent to 70 percent.

Method: Total sample comprised of 40 physically disabled students (20 boys and 20 girls; age range: 18-20 years; *Age*=19 years) purposively drawn from Dr. Ambedkar Institute of Technology for Handicapped, Kanpur. Rosenberg Self Esteem scale developed by Rosenberg and Emotional Maturity scale developed by Singh and Bhargava were used for data collection. The obtained data was analyzed by using 't'-test of significance. **Results:** Results revealed that there is a significant difference in self esteem as well as in emotional maturity of physically disabled boys and girls. Obtained mean scores depicted that physically disabled girls are found to be higher in their self esteem and emotional maturity than physically disabled boys. **Conclusion:** Gender difference was found in self esteem as well as in emotional maturity of physically disabled students.

Keywords: Physically Disabled Students, Self Esteem, Emotional Maturity.

BUDDHIST PHILOSOPHY FOR PROMOTING MENTAL HEALTH AND HAPPINESS

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Our life condition is determined by the interaction of external conditions and our inner tendencies. The same condition that will be experienced by one person as unremitting misery may be a source of exhilarating challenge and satisfaction to another. Strengthening our inner state so that we are able to tackle and even transform the most difficult and negative conditions is the purpose of Buddhist practices. The purpose of practicing Buddhism is creating profound happiness for us and for others. The three fundamental aspects of Nichiren Buddhism are faith, practice, and study. All three are equally important for developing a brilliant and powerful life state which helps us gain victory over ourselves, our circumstances, and over the various small and big obstacles and challenges that we all confront in daily life and constantly develop our happiness, wisdom, compassion, courage, confidence, life force

enhancement, and happiness for oneself and for the sake of others. Whether our problems are source of suffering or growth depends entirely on our attitude, both to the problem and to ourselves. Life is forever a challenge and struggle, so let us forever win, it begins with the individual deciding to take responsibility for their own individual lives, reforming first themselves (individual level) and their immediate surroundings and relations (societal level) and then extend into a wider sphere (global perspective as world peace). Nichiren Buddhism explains how faith, practice and study can energize and harmonize the body and mind at three levels- individual, societal and global (as world peace).

Keywords: Faith, Practice, Study, Individual, Societal, Global.

SOCIAL BEHAVIOR AND AFFECT STATES OF HEAVY USERS OF INTERNET AND LIGHT USERS OF INTERNET: A COMPARATIVE STUDY

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Objectives: The study was conducted to see the effect of internet using upon social behavior and affect states (Positive and Negative) of adolescents in the age range of 17-19 years. **Method:** The study was conducted upon a sample of 200 adolescents (100 heavy users of internet and 100 light users of internet). Out of 100 heavy users 50 were male adolescents and 50 were female adolescents. Similarly, out of 100 light users of internet 50 were males and 50 were female adolescents. Those who are using internet for more than 40 hours per week were classified as high users and those who were using internet less than 10 hours per week were classified as light users. For measuring social behavior, SBSPI (Social Behavior Social Performance Inventory) Part 1 developed by M. C. Joshi and Jagdish Pandey was administered upon the adolescents. SBSPI has 40 items in part 1 and 40 items in part 2. Part 1 purports to measure social behavior and part 2 purports to measure social performance. In the present study only part 1 (social behaviour) was used. For measuring affect states, PANAS (Positive and negative affect states) developed by David Watson & et.al. (1988) was used. PANAS has 20 items (10 for positive state and 10 for negative state). **Results & Conclusion:** The results indicate that heavy internet users were found to be significantly different than their light internet user counterparts on both social behavior and affect states. However, no gender differences were found in respect of social behavior and affect states.

Keywords: Social Behavior, PANAS, Positive Affect States, Negative Affect State.

A COMPARATIVE STUDY TO ASSESS THE LEVEL OF STRESS BETWEEN PERMANENT AND CONTRACTUAL EMPLOYEES IN TWO GOVERNMENT HOSPITAL OF JAMMU

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Objectives: Stress is a fact of everyday life and it is our natural way of responding to the demands of our ever-changing world. Prolong or excessive emotional stress can become a disease promoting agent and constitutes a major health concern today. Employees in the hospital especially those who are appointed on temporary bases (working under NHM, NMH, DEIC etc) or on contractual bases are always work under stress, because of their

status of being temporary or contractual. The purpose of the present study is to assess the level of stress between permanent employees with contractual employees in government hospital. **Method:** Sample consisted of 30 permanent and 30 contractual staff controls selected by purposive sampling technique. The workplace stress scale and socio demography profile were used to assess the level of job stress and job satisfaction of the sample. **Results:** The results indicate that there is a meaningful difference between permanent and contractual employees the level of stress. Permanent employees are satisfied with all aspect of their job and reduce stress and contractual employees are least satisfied and stress level is high. **Conclusion:** Findings indicate that the reasons of stress among contractual employees were high difference in salaries, no career prospect, and lack of job security. Lakhs of contractual employees working in government departments and the Supreme Court ruled on Oct 27, 2016 that temporary workers are entitled to wages at par with permanent employees by Justice JS Khehar based its judgment on the principle of 'equal pay for equal work'. The state policy makers should look at the issue seriously so that contractual employees in Health Department don't get dissatisfied due to stagnant career.

Keywords: Stress, Permanent Job, Contractual Job, Employees, Medical or Hospital.

EMOTIONAL COMPETENCE & STRESS: A THEORETICAL PERSPECTIVE

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Objectives: Emotional competence refers to one's ability of expressing his/her inner feelings. In today's fast moving society, as stress is increasing day by day, we can see one of the main reasons for not coping from stress is person's poor efficiency in emotional competence. The purpose of the study is to summarize and critically analyze the role of emotional competence in dealing with stress among adolescents and adults. **Method:** This research paper is based on existing researches, articles, journals, and other available qualitative and quantitative (secondary) data. **Results:** The results showed that there is significant relation between emotional competence and stress. It is also seen that there is variation among adults and adolescents while dealing with stress through their emotional competence. This research paper has also focused on the strategies to improve the emotional competence, so that person can handle their stress very well. **Conclusion:** The conclusion is everyday mounting stress is a serious issue and in coping from stress it is necessary to improve emotional competence. Data showed the various aspects of stress and emotional competence.

Keywords: Emotional Competence, Stress, Adolescents.

EXPERIENCE OF PREGNANT WOMEN: EXPECTATIONS AND KNOWLEDGE ABOUT HEALTH AND HEALTH RELATED SCHEMES

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Objectives: Pregnancy reflects a normal process in the female life cycle. Pregnant women usually say 'Being a mother' is the most beautiful emotion but women's lack of decision power, lack of support from family and husband Distance from health centers create complications. The objectives of the present study were to explore the attitude and feeling of rural women towards Pregnancy & motherhood, to get knowledge about the decision

making power of a women regarding Pregnancy or labor, to explore quality of care/social support during pregnancy, the expectation of women from health services, to explore the knowledge of various related scheme by women. **Method:** The sample of 25 women who were expecting their delivery and women who have given birth to child in past one year whether in Home Setting or in Institutional setting (PHC, CHC and District Hospitals). Using the appropriate tools the data was collected from block Bakshi ka Talab, Lucknow. The method of Data Collection used in the present research was Semi-structured Interview and through using Rating Scales. The data was analysed by Content Analysis and Percentage analysis. **Results & Conclusion:** The results of the present study showed that the decision making of women were influenced by their husband. Their attitude towards pregnancy and motherhood is to take care for their child and get then good education. Family support during pregnancy and after the birth of child was good and women were mostly satisfied by the facilities they got at Hospitals.

Keywords: Health Centres, Rural Women, Pregnancy, Motherhood.

FEAR OF HELPING: BYSTANDER EFFECT IN ADULTS AND YOUNG CHILDREN

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Bystander effect refers to the social behavior of an individual to help decreases with the presence of passive bystanders in an critical situation. Bystander effect plays an important role in understanding of helping behavior. Present paper explains previous studies of bystander effect on adults and as well as the bystander effect that was observed on the young children. Most of the studies on bystander effects shown by adults proved that the helping behavior decreases with the increase of the passive bystanders where as developmental psychologists observed difference response when they conducted research on young children. Young children are showing more helping behavior with the presence of bystanders. Diffusion of responsibility, diffusion of potential blame, fear of physical harm, public embarrassment lies behind the bystander effect.

Keywords: Bystander Effect, Diffusion of Responsibility, Diffusion of Potential Blame, Fear, Embarrassment.

SELF-ESTEEM AND VULNERABILITY OF ELDERLY: IMPACT OF SOCIOECONOMIC STATUS AND GENDER

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Objectives: In the present piece of work an attempt had been made to study the effect of gender and socioeconomic status (S.E.S.) on vulnerability and self-esteem of elderly people. **Method:** Two scales- Rosenberg self-esteem scale and the vulnerability scale were used to assess the effect of gender and socioeconomic status (S.E.S.) on vulnerability and self-esteem of total of 80 elderly participants (40 male and 40 female) aged between 60 to 80 years. On the basis of scores Mean, S.D. and the 2x2 analysis of variance had been computed. **Results:** It appears from the findings that gender and socioeconomic status (S.E.S.) of elderly participants both individually and their interactions are significantly affecting the vulnerability. But self-esteem of elderly people is significantly affected by their socioeconomic status (S.E.S.). **Conclusion:** These results suggest that high S.E.S. plays a pivotal role in evaluating self esteem and perception of vulnerability of elderly participants.

Keywords: Elderly People, Self-Esteem, Vulnerability.

A STUDY OF STRESS AMONG ADOLESCENTS

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Objectives: Adolescence is the period of life from late childhood until physical growth is relatively complete and also marks the beginning of early adulthood. Age 13 to 16 is considered early adolescence and 17 to 21 is late adolescence. Adolescence is the period of storm and stress in which adolescents suffer from more stress. Stress typically describes a negative concept that can have an impact on one's mental and physical well-being. It is a universal phenomenon existing among the people of different age groups, education, position and socio-economy background. It paralyses the human life, thereby making it difficult for people suffering of stress to live a normal life. The lives of adolescents of current era are highly stressful and much different than the older days. The purpose of study was to investigate the impact of gender and location of the adolescents on level of stress. **Method:** The sample was comprised of 120 adolescents of 18 to 21 years age from different college of Agra district, Uttar Pradesh. In each, 60 male adolescents (30 Urban & 30 Rural) and 60 female adolescents (30 Urban & 30 Rural). Data was collected through 'Singh Personal Stress Source Inventory' developed by Arun Kumar Singh. 't' test was used to analyzed the data. **Results & Conclusion:** The result showed that the stress of urban adolescents was significantly greater than rural and the stress of female adolescents was significantly more than the male.

Keywords: Adolescents, Stress, Location.

ASSESSING AND PROMOTING PSYCHOLOGICAL CAPITAL AT WORKPLACE

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Objectives: The challenges and demands faced by private sector working women are increasing day by day due to working conditions and as well as dual role responsibility. The study is premised on the fact that enhancing the positive attributes and strengths of Psychological Capital, keeping in mind the adverse consequences on physical and mental health of women that can have a positive impact not only on their performance and commitment, but also on the satisfaction of organizational and as well as personal life. Change will likely be witnessed when women are able to attain a positive and rewarding life, develop and flourish as individuals. The objectives of the present study were to assess positive psychological strength of the employees and to make them understand the ways to enhance psychological capital. **Method:** The sample for the present study will be comprised of 30 working women in private sector in Lucknow city. The study used a quantitative research design. Psychological Capital Questionnaire (PCQ) was used. **Results:** The findings of the present study reveals that respondents were very high on Hope and Optimism whereas low in Efficacy and Resilience. The overall mean of Hope, Optimism, Efficacy, Resilience are 27.8; 23.6; 29 and 22.8 respectively. **Conclusion:** On the basis of the present findings, it has been concluded that there is a pressing need to promote positivity at workplace especially in private sector, keeping in mind the adverse consequences on health. It is necessary to make working women aware of their inner strength and motivate them to work effectively in their personal, occupational, and social life.

Keywords: Psychological Capital, Hope, Efficacy, Resilience, Optimism, Workplace.

EFFICACY OF COGNITIVE DRILL THERAPY FOR THE MANAGEMENT OF ILLNESS ANXIETY DISORDER: A CASE STUDY

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Cognitive Drill Therapy (CDT) is a recently invented cognitive behavior therapy. CDT is a form of verbal exposure treatment for the management of stimulus and situation bound anxiety disorders. A person suffering with illness of anxiety disorder (IAD) presents excessive concern about having or developing a serious and under diagnosed general medical disease. The aim of was to study the efficacy of CDT for the management of Illness Anxiety Disorder. Presented Single case study has been under taken with the aim to reduce the Illness anxiety symptoms of anxiety started after a small growth on his neck for which biopsy was done with negative results, to rule out Cancer. OBSD analysis, following sample cognitive drill statements was formulated for his imagined feared consequences. Sheehan Patient Rated Anxiety Scale, Health anxiety questionnaire and Overall Anxiety Severity and Impairment Scale were used pre and post Cognitive Drill Therapy. The study concludes that CDT helps the client to overcome from IAD symptoms.

Keywords: Illness Anxiety Disorder, Cognitive Drill Therapy, Cancer, Heart Attack.

MENTAL HEALTH STATUS OF PREADOLESCENTS IN RELATION TO FAMILY STRUCTURE

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Objectives: Preadolescence is recognized as most crucial period of child development. Many socio-cultural factors in the child physical environment affect his emotional, social, cognitive and personality development. The main objective of the present study is to investigate the effects of family structure on mental health status of preadolescent children. Subjects were selected from the three categories of family structure, i.e. intact family, single parent family, parentless family (orphans). **Method:** 100 male and female respondents were selected from each category of family structure: Mithila Mental Health Status Inventory was served among all the study respondents in order to reach the objective of the study. After identification of responses given by subjects mean and SD were calculated for each category separately. 't' test was applied to compare the mental health status of all the three categories of study participants. **Results:** The results revealed that mental health sources of preadolescents differ significantly in respect of their family structure. The subjects belonging to intact family showed better mental health in comparison to those of the subjects who belong to single parent family and parentless family. It is worth mentioning here, that mental health of preadolescents was very poor in case of orphans. The result confirms the hypothesis that structural differences of family may be influential in maintaining the mental health status of preadolescent children. **Conclusion:** The findings of the study may prove to be useful in ameliorating poor mental health of children as well as provide new insight about well being and mental development of adolescents.

Keywords: Preadolescent, Single Parent Family, Parentless.

OCCUPATIONAL STRESS AND ORGANIZATIONAL COMMITMENT AMONG SAHARA EMPLOYEES: A GENDER PERSPECTIVE

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Objectives: Stress is the feeling we have when under pressure. Occupational stress often stems from unexpected responsibilities & pressure that do not align with person's knowledge, stress related to one's job expectation inhibiting one's ability to cope. Occupational stress can increase when workers do not feel as if they have little control over work processes. Commitment is Willingness to give your time or a promise or firm decision to do something. Organizational commitment is the individual's psychological attachment to the organization. The basis behind many of these studies was to find ways to improve how workers feel about their jobs. The present study aims to find out the difference in occupational stress and organizational commitment among the male and female employees of Sahara India especially when they are facing lot of problems in the organization. **Method:** The sample consists of 30 employees (15 male and 15 female employees). The tools that were administered are Occupational Stress Index (O.S.I) by Dr. A.K Singh and A.P Singh and Organizational Commitment Questionnaire (O.C.Q) by R.T. Mowday, L.W. Porter & R.M. **Results & Conclusion:** The results were analyzed using t-test. It was found that there was no significant difference in occupational stress and organizational commitment among male and female employees of Sahara India.

Keywords: Occupational Stress, Organizational Commitment, Sahara India.

A STUDY ON ADOLESCENT'S MENTAL HEALTH: ROLE OF PARENTAL AND PEER ATTACHMENT

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Objectives: Many mental health problems emerge in late childhood and early adolescence. Recent studies have identified mental health problems- in particular depression, as the largest cause of the burden of disease among young people. Attachment is fundamental to a healthy and normal personality and the ability to form healthy emotional relationships. It allows us to develop the ability to form reciprocal relationships, trust others, be secure and feel safe as a child. The present study assesses the mental health and the role of parental and peer attachment among adolescents. **Method:** The sample consists of 40 adolescents who were selected from different institutions of Lucknow, India. The sample was divided into two age groups- 20 adolescents of age 13-15 years and 20 adolescents of age 16-18 years. The tools that were administered are- Mental Health Scale by Dr. Kamlesh Sharma and Inventory of Parent and Peer Attachment by Armsden and Greenberg. **Results & Conclusion:** The results were analysed using t-test. It was found that there was no significant difference among the parent and peer attachment and mental health of two groups of adolescents. The attachment with parent and peers is based on good communication and trust and it has a positive influence on the mental health.

Keywords: Mental Health, Parent Attachment and Peer Attachment.

A STUDY ON GOVERNMENT AND SELF-FINANCE TEACHERS OF HIGHER EDUCATION: THEIR OCCUPATIONAL STRESS AND ORGANIZATIONAL COMMITMENT

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Objectives: Teaching has now become a very demanding occupation with a lot of stresses for a teacher who has a lot of deadlines to meet and a lot of responsibilities to shoulder besides teaching a child what are in a text book. Overview of a Teacher's Responsibilities Primarily the role and responsibility of a teacher is multitasked in the present day school system. Teachers who are not committed to their work place are likely to put less effort in the classroom as compared to teachers with high levels of commitment. The present study assesses the occupational stress and organizational commitment among teachers of both government as well as self-finance sectors of higher education. **Method:** The sample consists of a total number of 30 teachers selected from different institutions of Lucknow, India. The sample was divided into two groups out of which 15 were government teachers and 15 were self-finance teachers. The tools that were administered are- Occupational Stress Index by Dr. A.K. Srivastava and Dr. A.P. Singh and Organizational Commitment questionnaire by R.T. Mowday, L.W. Porter and R.M. Steers. **Result & Conclusion:** The results were analysed using t-test and correlation. It was found that there was a significant difference among occupational stress of government and self-finance teachers. On the other hand there was no significant difference among organizational commitment of government and self-finance teachers.

Keywords: Government Teachers, Self-Finance Teachers, Higher Education, Occupational Stress, Organizational Commitment.

TYPE A BEHAVIOR AMONG DIABETIC PATIENTS

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Objectives: The present study was undertaken to compare Type A behavior among Type 1 diabetic, Type 2 Diabetic and non diabetic patients. **Method:** A total of 50 type 1 diabetic, 50 type 2 diabetic and 100 non diabetic chronic medical disease patients from the state of Rajasthan served as the sample for the study. To attain the objective of the study, type A behavior pattern scale – Dhar and Jain (2001) was administered to the sample population to obtain data pertaining to the type A behavior pattern. **Results & Conclusion:** The results of the study revealed that diabetic patients were significantly higher on type A behavior pattern in comparison to non diabetic chronic medical disease patients. Among the diabetic patients type 2 diabetic patients were found to be significantly high on type A behavior pattern.

Keywords: Diabetic Patients, Other Chronic Medical Disease Patients, Type A Behavior.

STRESS COPING STRATEGIES AND MANAGEMENT AMONG HOUSEWIVES

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Objectives: Stress is primarily a physical response. When stressed, the body thinks it's under attack and switches to 'fight or flight' mode. In psychology, stress is a feeling of strain and pressure. This study is an attempt to throw

light at the struggles and respites that a domestic warrior has to deal with. It takes a close look on what is happening to such women and we will discover that they are gripping with too much stress. Some of them create the stress by not organising their house chores and managing time properly. Others are suffering from the stress created for them by others around them. **Method:** The sample of 25 women were taken, women who were housewives and live in joint family for past one year Using the appropriate tools the data was collected from Vikas Nagar, Lucknow. The method of Data Collection used in the present research was Semi-structured Interview and through using Rating Scales. The data was analysed by Content Analysis. **Results & Conclusion:** The results of the present study showed that the house wives encounter stress, managing the house is also a different kind of job where you pilot your personal affairs and how it suits you and your family (good/bad). Housewives combine all these tasks with school runs, pregnancy hassles, and children upkeep which are much more stressful than any other job.

Keywords: Stress, Housewives, Management.

‘iDISORDER’ AND MENTAL HEALTH OF YOUTHS

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Objectives: To evaluate the effect of ‘iDisorder’ on mental health among Internet addicted and non-addicted youths. Internet is a form of electronic communication through which users create online communities to share information, ideas and personal messages in audio, video and in text formats. About 76% of online youth now use internet. Internet addiction is defined as any online related compulsive behavior which interfaces with normal living and causes severe stress on family, friends, loved ones and one’s work environment. The excessive use of internet is internet-addiction which creates ‘iDisorder’. The term ‘iDisorder’ has been defined as the negative relationship between internet addiction and mental health. Mental health is a level of psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment. **Methods:** Internet addiction, anxiety, depression, unable to keep schedule, no sense of time, isolation, insomnia, and aggression were assessed by self-reported questionnaires. Participants were 50 internet addicted from 1 – 2 years and 50 non-addicted youths of Chapra (Saran) district. **Results:** The mental health of the internet addicted youths was significantly affected by internet addiction. The internet addicted youth shows significant differences on the different dimensions of mental health than their non- addicted counterparts. **Conclusion:** These results suggest that the greater use of the Internet creates ‘iDisorder’ which is associated with poor mental health that shows greater signs of anxiety, depression, loneliness, aggression and unable to keep schedule among youths.

Keywords: Internet addiction, Youth, iDisorder, Mental Health.

PHYSICAL ACTIVITY, HEALTHINESS AND HAPPINESS IN FEMALE BANK EXECUTIVES: A COMPARATIVE STUDY

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Objectives: Modern living and hectic life styles have brought tremendous pressure and stress on working women. They have new targets and set of problems involving both family and professional lives. Such tiring schedule not

only affects their interpersonal relations but also their health and pleasantness, i.e., happiness. The current view submits that involving oneself in any kind of physical activity like brisk walking or going to gym makes one very healthy and happy as well. Taking this perspective in mind, the present study is an attempt to compare the role of physical activity in regular Gym goers and non exercise group on the healthiness and happiness measures. **Method:** The sample comprised of 100 female bank executives, belonging to an age group of 30-35 years, were selected from Axis ,ICICI and HDFC bank of Rohtak, Bahadurgarh and Sonapat city on the basis of purposive sampling technique. The scales employed were Physical activity checklist, Leddy healthiness scale and oxford happiness questionnaire. .t-test and regression analysis were used to analyse data. **Results:** The results revealed that there were significant differences in happiness and healthiness of regular gym goers than non exercise group ($df=98, t=2.2$ & 1.96 respectively at $p<0.05$). Moreover physical activity emerged as a significant contributor in both of these measures. **Conclusion:** Findings indicate that the Physical activity plays a vital role in enhancing one's healthiness and happiness. It clearly shows that getting oneself involved in any physical activity or work out makes you connected, lively, energetic, capable and confident.

Keywords: Physical Activity, Healthiness, Happiness.

PERCEIVED SELF-CONCEPT AND PSYCHOLOGICAL WELL-BEING AMONG COLLEGE GOING ADOLESCENTS: A COMPARATIVE ANALYSIS

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Objectives: The period of adolescence can be looked upon as a time of more struggle and turmoil than childhood. Adolescents have long been regarded as a group of people who are searching for themselves to find some form of identity and meaning in their lives. So, the present study aims to examine and compare the perceived self-concept and psychological well-being among adolescents in Indian context. **Method:** A total number of 400 adolescents (200 boys and 200 girls) taken from Varanasi district. The age range of the participants was 15 to 18 years. Perceived self-concept questionnaire, developed by Sarswat and Gaur (1981) and psychological well-being scale constructed and standardized by Sisodia and Chaudhary (2005) were used for the purpose of data collection. Data were analyzed with the help of mean, SD and t-test. **Results & Conclusion:** The major findings have shown that boys and girls differ significantly on temperamental and moral dimension of self concept. Further result revealed that they did not differ significantly on psychological well-being at any level of confidence.

Keywords: Self-Concept, Psychological well-being, Gender Difference.

PERCEIVED PARENTAL EXPECTATIONS AMONG HIGH SCHOOL STUDENTS

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Objectives: Parental expectation effect overall development of adolescent. It is a very important variable, so the present studies focus on to find out parental expectation among high school students. **Method:** Hindi translation of perception of parental expectations inventory (constructed and standardized by Dr. S. Karunanidhi and Dr. S.

Sasikala) was administered on 300 high school students of government schools of Dehradun and Haridwar district of Uttarakhand. **Results:** The results reveal that there was significant difference between overall male and female students in respect to their scores on parental expectations ($t=-5.18$) and urban male and urban female student are also differ significantly the found t value is ($t=2.50$), rural male and rural female students are also significantly differ in respect of their score on parental expectation. **Conclusion:** It is being concluded that parents have different expectations from their male and female children and these effect significantly to their achievement level.

Keywords: Parental Expectation, Achievement, Adolescent's Behaviour Problems.

ACADEMIC STRESS AND SELF-ESTEEM AMONG THE RURAL SCHOOL STUDENTS

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Objectives: The present study attempted to examine the academic stress and self-esteem of rural school students. Academic stress and self-esteem are the crucial factors which determine the academic performance of students. The study was conducted with objectives to measure the extent of academic stress and self-esteem of rural school students, to examine the relationship between academic stress and self-esteem and the difference in academic stress and self-esteem among the various sample subgroups. **Method:** A sample of 104 school students, stratified randomly on the basis of gender (boy/girl), school type (government/ private) and academic standard (class8/ class10) was considered for the study. Adopting a 2x2x2 factorial sample design, data was collected using Personal Data Questionnaire, Stress inventory for School Students by S. Rani and Singh and Battle's Self-esteem Inventory for children by A. Kumar, from a native village namely Ginjo Thakur Gaon. **Results & Conclusion:** . It was found that the level of academic stress and self-esteem was moderate among the students. The various sample subgroups did not differ significantly on academic stress and self-esteem. A negative correlation between the academic stress and self-esteem was found showing a negative relationship between these two concepts. The study, preliminary in nature, provides a background and direction for further exploration in the area.

Keywords: Academic Stress, Self Esteem, School Students.

ROLE OF FAMILY BELONGINGNESS IN SUBJECTIVE WELL-BEING

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Objectives: Belongingness is the human drive to form positive and lasting interpersonal relationships and ultimately to be a part of a social group environment (Baumeister & Leary, 1995). Humans have an inherent desire to belong in interpersonal relationships, failure to satisfy this desire results in mental distress and loneliness. Lack of belonging can be met with dire consequences to psychological health. The present study was planned to tap the role of family belongingness motive in subjective wellbeing. **Method:** For that purpose a sample of 301 participants (age range - 21 to 50) were purposely selected from the rural and urban settings of Uttar Pradesh. A set of two questionnaires – Family Belongingness Motive Scale and Subjective wellbeing scale was used to collect the data. After that the Data was distributed between High and low Family Belongingness Groups with the help of Q1 and Q3. Finally a data of total 197 participants with three types of genders- Male, female and transgender was used to analyze for

results. **Results & Conclusion:** One way ANOVA was performed to get the results which evinced that main effect of high and low family belongingness groups was found to be significant for Positive affect, Negative affect, Rootedness and Belongingness and subjective wellbeing total. Furthermore, the main effect for Positive affect, Density and social network and expectation achievement harmony as a function of gender war also reached at the significant level. The implications of the study are also discussed in the light of literature.

Keywords: Belongingness, Family, Subjective well-being, Transgender.

EFFECTIVE SPIRITUAL INTERVENTION TO ENHANCE SUBJECTIVE WELLBEING AMONG PRIVATE SCHOOL TEACHERS

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Objectives: Teacher plays an important and pivotal role in shaping an ideal society. The teacher is the person upon whom all the activities of the school and future of the country are dependent. But now a day teachers are spending long hours in their workplace where they are expected to demonstrate various role and emotions in which they may not actually feel comfortable. Such expectations may be detrimental for their subjective well being. So in this regard the present research was an effort to enhance their wellbeing which is valuable and important for the students as well as for development of an ideal society. This study was conducted to evaluate the effectiveness of a spiritual intervention program to enhance Subjective Wellbeing among private school teachers. **Method:** A quasi-experimental, single group, pre-post study design was used to evaluate the effectiveness of the program. This study was conducted in a private School in Lucknow. A non-probability voluntary sample of 25 teachers participated in the program. All teachers completed the program successfully with 100% attendance. The purpose of the Intervention program was to promote spirituality to enhance their SWB. In line with the Indian scriptures program was developed. Several techniques were used in intervention: lectures, role plays, stories, meditation etc. It carried out for 15 days at one hours per day. Following measures were used: a) Spiritual Involvement and Beliefs Scale (Hatch, Burg, Naberhaus and Hellmich, 1998); b) Spiritual Experiences Scale (Underwood and Teresi, 2002); c) Ways of Religious Coping Scale (Boudreaux et al., 1995); d) The Satisfaction With Life Scale (Diener et al., 1985); e) The Positive Affect Negative Affect Schedule (Watson and Tellegen, 1985). **Results:** After completing the program, the participants reported significant improvement in positive affect and satisfaction in life. The scores of positive affect and life satisfaction before intervention were 32.15 and 20.31 respectively and after 15 days of intervention it were 39.38 and 31.62 respectively whereas negative affect before and after intervention was 20.38 and 14.85 respectively. **Conclusion:** The findings of the present research showing that the spiritual intervention program was effective to enhance subjective well being as well as presenting positive relationship between Subjective well-being and Spirituality.

Keywords: Spiritual Intervention, Subjective Well-being, Spiritual Experience, Religious Coping.

EFFECT OF PROSPECTIVE PLANNING ON LAPAROSCOPIC OPERATION: A THEORETICAL REVIEW

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Objective: This study sees the effect of prospective planning through virtual reality training on an actual laparoscopic operation type of minimally invasive surgery (MIS). MIS is fastest growing and cost effective than traditional open

surgery but learning and practice of minimally invasive surgery have limitations due to visual and haptic perception (J.S Zelek, 2006). Recently, application of scientific 'VIRTUAL' game for training medical professionals have robust growth which provide a challenging simulated environment, ideal for future surgery, ultimately leading to less medical error and future healthcare costs. **Method:** Literature review of the laparoscopic surgical education, human-factor, and psychology to identify important factors which will influence on the successful unification of prospective planning into a surgical training program. **Results:** Prospective planning through VR is more likely to be successful if it is systematically introduced and taught in medical education and training program which objectively assesses technical skills improvement. VR training will be more successful if the training schedule is interval basis rather a short period of extensive practice. Highly reliable VR simulations will grant the greatest skills transfer to the real surgical situation, less expensive VR trainers will also lead to considerably improved skills generalizations. **Conclusion:** Prospective planning through VR for improved performance of laparoscopic surgery is now a reality. However, VR is only a training tool that must be thoughtfully introduced into a surgical training curriculum to successfully improve surgical technical skills.

Keywords: Prospective Planning, Virtual Reality (VR), Laparoscopic Surgery, Minimal Invasive Surgery.

EMOTIONAL MATURITY AND SELF-DISCLOSURE AMONG ADOLESCENTS: A GENDER PERSPECTIVE

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Objectives: Emotional development is very important aspect of the human development. An individual can be regarded as emotionally matured when she or he possesses all types of emotions (both positive and negative) and is able to express them at appropriate time in an appropriate degree. Self-disclosure is about sharing of one's own information such as; emotions thoughts etc. to other person. The present study aims to compare and observe the level of emotional maturity and self-disclosure among male and female adolescents. **Method:** The sample comprises of 30 adolescents (15 males and 15 females). The age range of the sample was 13-19 years. The tools used in this study are Emotional Maturity Scales by Dr. Yashvir Singh and Dr. Mahesh Bhargava and Self-Disclosure Inventory (SSDI) by Dr. Virendra Sinha were used in the study. **Results & Conclusion:** The results were analyzed using t-test. The results showed that there is no significant difference in the emotional maturity of male and female adolescents, but there is a significant difference in self-disclosure of male and female adolescents.

Keywords: Emotional Maturity, Self-Disclosure, Adolescents.

EMOTIONAL INTELLIGENCE AND JOB SATISFACTION AMONG MALE AND FEMALE LAWYERS: A GENDER PERSPECTIVE STUDY

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Objectives: Many lawyers never do seem to understand that they are dealing with people and not solely with the impersonal law. The high rates of divorce, suicide, addictions and plain dissatisfaction among lawyers is evidence of less than satisfactory emotional balance across the profession. Lawyers have a wealth of options when it comes to legal jobs. It is necessary to understand the level of lawyer's satisfaction for the variety of reason like to identify

the way of improvement, to identify the lawyers who are dissatisfied to discover the reason behind attitude of the lawyer. The present study assesses the emotional intelligence and job satisfaction among male and female lawyers. **Method:** The sample consists of a total number of 30 lawyers selected from High Court Lucknow, India. The sample was divided into two groups out of which 15 were male lawyers and 15 were female lawyers. The tools that were administered are Emotional Intelligence Scale by Anukool Hyde, Sanjyot Pethe and Upinder Dhar and Asha Job Satisfaction Scale by Dr. Asha Hingar, Dr. Uma Mittal, Dr. Vinita Mathur and Ms. Mansi Parnami.. **Results & Conclusion:** The results were analysed using t-test and correlation. It was found that there was a significant difference between emotional intelligence and job satisfaction among male and female lawyers. On the other hand female lawyers are more satisfied in both the cases of emotional intelligence and job satisfaction as well as male lawyers.

Keywords: emotional intelligence, job satisfaction, lawyers, gender perspective.

A COMPARATIVE STUDY OF OCCUPATIONAL STRESS AMONG PUBLIC AND PRIVATE BANK SECTOR BANK EMPLOYEES

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Objectives: It is of great significance that we spent a good portion of our life at our workplace. Researches reveal that atleast 7 hours per day, a bank employee invests in his/her organization, which in itself is very valuable as it contributes to the demographic dividend of the nation too. But not always a job is exciting or satisfying. This in turn affects the overall health of a well- being. Occupational stress is related to one's job and it often stems from unexpected responsibilities, work overload, uncertainty of job and other monetary problems. The present study focuses on comparing and evaluating occupational stress among public and private bank sector employees. Besides that the study also tries to highlight the possible stressors at workplace. **Method:** The total sample of 30 subjects (n=30); 15 each from public and private bank were taken for this study. The tools used in the study were Occupational Stress Index by Dr. A.K.Srivastav and Dr. A.P.Singh. **Results & Conclusion:** The results were analyzed using t-test. The results showed that there was no significant difference among the two groups of subjects.

Keywords: Occupational Stress, Bank employees, Public and Private sector.

EFFECT OF RATIONAL EMOTIVE THERAPY ON DEPRESSION AMONG CAREGIVERS OF PERSON WITH SCHIZOPHRENIA

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Objectives: Rational Emotive Behaviour Therapy is an active-directive, solution-oriented therapy which focuses on resolving emotional, cognitive and behavioural problems in clients. Rational Emotive Behaviour Therapy is one of the first forms of Cognitive Behaviour Therapy and was first expounded by Ellis in 1953. The aim of the present study is to explore whether the Rational-Emotive Behavioural Therapy (REBT) has any influence on depression among Caregivers of person with Schizophrenia. **Method:** The sample for the current study comprised of 28 caregivers of person with Schizophrenia (in two groups) suffering from Depression referred to the private clinics and hospitals in Lucknow, Uttar Pradesh. REBT intervention was given to the experimental group for 45 days (10

sessions) at in the last of intervention, caregivers suffered with depression evaluated by Beck Depression Inventory (BDI). **Results & Conclusion:** The results show that REBT was much more effected to decreasing depression in experimental group and there were significant difference between pre-test and post-test.

Keywords: REBT, Intervention, Depression, Caregivers.

PATTERNS OF FACEBOOK ADDICTION AMONG INDIAN ADOLESCENTS: A STUDY ON GENDER DIFFERENCES

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Objectives: Addiction to Social Networking Sites is a relatively new yet a massively increasing area of concern amongst all age groups, especially amongst the Adolescents. Adolescents today spend a large amount of time online, either interacting actively or passively viewing their peer's activities. Though using Social Networking has its own sets of positives and negatives, undoubtedly it has been found that excessive use of Social Media tends to impact one negatively. Facebook has the highest number of active users around the globe, and is the third most trafficked website, attracting a lot of young users each day. Objective of the present study is to investigate the Gender Differences in different components of Facebook Addiction. **Method:** A survey was conducted on 1235 adolescents from Delhi and NCR, using purposive random sampling technique. A standardized tool of Bergen Facebook Addiction was administered and the data was analysed using independent samples t-test. **Results:** The results indicate a significant difference between males and females on 4 out of 6 core components of Facebook Addiction, that is Salience, Tolerance, Relapse and Conflict, where in males scored higher than the females indicating that they gave more importance to Facebook, had a higher tolerance, had greater chances of using Facebook in spite of being aware of its negative consequences. However no significant difference was found on Mood Modification and Withdrawal. **Conclusion:** The findings suggest that males are more prone to Facebook Addiction than women.

Keywords: Facebook Addiction, Social Networking Sites, Adolescents, Comparative Study.

SELF EFFICACY, SOCIAL SUPPORT AND COPING STRATEGIES IN ARTHRITIS PATIENTS

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Objectives: Musculoskeletal disorders or (MSDs) are the conditions that can affect muscles, bones, and joints. MSD consist of conditions such as: tendinitis, carpal tunnel syndrome, osteoarthritis, rheumatoid arthritis, fibromyalgia and bone fractures. An endeavor was made to focus on non-medical factors especially psychosocial variable such as beliefs in self efficacy, social support and coping strategies. This study scrutinizes the role of self efficacy in various MSD patients (i.e., Rheumatoid arthritis (RS) and Osteoarthritis (OA) patients in adopting their coping strategies. It has two main objectives- (i) to determine the perceived social support and the coping strategy used by MSD patients of difference self efficacy levels and (ii) to investigate the relationship of self efficacy with social support and coping strategies. **Method:** The present research approached 60 clinically diagnosed adult arthritis patients (30 RS and 30 OA patients). Standardized tools are used for measuring self-efficacy, social support and coping strategies. MSD patients completed questionnaires comprising the Arthritis Self-Efficacy Scale, Social

Support Survey Instrument and Vanderbilt Pain Management. **Results:** The findings of this study revealed that self efficacy is significantly correlated with social support (i.e. Emotional support, Affectionate support and Positive social interaction) and also with coping strategies (i.e. Active coping and passive coping strategies). Results suggested that self efficacy has a considerable influence on the perception of social support and the preference of coping strategies. It also shows that daily emotional support to arthritis patients enhances their psychological well being. **Conclusion:** Psychosocial variable such as self efficacy, social support and coping strategies have significant role in pain management of arthritis patients.

Keywords: Arthritis, Self Efficacy, Social Support and Coping Strategies.

ATTENTION DEFICITS IN ALZHEIMER'S DISEASE: A SYSTEMATIC REVIEW

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Alzheimer is being most prevalent neurodegenerative disorder causing cognitive decline in old age, costs substantially to the society. It is a progressive disease of the brain that slowly impairs memory and other cognitive functions especially attention. Initially, it starts with memory disorder and gradually affects the brain and body at much global level. A number of cross-sectional and longitudinal studies have also articulated attention deficits as the second most common area of impairment in Alzheimer's patients. Therefore, the current review is an attempt to summarize the progress that has been made in research on various subcomponent of attention in Alzheimer's disease.

Keywords: Alzheimer's disease, Cognitive Impairment, Attentional Deficits.

EFFECT OF ATTITUDE TOWARDS PET ON EMOTIONAL INTELLIGENCE: A COMPARATIVE STUDY

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Objectives: The present study is an attempt to study the effect of attitude towards pets on Emotional Intelligence. **Method:** In this study, some qualitative analysis was done by pre-interviewing the sample and asking general questions regarding attitude towards animals. The sample comprised of 15 pet lovers and 15 non pet lovers. Statistical method applied on the data obtained was t test and correlation. Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe, Upindhar Dhar and Pet Attitude Scale-Modified developed by Kathleen L Munsell, Merle Canfield, Donald L Templer, Kimberly Tangan, Hiroko Arikawa. **Results:** There is significant difference between pet lovers and non pet lovers on Emotional Intelligence, where pet lovers scored higher in Emotional Intelligence and for non pet lover there is negative correlation between Emotional Intelligence and Pet Attitude, showing that for having a favorable attitude towards pet, one needs to have genuine respect and care for pets, not considering them as less resourceful, inferior to human, only such feeling can lead to positive interaction and that further enhances respect for these gift to mankind that leads to better Emotional Intelligence. **Conclusion:** Attitude towards pet, parallels attitude towards humans. Mahatma Gandhi quote, is enough explain the importance of humanitarian attitude towards animals, "Greatness of nation can be judged by its treatment towards animals."

Keywords: Emotional Intelligence, Pet Lover, Non Pet Lover, Humanitarian Attitude.

IMPACT OF MEDIA DEPICTIONS ON BODY IMAGE AND SELF-ESTEEM

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Body image refers to the people's judgments about their own bodies and how they perceive their body. A healthy body image means that individual truly accept and like the way they look right now. It also means recognizing the individual qualities and strengths that make the individual feel good about themselves beyond weight, shape or appearance, and resisting the pressure to strive for the myth of the "perfect" body that one see in the media or online. When a person starts to dislike their own body and start comparing themselves with other people is when body image issue comes up. The media has been found to be the most powerful conveyor of socio-cultural values regarding body ideals, size and weight. Nowadays people feel increasingly pressured by the media about their bodies. Today young people are greatly exposed to countless media images and they start to compare themselves with all those highly edited images which in turn lead to depression, low self-esteem and eating disorders. Media validation of own photos from other social media users may falsely fulfill the need for acceptance – further distorting their body image. At the same time bodies of girls depicted in media have become thinner and for boys it has become more of muscular. Present review article attempts to understand the adverse effect of media depictions on body image and self-esteem on youth. The negative feelings associated with body image and its impacts on the well-being, self-esteem, physical and mental health of the individuals constitute the core focus of the paper. The review also comes up with some policy implications of the psychology of body image and how the educational, social and cultural factors should be mobilized to make young adults compatible with good body image.

Keywords: Body Image, Body Satisfaction, Self Esteem, Mental Health.

AN EMBODIMENT OF HIGH EMOTIONAL INTELLIGENCE: MAGGIE TULLIVER

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This research primarily focuses on how healthy relationships can be formulated by dealing with people in an emotionally intelligent manner. The paper provides the reader theory related to emotional intelligence, the governing factors and challenges that are associated with it. This research deals in various perspectives such as effective methods and qualities that can be imbibed by an individual so as to wield good relationships. Managing our emotions in today's scenario is the most demanding and a challenging task. These emotions effect our actions, which in turn determine our relationships with people. Cultivating emotional intelligence provides people the way and a mirror to introspect with oneself. It is also a way through which one can solidify one's relations. This research takes into perspective the character of Maggie Tulliver the character of the novel "Mill on The Floss" by George Eliot who is an embodiment of emotional intelligence. The paper establishes a link between the necessary ideals of emotional intelligence and her actions which provide readers an in depth analysis of how emotionally intelligent she was. If we critically interpret her actions and her behavior the readers can judge her potential of being emotionally intelligent. Her character becomes a symbol for the readers to gain knowledge about emotional intelligence by further helping them to evaluate the traits that are associated with this sort of intelligence.

Keywords: Emotional Intelligence, Relationships, Traits, Actions.

GLOBAL HEALTH AND ATTENTIONAL NETWORK OF NON-YOGA AND YOGA PRACTITIONERS

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Objectives: From the psychological perspective, the factors that tend to disturb our attentional focus and absorption appear to be very important for mental and physical health. According to Sage Patanjali, the quintessential exercises of yoga were aimed at controlling the mental and physical processes. It is too obvious that the mental processes are to a great extent mediated by the mechanisms of the brain. In yoga theory, control of the psychologically distracting states that interfere with one's effort to concentrate, focus attention and get absorbed in the process rests largely on enlightened knowledge. The present study is an attempt to evaluate the differences among non-yoga practitioners and yoga practitioners on attentional network and global health by using attention network task and a global health questionnaire. **Method:** Twenty participants (10- yoga practitioner & 10- non-yoga practitioners) with age range from 18 to 35 years were participated in this study. **Results:** The obtained data were analyzed and results reveal that yoga practitioners perform better on attention network task in comparison to their counterpart. **Conclusion:** The global health of yoga practitioner was better than non-yoga practitioners.

Keywords: Global Health, Attentional Network, Attention.

NEUROTICISM: GENDER DIFFERENCES AMONG SCHOOL GOING ADOLESCENTS

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Objectives: The purpose of the present study is to find out gender differences among adolescents in neuroticism. The American Psychiatric Association divided mental disorder into two groups – Organic and Functional. In the functional group – one distinction is psychoneurotic disorder, neurosis relates to low stress tolerance, anxiety, fearfulness, irritability, disturb interpersonal relations, rigidity and unhappiness. **Method:** The neurosis measurement scale containing 70 items is used to measure six main types of neurotic disturbances i.e. Anxiety reaction (AR), Dissociative reaction (DIR), Conversion reaction (CR), Phobic reaction (FR), Obsessive-Compulsive reaction (O-CR), Depressive reaction (Dep. R). To analyze the data Mean, SD, and t-test is used. **Results:** The main finding of the study reveals that there is no significant difference among adolescents in respect to neuroticism, as far as the neurotic disturbances are concerned. The mean scores of girls in four areas of neurosis scale (AR, DIR, CR, FR) are higher and in two areas (O-CR, Dep. R) are lower than boys. **Conclusion:** It is concluded that there is no significant difference exist in neuroticism between school going Male and Female adolescents.

Keywords: Neuroticism, Gender Differences.

VERBAL MEMORY, VERBAL FLUENCY AND PSYCHOPATHOLOGY IN FIRST EPISODE OF SCHIZOPHRENIA PATIENTS

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Objectives: Deficit in cognitive function is a main feature of schizophrenia. Verbal memory and verbal fluency is the most impaired cognitive function found in schizophrenia. Positive and negative symptoms are constantly correlated

with verbal memory and verbal fluency in schizophrenia patients. The aim of the study was to compare verbal memory, verbal fluency and psychopathology in first episode of schizophrenia and normal healthy controls and find its association between positive symptoms, negative symptoms and verbal memory and verbal fluency of schizophrenia. **Methods:** A sample of 60 first episodes of schizophrenia patients, aged between 18 and 45 years were assessed at baseline with Logical memory (from Wechsler Memory Scale- III), Controlled Oral Word Association Test; and for positive, negative and general psychopathology. Thereafter, 28 normal controls were matched on age and education and were assessed for Logical Memory and Controlled Oral Word Association Test. Informed consent was obtained from all the participants. The Ethical Committee of the Institute approved the study. **Results and Conclusion:** The schizophrenia patients group performed significantly poorly on verbal memory and verbal fluency tests as compared to normal healthy controls. Positive and negative symptoms of schizophrenia negatively correlated with verbal memory and verbal fluency.

Keywords: Verbal Memory, Verbal Fluency, Psychopathology, Schizophrenia.

WORK FAMILY CONFLICT IN RELATION TO FAMILY SATISFACTION OF DUAL CAREER TEACHERS

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Objectives: The purpose of this study is to explore the role of work family conflict in family satisfaction of dual career couples. Family satisfaction plays an important role in well-being of an individual especially in women. It equally affects teacher's professional as well as personal life. **Method:** This study was conducted on 254 dual career couples from two cities of Uttar Pradesh i.e. Lucknow and Varanasi. The samples were taken from universities and their affiliated colleges situated in Varanasi and Lucknow. **Results:** The results indicate that work family conflict was found to be significantly and negatively correlated with family satisfaction in male and female teachers. The results of t test reveal that family satisfaction was found high in low work family conflict group as compared to high work family conflict group in both the genders. **Conclusion:** Therefore, finding of this study will help in increasing family satisfaction of dual career couples, which in turn will increase their performance in both the front i.e. professional and personal.

Keywords: Family Satisfaction, Work Family Conflict, Dual Career Couples.

CORRELATION BETWEEN DEATH ANXIETY AND DEPRESSION IN DIABETIC AND NON-DIABETIC CASES

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Objectives: The present study examined the correlation between death anxiety and depression in diabetic cases. **Method:** A sample of 100 was taken among which 50 men and 50 females were included. 25 females and 25 males were non-diabetic and other 25 males and 25 females were diabetic. Data was collected using 'Thakur Death Anxiety Scale' (1985) and 'Depression Scale' (1986). Means of death anxiety score and depression score

was acquired to indicate significance. **Results & Conclusion:** The study shows significant relation of depression and death anxiety in diabetic males and females than non-diabetic ones.

Keywords: Correlation, Death Anxiety, Anxiety, Depression, Diabetes.

EFFECTS OF WORKING MEMORY TASK LOAD ON PROSPECTIVE JUDGMENT OF TIME PERCEPTION

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Objectives: Time and memory are interlinked where memory provides a mechanism for indexing the passage of time (Olton, 1989). This study was conducted to investigate the effect of working memory task load on prospective judgment of time perception using a 2 (Memory Load: low & high) x 3 (Time Duration: short, medium & long) repeated measure design. **Method:** Reproduction method was used to measure time perception. Fifteen students (age range from 19 to 24 years with mean age of 21.2 years) of the Banaras Hindu University were participated in this study. Ratio and absolute error derived from observed reproduction time were used as dependent measure. **Results:** Repeated measure analysis of variance (ANOVA) revealed that, the main effect of time duration was found significant $F(2, 28) = 23.91$ $p=0.000$. Time duration was underestimated more in long duration task as compared to medium and short time duration task. **Conclusion:** The results are discussed in light of Vierordt's law of time perception.

Keywords: Working Memory, Time Perception, Reproduction, Cognitive Load, Prospective Paradigm

STRESS: COPING AND MANAGEMENT

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Stress is a general term applied to various psychological (mental) and physiologic (bodily) pressures experienced or felt by people throughout their lives. Stress is defined as "a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs." Without stress, there would be no life. However, excessive or prolonged stress can be harmful. Stress is unique and personal. A situation may be stressful for someone but the same situation may be challenging for others. For example, arranging an International Seminar may be challenging for one person but stressful to another. Some persons have habit of worrying unnecessarily. In this research article stress and its type, causes of stress, practices which are helpful to relieve stress are discussed. In severe cases of stress, medication may be prescribed to treat symptoms caused by stress. In severe cases of stress, medication may be prescribed to treat some of the symptoms caused by stress. Medication should only be considered as a short-term treatment and should be strictly monitored by the prescribing doctor.

Keywords: Stress, Depression, Counselling.

LIFE GOALS AND SOCIAL SUPPORT OF AGED PEOPLE: A COMPARATIVE ANALYSIS

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Objectives: Life goals have played a vital role in the mythological history of Indian thought. Life goals are applicable to both men and women equally. The present study was designed to study the life goals and social support of aged people and gender difference between male and female aged people. **Method:** The sample consisted of 300 aged people (150 male and 150 female). they were drawn from Varanasi district. Male and female participants belonging to age group (i.e; 55 -65 years). The data was collected with the help of life goal (D.A.K.M),(LGS) scale was constructed and standardized by Wadhwa and Jain (1990) and social support scale (SSS) was constructed and standardized by Asthana and Verma (2005). **Results & Conclusion:** Certain descriptive statistics and mean, SD and t – value was used for analyzing data. The finding of the present study revealed that no significant gender difference was found between male and female aged people.

Key words: Life Goals, Social Support, Gender Difference..

ADJUSTMENT AND SOCIAL SUPPORT AMONG CANCER PATIENTS

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Objectives: This study was carried out with the objective of investigating the relationship between Adjustment and Social support. **Method:** Sample consisted of 50 Cancer patients selected by purposive sampling technique. Age range 30-55 years were selected from different hospitals of Varanasi city of Uttar Pradesh. The scales employed for data collection were Adjustment inventory developed by Asthana (1968), and PGI Social support scale developed by Srivastava (2001) was used as behavioral measures. **Result:** The results reveal a positive relationship ($p < 0.05$) between Adjustment and Social Support. **Conclusion:** Finding indicate that Social Support plays important role in cancer patient's life adjustment.

Keywords: Cancer, Adjustment, Social Support.

MENTAL HEALTH AND WELL-BEING OF CAREGIVERS OF CHRONICALLY ILL PATIENTS: ROLE OF PSYCHOLOGICAL RESOURCES

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Objectives: Caregiving is a grave issue in India, where caregiving is a cultural expectation, regardless of what changes it means. However, even Indian caregivers find their role difficult and even they perceive problems related to it. The present study, thus, attempts to investigate whether the caregivers of chronically ill patients perceive stress and burnout. The study also tries to find out the role of psychological resources in attenuating this stress and

burnout and thus fostering the mental health and well-being of the caregiver. **Method:** The main sample would consist of sixty male and female caregivers who take care of people who are chronically ill (i.e., on bed for more than a month and are dependent on others for their daily chores and self-hygiene). The sample is drawn from some private hospitals in the city of Gorakhpur where the patients of chronic illness are treated and admitted. Both, qualitative and quantitative type of data would be obtained in the research. **Results:** Howsoever, stress, burnout, use of psychological resources, and poor mental health would play their inseparable role in caregiving. Still, caregiving being considered as responsibility, being resilient, having high self-efficacy and perceived control would foster the well-being of individual. **Conclusion:** The deteriorating effects of caregiving would be examined and suggestions for positive stance to avoid such effects would be given.

Keywords: Caregiving, Chronic Illness, Psychological Resources.

DIABETES (TYPE-2 AND PRE-DIABETIC) PATIENTS: PSYCHOLOGICAL MANAGEMENT

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Objectives: The objective of the Present investigation was to investigate: Depression level of three groups viz, Pre-diabetic, diabetic Type-2 and control group and the impact of the cognitive behavior Therapy(CBT) intervention on depression level of Pre-diabetic and diabetic Type-2 persons. **Method:** 75 Pre-diabetic and 75 diabetic Type-2 Persons of eastern U.P. constituted sample of the present research. The sample was selected by purposive sampling technique. A control group of 75 males was also selected for this study of the same age range and education those who did not had any history of Psychiatric of other Psychosomatic disorders. After establishing the adequate rapport with each subject, the Hindi adaptation of Beck Depression scale Prepared for the administration to these subjects was administered individually. In Pre-test assessment, Beck depression scale Hindi adaptation by L.N Singh et al. was administered to assess depression level of pre-diabetic and diabetic Type-2 group individually. After pre-test assessment, intervention of CBT for 6 months was given in intervention period. In the intervention program, 12 intervention of Cognitive behavior Therapy (CBT) in an interval of 15 days(Total 6 months) was given to pre- diabetic and diabetic Type-2 group individually in which client was called for intervention at different time intervals for the required CBT session. After completion of 12 interventions of CBT (6 months) post-test intervention assessment of depression was done by administration of Beck depression Inventory Hindi adaptation of L.N Singh et al. to pre- diabetic and diabetic type-2 group individually. **Results:** Pre-diabetic persons exhibit high level of depression as compared to control group; Diabetic Type-2 persons exhibit high level of depression as compare to control group; Diabetic Tpe-2 person exhibit high level of depression as compared to pre- diabetic group. **Conclusion:** Cognitive Behaviour Therapy intervention was found to have a significantly positive impact in reduction of depression level in pre- diabetic and Diabetic Type-2 groups.

Keywords: Diabetes, Depression, Cognitive Behaviour Therapy.

PSYCHOLOGICAL WELLBEING OF HEALTHY INDIAN YOUTH: ROLE OF PROACTIVE COPING

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Objectives: The objective of this study is to examine the role of proactive coping on psychological wellbeing of healthy youth in India. **Method:** With the use of General Health Questionnaire-12 (GHQ 12) 89 youth of age

range 19-27 years were screened out as healthy out of 359 youth. The final sample (N=89) comprised of UG/PG students: 51 male ($n_1=51$) and 38 female ($n_2=38$). The Proactive Coping scale and Psychological Wellbeing assessment are used to assess proactive coping and psychological wellbeing respectively. Correlation and regression analysis were used to test the hypotheses of the study. **Results:** The results indicated that proactive coping significantly and positively associated with autonomy, personal growth, positive relation and purpose in life. Strategic planning significantly positively associated with only one dimension of psychological wellbeing (i.e. purpose in life). Preventive coping significantly positively associated with various dimension of psychological wellbeing (namely, autonomy, environmental mastery and purpose in life). Instrumental support significantly positively associated with two dimension of psychological wellbeing (i.e positive relation and purpose in life). Emotional support seeking is significantly positively associated with all dimensions of psychological wellbeing except autonomy and self-acceptance. Avoidance coping significantly negatively associated with three dimensions of psychological wellbeing namely, environmental mastery, purpose in life and self-acceptance. On the other hand, reflective coping is found not to associate significantly with any of the dimension of psychological wellbeing. **Conclusion:** Proactive coping, emotional support seeking, avoidance coping and preventive coping emerged as significant predictors of various dimensions of psychological wellbeing.

Keywords: Proactive Coping, Psychological Wellbeing, Healthy Indian Youth.

INFLUENCE OF PSYCHOLOGICAL IMMUNOGENS AND MIGRANT STATUS ON PERCEIVED DISTRESS

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Objectives: Psychological immunogens is as an integrated system of cognitive, motivational and behavioral personality dimensions that provide immunity against stress, promote healthy development and serve as stress resilient resources or psychological antibodies. Distress is an effect of emotional suffering characterized by symptoms of anxiety, stress and depression. The present investigation was conducted with a sample of those Indians who are migrants in Nepal and those Nepalese who are migrants in India with the major objective to find out the influence of psychological immunogens and migrant status on perceived distress. **Method:** The sample comprised of 280 adults (140 Indian migrants and 140 Nepali migrants) aged 20-60 years (Mean Age= 37 years). Randomized sampling technique was used. Participants were tested on Psychological Immunogens Questionnaire (developed by present researchers) and DASS-42 (developed by Singh et al.). **Results:** Data was analyzed with the 2x2 analysis of variance where factor one was Immigrant status and factor two was level of Psychological immunogens (with high and low levels derived by median split). Findings showed the significant main effect of both factors on perceived distress as well as the interaction effect. Those migrants who perceived less distress are high on psychological immunogens than those migrants who perceived high distress. **Conclusion:** Findings indicate that if the factors enhancing psychological immunogens are known, it can help protect people, diminish those factors that put them at risk, reduce the prevalence and delay the onset of distress. And pay greater attention to the promotion of psychological immunogens on health for the entire population.

Keywords: Anxiety, Depression, Buffer, Stress.

IMPACT OF EMPLOYMENT OF MOTHERS ON PERSONALITY OF ADOLESCENTS

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Objectives: The objective of this study is to measure the personality of adolescents as an effect of parenting of maternal employment. **Method:** We selected 200 parents from two types of population for studying parenting, 100 parents (mothers and fathers) were selected from employed and 100 were from homemaker mothers. Further, for measuring personality of adolescents as an effect of maternal employment, we selected 50 boys and 50 girls from each group of parents. Parent Child Relationship Scale constructed and standardized by Sharma, Chauhan (2005) was administered over parents and Eysenck Personality Questionnaire-Revised administered over on adolescents. Data were collected from urban population of Uttarakhand State India. **Results & Conclusion:** Study showed that marital adjustment of homemaker mothers (mother and father) is better than the employed mothers. A comparison of fathering and mothering of both the groups also found in favour of homemaker mothers on the dimension of marital adjustment. Parents of homemaker mothers also showed positive parenting towards their wards on realistic role expectation dimension of parenting. Adolescents of employed mothers were found to be more extrovert than the parents of homemaker mothers, whereas, boys of both the groups showed more psychotic tendency as compare to the girls of both types of parents.

Keywords: Parents, Employed Mothers, Homemaker Mothers, Adolescents, Personality.

STUDY OF THE RELATION BETWEEN MORAL JUDGMENT AND EMOTIONAL INTELLIGENCE IN ADOLESCENTS

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Objectives: Moral Judgment involves a cognitive capacity to define situation in terms of rights and duties. The social values have influence on Moral Judgment of individuals. It usually includes a range of rules that individuals should do or should not do in their society. It follows that one's standards and values will depend largely on one's ability to accurately perceive both their own as well as other's emotions. This study focuses on the relation between Moral Judgment and Emotional Intelligence in adolescents. The objective of this research is to study the relationship of Moral Judgment with Emotional Intelligence in adolescents. **Method:** A sample of 50 adolescents was randomly selected of age 13 to 19 years (8th to 12th standard). Moral Judgment was measured by D. Sinha and N. Verma's, Moral Judgment Test and Anukool, Hyde et al's Emotional Intelligence Test. The relation in Moral Judgment and Emotional Intelligence was examined and conducted by correlational research design. **Results:** The results of the study reveal that there is a positive and significant correlation exists between Moral Judgment and Emotional Intelligence. **Conclusion:** Adolescents who are high in Emotional Intelligence will have more appropriate Moral Judgment as compared to those who are low on Emotional Intelligence. These results may indicate further research in the direction of other psychological fields.

Keywords: Adolescents, Moral Judgment, Emotional Intelligence.

SELF ESTEEM AND SOCIAL MEDIA USAGE: A STUDY OF YOUTHS FROM URBAN CITIES

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Objectives: Social media usage has increased exponentially in the past few years amongst adolescents and there is enough evidence in the field pointing to its effect on all dimensions of health including emotional health. The objective of the study was to explore the relationship between self esteem and social media usage and to study the gender differences in motives for using social media. **Method:** There were 316 participants from urban areas in India (mean age = 19.61, SD = 1.39, 62.34% females). The sample selection was based on convenience sampling and informed consent was obtained beforehand. Exclusion criteria were non-English speakers, people below 17 and above 25 years of age and decisionally impaired individuals. Two standardized questionnaires were used: Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Social Networking Time Use Scale (Olufadi, 2016) for our survey. Student's t-test and Pearson's correlation were used to analyze our findings. Cohen's benchmark was used to report the effect sizes for correlation strength and t values (0.1 is small, 0.3 is medium & 0.5 is large; Cohen, 1988). **Results:** Overall the relationship between social media usage and self-esteem was found to be non-significant, however when scores of people with high self-esteem and low self-esteem were correlated with social media usage score, both were significantly correlated ($d = .30$, $d = .49$ respectively). There were significant gender differences between motives for using social media. **Conclusion:** Understanding these differences may have implications for policy makers, family members in understanding the needs of youth, and recommending constructive use of their time in the virtual world.

Keywords: Gender, Motives, Self-Esteem, Social Media Usage.

A STUDY OF INTERNET ADDICTION AND WELL-BEING AMONG INTER COLLEGE STUDENTS

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Objectives: Today is a computer age, in which everyone has gadgets; smart mobile phones, tablets, personal computer, laptops, etc. for accessing any types of information, like; national or International, subjective or technological. It is also a good medium of communication and entertainment, and to do so many things within few minutes from at homes. The Internet is a widely used by our new generation, to maintain their social status and interaction or communication by chat, email, or text messages. Studies reported that excessive use of Internet, known as Internet addiction, affect health and Psychological well-being of users. The objective of this study is to assess the nature of relationship between Internet addiction, and psychological well-being of 11th and 12th class students (104), (under age group of 15th to 17th), in the Bundelkhand region. **Method:** The correlational research design was applied in this study and Data collected through questionnaire; 1. Socio-demographic data sheet- Constructed by the researcher. 2. Internet Addiction Test (IAT)- This 20-item test was designed by Kimberley Young to measure internet addiction in mild, moderate, and severe levels. 3. Ryff's Psychological Well-Being Scale to evaluate individual's psychological well-being (autonomy, environmental dominance, personal development, positive relations with others, purposes of life, and self-acceptance dimensions). **Results and Conclusion:** The

results indicated that psychological well-being was affected by Internet addiction negatively, and provided a better understanding on the relationship between psychological well-being (self-esteem, and sleep disorder) and Internet addiction.

Keywords: Internet Addiction, Psychological Well-Being, Correlational Research Design.

STRESS: COPING STRATEGIES AND MANAGEMENT

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Stress has become significant due to dynamic social factor and changing needs of life styles. Stress is man's adaptive reaction to an outward situation which would lead to physical, mental and behavioral changes. Even though stress kills brain cells, not all stresses are destructive in nature. Appropriate amount of stress can actually trigger passion for work, tap latent abilities and even ignite inspiration. The study throws light on the wide spread silent problem by name 'STRESS', which gave raise to acute dysfunctional and are called many diseases, increase divorce rates, and other harassments. The work stress is found in all professions. Athletes experience the strength that comes from eu-stress, right before they play a big game or enter a big competition. Because of eu-stress, they suddenly receive the strength that is required to perform to the best of the ability. Stress can make a person productive and constructive, when it is identified and well managed. The focus of the paper is to study the stress level among college students and to suggest the coping strategies.

Keywords: Stress, Adaptive Reaction, Behavioral Change, Eu-Stress, College Students; Coping Strategies.

SELF EFFICACY AS A CORRELATE OF ACHIEVEMENT AND CONDUCT OF ADOLESCENT STUDENTS

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Objectives: Self efficacy is a belief or trust in one's own capabilities for accomplishing the specific tasks (Bandura, 1997); which means that an individual has a conviction about his or her abilities to successfully accomplish a specific task within a given context. The purpose of present study is to explore the relationship of self efficacy with achievement and conduct. **Method:** A sample of 60 adolescent students has been selected incidentally from a government school (30 male and 30 female) from families of below poverty line. Self efficacy was measured with the help of a scale by Schwarzer & Jerusalem (1998). Average marks obtained by a student throughout one academic session were used as a measure of achievement. Conduct was assessed in terms of the judgment of class teacher on a bipolar adjective checklist about different behaviors of the student like punctuality, perseverance etc. **Results:** Findings of the present study revealed that there is no significant gender difference in terms of self efficacy, achievement and conduct. Moreover self efficacy was found to be positively correlated with achievement and conduct. **Conclusion:** The study implies that self efficacy is very important variable which needs to be further explored and enhanced among students living in impoverished conditions so as to improve their academic performance and conduct.

Keywords: Self Efficacy, Achievement, Conduct, Adolescent Students.

THOUGHTS FORM REALITY: LAW OF ATTRACTION IN “THE WALK”

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This review paper attempts to analyse the process of thinking that goes on in the mind of the funambulist Philippe Petit, as he performs the historical illegal walk on a rope taut between the tops of the Twin Towers of the World Trade Center in the movie *The Walk*. Petit is the only human being to have performed this unimaginable feat. Interestingly, this film is based on a true story. The researcher has implemented a visual analysis of the film to study the psyche of the protagonist. The claim made by Rhonda Byrne’s book *The Secret*, talking about the Law of Attraction that says that one’s experiences in life are consciously attracted by oneself, is clearly seen operating in the life of the protagonist throughout this movie. The research demonstrates that Philippe Petit is indeed propelled by the Law of Attraction working in his favour as he thinks positive thoughts all the time having his dream clearly etched on his mind. Various real-life interviews of the original Philippe Petit have also been taken into consideration where he talks about how he defies the negativity of fear, anxiety, and death itself with the aid of positive emotions and thoughts. The research also explores the significance of Positive Psychology as an emerging branch of Psychology. A direct attempt has also been made to understand the role of high Emotional Intelligence of the protagonist assisting him in delivering the incredible.

Keywords: Positive Psychology, Law of Attraction, Emotional Intelligence, Psychoanalysis.

YOGA NIDRA AND PSYCHOLOGICAL HEALTH OF ELDERLY PEOPLE

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Objectives: The present study is designed to examine the effects of *yoga nidra* on the psychological health of elderly people. *Yoga nidra* is a powerful relaxation and meditation technique derived from traditional yoga. **Method:** A group of 50 male participants aged 55-65 years drawn from Varanasi City. They were examined by using psychological health measure and introducing them a training program for practicing *yoga nidra*. The training program was scheduled for 12 weeks and 5 days in a week. The training program was introduced to the participants approximately over 35 minutes in the morning for three months. The process of *yoga nidra* has been taught by yoga expert. The participants were exposed to pre and post-test. **Results & Conclusion:** Results found that positive effects of *yoga nidra* on the psychological health of elderly people as a result of practicing *yoga nidra* regularly three months.

Keywords: Yoga Nidra, Psychological Health, Training Program, Elderly People

INTRINSIC-EXTRINSIC RELIGIOUS ORIENTATION AND LIFE SATISFACTION

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Objectives: The present study examined the relationship of intrinsic and extrinsic religious orientation with life satisfaction of adolescents. **Method:** The study was conducted with 197 respondents age ranged 14-18 years,

taken from a government school of Varanasi City. The participants were examined by using Religiosity Scale (Markel, 2012), and Satisfaction with life scale (Diener, Emmons, Larsen & Griffin, 1985). **Results:** The results revealed that intrinsic religiosity was positively correlated with life satisfaction whereas relationship between extrinsic religiosity and life satisfaction was found negative. **Conclusion:** The findings of the present study are discussed and their implications are pointed out.

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

ROLE OF COPING AND POSTTRAUMATIC GROWTH AMONG BREAST CANCER PATIENTS

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Breast cancer cases have doubled in India in the last two decades (Sinha, 2011). Breast cancer is the leading cancer among Indian women with 1,34,420 incident cases, 338,010 five yearly prevalence and 115,251 incident cases, 315,679 five yearly prevalence respectively (IARC, 2013). Posttraumatic Growth is a positive change. Tedeschi and Calhoun have coined the most widely used term, *posttraumatic growth*, to refer to the spectrum of positive changes an individual may experience after a traumatic event. Coping refers to cognitive and behavioral efforts to reduce or tolerate the demands of the stressful events (Bussel and Naus, 2010). The present study aims to answer the question that how coping is related with posttraumatic Growth? A purposive sample of 100 breast cancer patients of post-surgery was selected. The Posttraumatic Growth Scale (Tedeschi and Calhoun, 1996) having five dimensions namely new possibilities, relating to others, personal strengths, spiritual challenge, appreciation of life was used to measure PTG. COPE inventory developed by Carver et al, 1989 was used to assess a broad range of coping strategies. The study was co-relational in nature. Results revealed the dimension of coping i.e, active coping, and positive reinterpretation and growth to be positively related to all dimensions of PTG. Emotional and instrumental social support was found to be related with new possibilities and relating to others. In addition, the coping dimensions behavioral disengagement, mental disengagement and denial were found to be negatively related with PTG dimensions. The study implies a need to promote effective coping strategies among breast cancer patients to facilitate PTG.

Keywords: Breast Cancer, Posttraumatic Growth, Coping

FORGIVENESS AS A PREDICTOR OF USE OF COPING STRATEGIES IN ADOLESCENTS

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Objectives: Psychologist offered various definitions of forgiveness in the last two decades. In recent years, researchers generally agree that forgiveness is distinct from other ways of dealing with personal insults or injury. Forgiveness is not condoning, excusing, exonerating, justifying, or pardoning an offender (Enright, 2001; Worthington, Witvliet, Pietrini, & Miller, 2007). Neither is forgiveness the same as reconciling a damaged relationship or restoring offenders to their former status (Sutton, 2010). Susan Folkman and Richard Lazarus define coping as “constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as

taxing”. The study was planned to tap the relationship between forgiveness and use of coping strategies. **Method:** A sample of 140 students (male= 63 & female=77) of undergraduate and post graduate, studying in different departments of DDU Gorakhpur University, Gorakhpur with the age range 18-35 years participated in the study. Heartland Forgiveness Scale (HFS) and Carver (1997) Coping Scale were used to collect the data. Correlation and stepwise multiple regression were employed to see the relationship between forgiveness and coping strategies. **Result:** The result indicated that all the three dimensions showed positive correlation with active and adaptive coping and negative relation with maladaptive coping. Further the dimension of forgiveness significantly predicted coping strategies. **Conclusion:** The implications of the findings are also discussed in the light of empirical evidences.

Keywords: Forgiveness; Coping, Active, Adaptive, Maladaptive.

SUICIDE IN INDIA – A MENTAL ILLNESS: ITS CAUSES AND REMEDIES

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Objectives: This paper throw some light on the act of attempt of suicide that is considered mental ill-health by one school of thought whereas other school of thought believe it to be a voluntary act of criminality. As per NCRB, 2013 approximately 134799 people committed suicide in India. Earlier, in India, suicide was considered a criminal act under section 309 of IPC and used to attract punishment. Recently the debate on decriminalization of offense of attempt to suicide in India resulted in presentation and formulation of Mental Health Care Act 2017. The concerned bill has been passed and become law of the land and decriminalises suicide or an attempt to commit suicide. The objective of the study is to find out the causes of attempt to suicide and possible remedies. **Method:** The data for the study is collected by using secondary sources. **Results:** The study has found that there are following major causes of attempting suicide in India. Stress is the main cause for resorting to such an act of suicide. Stress is because of Family problems, Illness, drug abuse, ditching in love affairs, economic indebtedness, unsuccessful in examination, unemployment etc. Consistent and continuous counselling of such person can demotivate that person to resort to such act again. It is important to create conducive environment where the person realises his/her potential and worthiness of god gifted life. **Conclusion:** It is concluded that an attempt to suicide is a case of mental illness resulted out of stress and depression and require care and counselling to desist the recurrence of this act.

Keywords: Suicide, Stress, Decriminalisation.

TO STUDY THE EFFECT OF BHASTRIKA PRANAYAMA ON STRESS

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Objectives: This study was carried out with the objective to find the effect of Bhastrika Pranayam on the level of Stress. **Method:** Sample consisted of 20 graduate students of Dev Sanskriti Vishwavidyalaya by purposive sampling technique. The scale employed for data collection was Stress Scale by Dr. M. Singh. **Results:** The data was analyzed using the t –test .For mean comparisons, the pre and post (Mean±1 S.D.) scores were compared.

Clinically significant results were found at .01 level. Results imply that bhastrika pranayam can be effective as a therapeutic technique for stress. **Conclusion:** Bhastrika stimulates the circulation of cerebral fluid and increases the compression and decompression upon the brain, creating a rhythmic massage and decreases the stress, tension and Psychological problem.

Keywords: Bhastrika, Stress, Rhythmic Massage, Cerebral Fluid.

ANXIETY AND STRESS ON LONELINESS AMONG MALE ADOLESCENT STUDENTS OF MANIPUR

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Objectives: Adolescence is a period of stress and strain as there is a network of pressure on the students such as peer pressure, contradictory role demand, parental and teacher's expectations, etc. Anxiety and stress are negative emotional states that students undergo during adolescence hood that further results into feeling of loneliness that may affect their performances at school. The present study focuses on the impact of different severity levels of anxiety and stress on loneliness among male students of a boarding school in Manipur region. **Method:** The sample of the study comprises of 120 male adolescent students between the age group of 17 to 19 years selected through random sampling technique. Data was collected using UCLA Loneliness Scale for measuring feeling of loneliness and DASS-21 for assessing anxiety and stress levels. The statistical analysis of the data was carried out using SPSS version 20.0 by means of descriptive and inferential statistic one-way ANOVA. **Results:** A statistically significant difference in the mean scores among all the levels of stress, $F(4,115) = 4.565, p < 0.05$, on loneliness was obtained and as small but statistically significant group mean difference between the levels of anxiety on loneliness, $F(4,115) = 2.567, p < 0.05$, among male adolescent students was found. **Conclusion:** It has been concluded that stress and anxiety play a significant role in building feeling of loneliness among students. Male adolescent students with mild to moderate anxiety had a low gradation of loneliness whereas students with severe anxiety showed a higher degree of loneliness.

Keywords: Anxiety, Stress, Loneliness, Adolescents

PAIN DISORDER: UNDERSTANDING AND MANAGEMENT

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Pain disorder is a somatoform disorder in which there is a predominant complaint of persistent, severe and distressing pain, which cannot be fully explained by a physiological process or a physical disorder. Pain occurs in association with emotional conflict or psychosocial problems that are sufficient to allow the main causative influences. Pain is best conceptualized as a perceptual, rather than, sensory, phenomenon. It is more commonly experienced by women, but can also affect men, and the age of onset varies widely. Patients with this kind of disorder seem to experience painful sensations in a way that increase their pain intensity. People who have a history of physical or sexual abuse are more likely to have this disorder. However, not every person with this disorder has a history of abuse. Pain disorder includes: pain associated with psychological factors; pain associated with psychological and a general medical condition; and pain associated with a general medical condition. Our presentation observes various types of pain disorders and different therapeutic techniques helpful in managing them. Cognitive behavioral

therapy (CBT) has been shown to be effective in patients who suffer from either continuous or chronic pain. Hypnosis is another technique, helpful in the treatment of patient with pain disorder. Operant behavioral therapy reinforces healthy behavior and ignores pain behavior. These therapies are of great help in managing and treating the patients with pain disorder.

Keywords: Somatoform Disorder, Cognitive Behavioral Therapy, Hypnosis, Operant Behavioral Therapy.

TIFFIN FEEDING BEHAVIOR AND CHILD DEVELOPMENT

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Objectives: Healthy and adequate meal helps to meet nutritional needs of a child. A child spends almost 4-5 hours in the school and thus need energy and stamina to stay active throughout the day. The major objective of this study to assess aggression, anxiety, confidence and memory status in Tiffin Feeders and Non Tiffin feeders participants. **Method:** A total number of 60 Participants (age range=13 to 14 years) were participated in this study. Non-Tiffin Feeders participant selected, who are not taking any type of food in lunch hour at school from at least 1 month. 30 Tiffin Feeder (M=12.26years) and 30 Non Tiffin Feeder (M=12.36years) were participated in this study. **Result:** Tiffin Feeders scored lower in comparison to Non Tiffin Feeder ($p = 0.03$) on General Anxiety. Furthermore Tiffin Feeder scored higher in Memory comparison to Non-Tiffin Feeder ($p = 0.04$). Moreover, Aggression level was found higher in Tiffin Feeder from there counterpart ($p = 0.07$). **Conclusion:** Thus, it can be conclude that this study help to understand the importance of Tiffin feeding behaviour and child development.

Keywords: Tiffin Feeder, Aggression, Anxiety, Memory.

EMOTIONAL INTELLIGENCE OF ADOLESCENTS IN RELATION TO THEIR MENTAL HEALTH

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Objectives: The study was carried out with the objective of investigating the relationship between emotional intelligence and mental health of adolescents. **Method:** Sample consists of 240 adolescents (120 male and 120 female) from 6 higher secondary schools of Kashmir Valley were chosen by simple random sampling technique. The scales employed for data collection were Emotional Intelligence Inventory by S. K. Mangal & Shubhra Mangal, and Mental Health Scale by Jagdish & Srivatava. Mean, standard deviation, percentage, t-test and Pearson's product moment correlation were used to analyze the data. **Results:** The results showed no significant difference in emotional intelligence of male and female adolescents. However, a significant difference in the mental health of adolescents was found. The study further reflected that there is a significant relationship between emotional intelligence and mental health of adolescents. **Conclusion:** Findings indicate that emotional intelligence was found insignificant in terms of gender. However, mental health was found to be significant among male-female adolescents. The study concluded that adolescents with higher emotional intelligence experience high mental health.

Keywords: Emotional Intelligence; Mental Health; Adolescents; Kashmir Division.

EMOTIONAL INTELLIGENCE AND PERCEIVED STRESS OF SECONDARY SCHOOL STUDENTS: AN EMPIRICAL STUDY

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Objectives: The study was carried out with the objective of investigating the emotional intelligence and perceived stress of secondary school students. **Method:** A Sample of 400 secondary school students (200 male +200 female) from 20 secondary schools of Kashmir Valley were selected by random sampling technique. The scales employed for data collection were Arun & Shruti Narain's Emotional Intelligence Scale; and Sheldon Cohen's Perceived Stress Scale. Relevant descriptive statistical measures like mean, standard deviation, percentage, t-test and Pearson's product moment correlation were used to analyze the data. **Results:** The results reveal a significant negative relationship between emotional intelligence and perceived stress of secondary school students. The study also reflected that female secondary school students are having comparatively good level of emotional intelligence than male secondary school students. The study further revealed that male secondary school students are having comparatively high stress than female secondary school students. **Conclusion:** Findings indicate that gender is a significant predictor of students' emotional intelligence level. Perceived stress was also found to be impacted by gender. The findings further concluded that higher levels of emotional intelligence relate to lower levels of stress among secondary school students. These findings provide some interesting implications for theory and future research.

Keywords: Emotional Intelligence; Stress; Secondary School Students; Kashmir Valley.

IMPACT OF PERSONALITY TRAITS AND GENDER ON ACADEMIC SELF-CONCEPT OF ADOLESCENT STUDENTS

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Objectives: The period of adolescence is a state of utter confusion and strain on the body and mind. Students in this age group are likely to build certain characteristics that influence their overall performances at school/college. This crucial stage of adolescents requires proper personality development to alter their behaviour in different situations and also in achieving their academic goals. The present empirical study focuses on how different personality traits and gender plays an important part in understanding the academic self-concept of students. **Method:** The participants (N=180) of the study were selected using random sampling procedure in equal male(N=90) and female ratio(N=90) with age ranging from 15 to 19 years. Students were further classified into 4 equal groups (N=45) of personality traits using Introversion-Extroversion self-repot inventory. Academic self-concept of students was assessed using Academic Self-Concept scale by Liu and Wang (2005). The data was statistically analysed using SPSS version 20.0 by means of descriptive and inferential statistic Two-way ANOVA. **Results:** A statistically significant main effect of personality traits, $F(3, 172) = 2.724, p < .05, \eta^2 = 0.045$, on student's academic self-concept was found indicating a small significant difference in the mean scores of thinking introverts ($M = 67.96$), thinking extroverts ($M = 69.89$), emotional introverts ($M = 67.42$) and emotional extroverts ($M = 66.80$). Gender and Interaction effect was found to be insignificant. **Conclusion:** It was concluded that personality traits plays a significant role in students' academic self-concept and should be identified for further academic success. Students

with different personality traits have different behaviours and thinking processes and proficiency in achieving academic goals.

Keywords: Academic Self-Concept, Personality Traits, Gender Role, Adolescents

STRESS, ADJUSTMENT AND COPING PATTERN IN PARENTS OF CHILDREN WITH AUTISM

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Objective: The present study is an exploratory study which aims to assess the stress, coping and adjustment pattern in parents of children with autism. **Method:** The sample consisted of 20 parents. The tools used in the present research were a semi-structured interview schedule that aided in the process of data collection and to probe into relevant areas. A parent stress index questionnaire was used to assess the stress experienced due to child characteristics, parent characteristics and other life stresses. A coping checklist was used to study the coping styles adopted. A structured interview schedule was used to assess the adjustment level of the parents. **Results:** The results indicated that the parents experienced stress due to certain characteristics of their child namely, adaptability, demandingness and inability to positively reinforce parent. Also parents felt incompetent at handling their child and felt isolated. The coping styles adopted their child and isolated. **Conclusion:** The coping styles adopted by the subjects varied, as certain coping styles were preferred over the others. Results also indicated that a large number of parents were maladjusted and in need of professional assistance.

Keywords: Adjustment Pattern, Coping Style, Stress and Autism.

WOMEN AND HEALTH CHALLENGES

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Objectives: Health is a pre-request for human development and is an essential component for the well being of the common man. The world health organization defines health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. In recent years, this statement has been amplified to include the ability to lead a socially and economically productive life. India is one of the few countries where male significantly outnumber females, and its maternal mortality rates in rural areas are among the world's highest. Health is both an important factor in the achievement of states as well as an indicator of social status, particularly for women. This study was carried out with the main objective of investigating women's health challenges. **Method:** Literature search was done on Google search engine using keywords women's health, health challenges and topic related books, journals etc were also study. **Results:** As we know Tradition idealizes the women's role as a mother, a housewife and the distributor of food. It is customary in all Indian families for women to serve the family members first and then eat whatever is left. Women health among rural areas is a grossly neglected concept. Nutritional anemia is a major problem for women in India and more so in the rural areas. This is particularly serious in view of the fact that rural women have heavy workload and anemia has profound effect on psychological and physical health. Maternal malnutrition is quite common among the rural women especially those who have many pregnancies too closely spaced. Child bearing imposes additional health needs and problems on women – physically, psychologically and socially. **Conclusion:** In the context of low social-economic status of the bulk of the population, this factor becomes adverse to good health in the case of women. With rapid increase in population, inadequate

housing, poor sanitation and insufficient medical facilities adversely affect the vulnerable segment of the community. Maternity, therefore constitutes of aspect problem. The bulk of the stress and strain falls on women thereby suffering from extremely poor health. For the solution of this problem a great emphasis must be laid on women's nutrition, education and empowerment.

Keywords: Women, Health, Challenges.

DISCERNING ASPERGERS SYNDROME THROUGH INSTRUMENTALITY OF EXECUTIVE FUNCTIONS

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Aspergers Syndrome (AS) is a neurobiological disorder on the higher-functioning end of the autism spectrum. Being a developmental disorder it gets characterized by significant difficulties in social interaction and nonverbal communication, along with restricted and repetitive patterns of behavior and interests. When attributing causality, several notions emerge, notably executive dysfunctions. Executive Functions (EF) by its nature are a set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. It is an umbrella term for the neurologically-based skills mainly supported by the prefrontal cortex, which regulates lower level cognitive processes (eg. perception, motor responses) thus contributing to mental control and self-regulation. Individuals with Aspergers often display issues with cognitive flexibility, planning, sequencing, disengaging and self regulations, yet the executive functions utility remains an abstraction in Aspergers Syndrome. Therefore, the current review comprehends the literature and attempts to utterly recapitulate the account of executive functions in Aspergers Syndrome.

Keywords: Asperger Syndrome, Autism, Executive Functions.

SELF-CONSTRUAL AND SUBJECTIVE WELL-BEING: AN OVERVIEW

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The divergent cultural mandates and socio-cultural value systems leads to different sets of self-cognition and differential organization of self-processes. Such culturally construed self-processes guides the behavior and self-evaluation of an individual which in turn may influence their health and well-being. The theoretical paper presents an overview of the link of one such culturally construed self-process (viz., independent and interdependent self-construal) with subjective well-being (SWB) and presents a theoretical framework to explain how culturally construed individual level self-processes may mediate the effect of ecological level culture on SWB (i.e. cross-nation differences in SWB). Though the studies are very scant to support the link of self-construal with SWB across different culture, a few available empirical evidences suggest the possibility of differential impact of independent and interdependent self-construal on SWB of people from individualistic and collectivistic culture. A theoretical explanation of the differential impact of the individual level psychological culture (i.e. self-construal) on SWB across ecological level culture has also been presented. Finally, the potential mediating pathways explaining the link of the said dual self-processes with SWB has also been reviewed.

Keywords: Self-Construal, Independent Self, Interdependent Self, Subjective Well-Being, Ecological Culture, Psychological Culture.

THE ROLE OF SOCIAL SUPPORT IN THE WELL BEING OF ELDERLY

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Objectives: This study was planned to investigate the role of social support in the wellbeing of elderly and compare the well being of male elderly with the group of female elderly people. **Method:** This was a quantitative, non-experimental and correlational research study, in which 40 aged (20 male and 20 female) persons (60 – 80 years of age) were participated. Purposive sampling technique was employed for data collection. Data were collected personally by the researcher using standardized scales namely Social Support Scale and Psychological Well-Being scale. **Results:** The differences in the obtained data were analyzed with the help of t-test. The results show that there is a significant difference emerged in social support of the aged male & female ($t=4.19, p<.01$) and psychological well-being of the aged male & female ($t=0.68, p<.01$). The results also revealed that high and low social support influences the psychological well-being of the person and elderly male received high level of social support rather than elderly female. Analysis by Spearman's rank differences correlation confirmed a significant positive correlation between scores on the social support measure and psychological well-being scale ($r = .73, p <.01$). **Conclusion:** There was a positive correlation found between social support and psychological well being, the ways in which social support is understood and perceived is important in ascertaining the role it may play in aged individual's psychological well-being.

Keywords: Social Support, Psychological Well Being, Correlational Research Study, Purposive Sampling Techniques, Aged Male & Female.

PAIN LOCUS OF CONTROL AMONG ANGINA PECTORIS PATIENTS

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Objectives: 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 Angina pectoris. **Method:** 2 x 2 factorial design with two groups (Angina pectoris patients and control group) and 2 genders (male and female) was planned. (Patients and control group) and 2 genders (male and female) was planned. Sample consisted of 50 male and 50 female Angina Pectoris patients of the age range of 40 to 55 years, diagnosed by the medical experts, minimum education at least high school and suffering from Angina Pectoris at least for the preceding one year period. 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 also included in the sample. Hindi Adaptation of Pain Locus of Control Scale (Kumar, 2000) was administered to these groups individually. **Results:** It was found that Angina Pectoris patients are externally controlled and the experience of pain in Angina Pectoris is governed more by powerful others as compared to the control group. **Conclusion:** Summarizing the findings of this research, it may be concluded that Angina pectoris patients are externally governed in the experience of pain as compared to the control group which reflects that the internal belief system of Angina pectoris patients requires strengthening, to enable them in managing their pain condition in a better way.

Keywords: Pain Locus of Control, Internality, Chance, Powerful Others, Angina Pectoris.

PREVENTION AND WELLNESS ACROSS THE LIFE SPAN

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Health issues continually evolve to identify and understand the shifting needs of diverse groups in the midst of socio-economic, psychological and demographic transitions. Well-being of children has been at the forefront across diverse communities. Whether it be utilizing a life-course approach to understanding pre- and post-natal factors associated with differences in childhood body mass index or focusing on current factors in the physical environment that facilitate daily physical activity, efforts to curtail obesity in the younger generation requires a multifaceted approach. On a different but equally important note, focus shifts to the home environment of immigrant families as to how the confluence of economic and psycho-social burdens increase stressful parenting and reduce mental health and well-being of parents and children. Differences in environments – from biological to the societal – contribute to inequities in patterns of exposure and health outcomes. Among adults, health and prevention efforts concentrate on curtailing individual behaviours viz. smoking, alcoholism, unhealthy dietary habits, lack of physical exercise, sexual risk, etc. A perceptible shift has been observed towards elucidating the complex roles played by inequalities in shaping adult health within and across societies. Finally, a picture is presented of the complexities and challenges faced by the community with the ageing of our society. There is a growing need for policies and programmes that promote healthy ageing and also require careful monitoring and prevention programming. Promotion of health consciousness and well-being of individuals and communities across all generations – children, adults and the elderly – is the most desirable thing.

Keywords: Post-Natal, Obesity, Exercise, Elderly.

MENTAL HEALTH STATUS OF AGING SCHOOL TEACHERS AND HOUSEWIVES

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Objectives: The study aims to assess the mental health status of Preretired and Retired school teachers in the age range of 50 to 60 years and above 60 years. The mental health status of women with employment history was also compared with that of housewives of similar age. **Method:** The sample of the study consisted of a 50 pre-retire, aging 50 to 60 years (PRTD) and 50 retired aging 60+yrs (RTD) and 35 housewives, aging 50 to 60 years (HWYo) and 35 housewives aging 60+ yrs. (HWOo). Indian adaptation of Goldenberg's Mental Health Inventory was administered on 100 school teachers and 70 housewives. The test assesses four dimensions of mental ill health viz. anxiety, depression, somatization and social dysfunction. A low score on the test indicates better mental health. **Results:** The results indicate that housewives in the age range of 60+yrs. have the poorest mental health whereas housewives in the age range 50 to 60 years have the best mental health. PRTD women have higher scores on anxiety whereas older housewives (HWOo) have highest scores on depression, social dysfunction and somatization. Women with employment history have lower scores on somatization as compared to the housewives of similar age. **Conclusion:** Results have been analyzed in the light of Indian social conditions.

Keywords: Mental Health, Aging, Teacher, Housewives.

COMPARATIVE STUDY OF OCCUPATIONAL STRESS AMONG COMMISSIONED AND NON-COMMISSIONED ARMY PERSONNEL

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Objectives: This study was carried out with the objective of comparing the occupational stress among the commissioned and non-commissioned army personnel and to identify the occupational stressors that contribute to the higher level of occupational stress. **Method:** The sample consisted of 15 commissioned and 15 non-commissioned army personnel who were selected by random sampling. The scale employed for data collection was Occupational Stress Scale by Dr. AK Srivastava and AP Singh, and was analysed using the Student's t-test. Statistical significance level was considered as 0.05. **Results:** The results reveal a significantly higher level of occupational stress among the non-commissioned army officers as compared to the commissioned army officers. **Conclusion:** Under participation, poor peer relations, role conflict and strenuous working conditions are the major factors underlying occupational stress among the non-commissioned officers and in case of the commissioned officers strenuous working conditions is the only factor found to be the reason for a mild level of occupational stress among the commissioned army officers.

Keywords: Stress, Occupational Stress, Indian Armed Forces, Indian Army.

A COMPARATIVE STUDY OF ANXIETY AND DEPRESSION IN INTERNET USERS

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Objectives: This study was carried out with the objective of comparing the anxiety and depression levels of high and low internet users as well as investigating the relationship between internet, anxiety and depression. **Method:** The sample consisted of 30 college students from Lucknow. Out of these 15 students were categorised as 'High Internet Users' and 15 as 'Low Internet Users' with the help of Internet Addiction Test (IAT) by Dr. Kimberly Young. Beck Anxiety Scale (BAI) and Beck Depression Scale (BDI-II) were used to assess the anxiety and depression levels of the participants. Data was analysed with the help of Student's t-test and Pearson Product Moment r. **Results:** The results reveal that there is a significant difference in the anxiety and depression levels of high and low internet users. Also internet use is significantly and positively correlated with both Anxiety and Depression. **Conclusion:** There is significant difference in the anxiety and depression levels of high and low internet users. High internet users have significantly higher anxiety and depression scores than the low internet users. Internet usage is also significantly and positively correlated with both anxiety and depression. Thus greater the internet usage, greater are the chances of developing anxiety and depression. Thus people should check and balance their internet use and prevent themselves from psychological and physical harm.

Keywords: Anxiety, Depression, Internet Addiction, Health.

ATTENTIONAL BLINK PARADIGM TO EXPLORE NATURE OF CONSCIOUSNESS PERCEPTION

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Objective: Attention and awareness relationship are in debate for long. Dual task paradigm clearly shows how simple discrimination task of naturalistic scene can be done in near absence of attention to explore richness of conscious experience we used an attentional blink paradigm in this study. **Method:** To investigate whether consciousness works on partial report hypothesis or is it an all or non-phenomena a RSVP of geometric shapes with feature (shape, colour) differences was presented. In two experiments with counter balancing the features of first target was used to access the consciousness for two different features of the second target. **Results:** The results showed there was always AB for one feature while subjects accurately reported other. AB for T2 identity was more severe than the AB for T2 colour. The participants' ability to report one feature of a target and not the other demonstrates that awareness of features of objects can occur without awareness of the entire object. **Conclusion:** Therefore our results is against the hypothesis that consciousness is an all or non-phenomena rather its hints at partial nature of it. Hence it works on different levels of representation independently evidencing richness of conscious perception outside attention.

Keywords: Attentional Blink, All or Non-phenomena, Partial Awareness.

ELDER ABUSE AND NEGLIGENCE: ELDER'S MENTEL HEALTH AND QUALITY OF LIFE

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Objectives: With the growing modernization and depending upon the availability of jobs, our older values are being replaced by individualism and in 21st century, it becomes a major problems in our society in terms of abusive and negligence attitudes towards our elders. This study was carried out with the objectives to explore the different causes and consequences of abusive and negligence behavior and its impact on the elder's mental health and quality of life at later stage. **Method:** As an exploratory study, researcher has conducted individual in-depth interviews of 20 older retired people and 15 house wives living in Allahabad and New Delhi by using purposive sampling technique. A comparative thematic analysis was done to get the result. **Results:** The results shows that elderly who are facing abuse and negligence from their children have poor mental health in terms of depression, suicidal attempts, loneliness, annoyed etc. while on the other hand, cognitive and physical impairments of the abused older person were strongly identified in this studies as risk factors for abuse and negligence. Results are also present a comparative pictures of this issues in Allahabadi and Delhi people. Results were discussed in light of previous literature and theories of ageing and socialization. **Conclusion:** Findings indicates that abuse and neglect behavior towards elder people are become one of the serious stuff for today's life of older people.

Keywords: Elder's Abuse, Negligence, Mental Health and Quality of Life.

EFFECT OF CHRONIC AND FATAL ILLNESS ON PERSON AND NATION

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Objectives: This study was carried out with the objectives of investigating globally how chronic and fatal illness affects the lifestyle of the people and the measures to curb them. **Method:** Sample consisted of 150 chronic patients and 150 controls selected by purposive sampling technique. The scales employed for data collection was a four-page questionnaire used as the research instrument. Attribute level scales were a combination of scales earlier used in similar other research. The full questionnaire was first pre-tested in an iterative manner among a convenience sample of colleagues and friends drawn from the general public. The 150 respondents in this test sample were asked to provide comments on the relevance and wording of the questionnaire items, length of the survey, and time taken to complete it. **Results:** The results reveal that the prevalence of chronic diseases is increasing not only worldwide but also in India. The myths that chronic diseases only affect the rich and elderly have been dispelled by the empirical evidence that it also affects the poor and young. **Conclusion:** Findings indicate that chronic diseases incur huge welfare losses through cost of illness, reduction in consumption and impoverishment and loss of national production. Many states are developing policies, programs and initiatives to redesign health care delivery and payment systems to improve health, reduce costs, and better prevent and manage chronic disease.

Keywords: Huge Welfare Losses, Loss of National Production, Policies to Curb Them, Healthcare Centers.

DREAMS AND ITS INTERPRETATION

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This study was carried out with the objective of giving a brief description of the title “Dreams and its interpretation”. Dreams are common to everyone whether it’s a five year old child or a fifty year old adult. Everyone experiences dreams. Dreams are based on individual’s life events. In today’s time, everyone is interested to understand its origin and its meaning. Dreams are diverse in nature. They vary from being frightening to exciting, simple to thrilling and normal routine like to something adventurous varying from person to person due to individual differences. In ancient times, people had various ideas about dreams, for some considered them to be a supernatural communication and some, in contrary, had faith and belief in fateful dreams. Dreams are connections to our unconscious mind. According to Sigmund Freud, dreams are defined as “The Royal Road to the Unconscious mind”. Dreams are hidden emotions and are uncontrollable in nature. Interpretation of dreams can be defined as the process of giving meaning to the dreams. Many renowned psychologists have done a lot of work on dreams. This paper includes the findings of Sigmund Freud, Pamela J Ball and Maurice Nicoll and will explain their individual perspective on dreams.

Keywords: -Dreams, Dream Interpretation, Unconscious Mind.

A REVIEW STUDY: DO LAZY PEOPLE ARE MORE INTELLIGENT?

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The purpose of the study is to inquire the research which claims that lazy people are more intelligent. Cognitive abilities like reasoning, problem solving and thinking are considered some of the important attributes which segregate human beings from other species. According to Ross, "Thinking is a mental activity in its cognitive aspect or mental activity with regard to psychological aspects". Different people perform different tasks when they get bored because of individual differences. Many researchers says, that people those who have high intelligence quotient (IQ) spend more time in thinking rather than doing some physical activity. These people are more engaged in their own thoughts. The study has been done on "thinkers" and "non-thinkers" in Florida Gulf Coast University, which revealed that students who do high level of thinking are lazier than non-thinkers. The paper includes various studies and findings of renowned psychologists which focus on cognitive abilities of an individual.

Keywords: Thinking, Intelligent, Thinkers, Non-thinkers.

ANGER MANAGEMENT: ROLE OF YOGA AND BREATHING TECHNIQUES

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Anger is generally a part of everyday life. It is not something that you should be representing as it can have harmful effects on your health and relationship. Anger is commonly felt emotion and occasionally everyone experiences rage. This is slowly become epidemic. When we initially feel a wave of anger there are several traditional and some not so traditional method for anger management. Anger management is a process of learning to recognize sign that you are becoming angry and taking action to calm down and deal with the situation in a productive way. Anger management refers to the process by which a person learns how to identify stressors take necessary steps for anger management. The purpose of anger management is to help a person decrease the heightened emotional and physiological arousal often associated with anger. It is generally impossible to avoid all the people, things and settings that incite anger, but a person may learn how to control reactions and respond in a socially appropriate manner. The support of a mental health professional may be helpful in this process. Many of us feel anger, irritability and frustration throughout the course of our daily lives. Exercise can be a great daily treatment of release those feelings. If you find yourself getting angry often yoga can help you to manage the feeling while you are at work or at home between your workouts. Yoga is a way of life and offers the much needed helpful anger management to help tie over this negative emotion. Yoga can help both with calming you down when you feel angry in the moment and with managing anger in the long-term. Practicing yoga regularly will go to a long way toward helping you manage your anger long term. The main yoga for anger management are savasana, sheetali pranayama, ardhha matsyendrasana, urdhva dhanurasana, salamba sarvangasana, anulom- viloma, yogendra pranayam and different breath technique likes anjali mudra, child pose, balasana, sukhasana, marjaryasana, bitilasana, relaxation breath and nose breath. Yoga is calming and relaxing, when you focus on listening to your body, it is hard to hold on to anger. Developing a regular yoga practice will help with your anger. Meditation is also important for anger management. Just 15-20 minutes of daily meditation can make a lot of difference. Practice and patience in meditation is essential. Over a period of time with regular meditation practice you will find that you have become calmer and

do not get anger as often. So Yoga, Meditation, Breathing Exercise, Good Food Habits And 8 Hour of Sound Sleep is the ultimate success mantra to control anger.

Keywords: Anger, anger management, Yoga, Breathing Techniques.

A GLOBAL STUDY ON CHRONIC DISEASES AND FATAL ILLNESS

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Objectives: This study was carried out with the objectives of investigating causes and remedies of the illness and better healthcare management. **Method:** Sample consisted of 100 chronic patients and 100 controls selected by purposive sampling technique. On the nominal scales employed for data collection questionnaire method used as the research instrument. The full questionnaire was in an interactive manner. The 100 respondents in this test sample were asked to provide responses on the relevance and wording of the questionnaire items, length of the survey. **Results:** The results reveal that with a strong evidence base, the WHO global report⁵ on ,Preventing Chronic Diseases- A Vital Investment attempted to dispel the notions that chronic diseases are a distant threat and are less important and serious than some infectious diseases. **Conclusion:** Findings indicate that chronic diseases and related risk factors impose a significant burden on both the poor, across countries and within countries; and those of working age. Furthermore, the report also cited that, contrary to widespread belief, a substantial share of the chronic disease burden rests on the shoulders of working-age populations and particularly in developing countries

Keywords: Biggest Contributor to Mortality, Main Diseases, Cardiovascular, Cancer, Chronic Respiratory Diseases, Diabetes.

WELLBEING IN CHRONIC ILLNESS: RELATIONSHIP TO SYMPTOMS AND PSYCHOLOGICAL DISTRESS

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Objectives: There has been insufficient research into positive mental processes and well-being in Chronic Illness, in contrast to the abundance of research emphasizing psychopathology and dysfunction. This study's was to examine Psychological Wellbeing and Subjective Wellbeing and their relationship to symptoms in individuals with Common fatigue Syndrome (Chronic Illness,). Participants completed self-report scales of Psychological Wellbeing and Subjective Wellbeing, fatigue, pain, anxiety and depression. **Method:** Sample consisted of 60(48 males and 12 Females) patients of chronic illness selected by purposive sampling technique. A cross sectional, correlational design was used. Participants were administered self-report questionnaires, which assessed symptoms and several domains of well-being. The independent variables were symptoms of fatigue, pain, anxiety and depression. The dependent variables were the dimensions of PWB (Ryff,1989), Positive Affect and Negative Affect. The scales employed for data collection were Clinical interview Schedule Demographics Questionnaire Ryff Psychological Well-Being Scale (PWB; Ryff, 1989), The Hospital Anxiety and Depression Scale (HADS; Zigmond & Snaith, 1983). **Results:** Results shows that Correlations between scales of symptoms and well-being were found to be complex. Well-being dimensions were largely independent of physical symptoms (Pain intensity, Physical Fatigue, Reduced Activity and General Fatigue) but strongly related to psychological components of fatigue (Mental Fatigue and Reduced Motivation) and psychological distress (Depression and Anxiety). **Conclusion:** As the present

study found that well-being was largely independent of physical symptoms but a significant predictor of psychological symptoms and distress in Common Fatigue Syndrome. This supports the notion that impairments in well-being domains represent vulnerability factors for mood disorders and adjustment problems.

Keywords: Wellbeing, Chronic Physical Illness, Depression, Anxiety.

PERSONAL STRESS AMONG TYPE-2 DIABETICS

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Objectives: Present study intended to investigate the level of personal stress among type-2 adult Diabetics. . Diabetes is one of the lifestyle linked disorder. As we all know Stress is one of the debilitating conditions of modern era. Stress not only increases the vulnerability for mental disorders, but for physical illnesses also. Increased heart and breath rate, and low immunity and disturbed hormonal secretion all contributes to ailments. Researches found the role of stress in psycho physiological disorders. **Method:** Personal Stress Source Inventory (PSSI) by Dr. Arun Kumar Singh was used to measure the level of Personal stress. Sample consists of 100 Type 2 adult Diabetics (50 males and 50 females). **Results:** The results indicate 46% females and 38% males showed high level of personal stress, rest of the participants fall into moderate category. None of the participant falls into low stress category. **Conclusion:** Findings indicate that all Diabetics experience significantly higher level of personal stress.

Keywords: Type-2 Diabetes, Personal Stress, Sex.

DEALING WITH HIV/AIDS: STAGE WISE MANAGEMENT

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HIV/AIDS is an acquired behavioral syndrome since most of the common avenues of spread of disorder are lifestyle related. During the clinically latent period, the Human Immunodeficiency Virus (HIV) is still progressing. This is observable in an increasing viral load, the depletion of CD4 cells in peripheral blood and in increasing proportion of HIV infected lymphoid cells (Pantaleo et al, 1993). Over 10% prevalence rate in states of Maharashtra, Andra Pradesh and Tamil Nadu have been reported by Misra, Chatterjee and Rao, 2003. Since HIV infected persons are also vulnerable to relatively rare cancers including Kaposi's sarcoma & Burkitt's lymphoma and, in women, cervical carcinoma, it becomes imperative in understanding the four stages of HIV infection and their psychosocial management. The stages namely, (i) initial HIV seropositive diagnosis, (ii) post – diagnosis asymptomatic stage, (iii) pre – AIDS symptomatic stage, and (iv) AIDS, will be discussed in the presentation. The intervention, adjustment and health course in HIV infection can be understood in the light of primary, secondary and tertiary prevention. These models of intervention consist of complex interaction of psychosocial factors like perception of self – efficacy, sense of control, coping response(s), mood state, gender, social support, resilience and many others. Similarly, adjustment to HIV positive status or course of infection can be predicted in combination of above factors without disregarding the role of individual differences.

Keywords: HIV/AIDS, CD4 Cells, Cancers, Stages, Intervention.

STRESS LEVEL AND COPING STRATEGIES AMONG IIT STUDENTS

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Objectives: The core intension of this study was to detect the level of perceived stress among IITians and their coping strategies. IITs are known to filter auriferous brains of the country and stress being a universal phenomenon taking toll on IITians has some significance. After already been through a great amount of stress during JEE, they develop such confidence that academic perceived stress is somewhere neutralized. **Method:** A total number of 200 questionnaires were administered to IIT-BHU students for the present study, out of which 175 were returned and suitable for analysis. The sample consists of both males and females that were divided on the basis of their ages, 16-19 years and 20-22 years. The Perceived Stress Scale (PSS) by Cohen et al., 1983 was administered individually on all participants. **Results:** As a result it was observed that there is a significant difference between junior year students i.e. 16-19 years and senior year students from 20-22 years. **Conclusion:** It was concluded that majority showed moderate level of stress as coping strategies were escaping strategies rather than management. In order to avoid stress, IITians indulged and distracted themselves in escape methods focused on coping with their emotions.

Keywords: IITians, Perceived Stress, Coping Strategies.

IMPORTANCE OF MENTAL HEALTH AMONGST COMMERCIAL TRAINEE PILOTS

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At a tender age of 18 young adults dreaming to be pilots step into the world of aviation with little anticipation of the wide array of stress and challenges that come along with the job. Even though it isn't the most communicative and entertaining job amongst the pool of options, one of the main qualities required to be a good pilot is to be quick and alert. The mental health and well being of these adults should be very important and a matter of concern from the very beginning of training. In light of a few flights crashing due to the unstable mental condition of the pilots, a number of countries have taken effective measures to put an emphasis on the mental health of these individuals. However, with the negligence on the status of the mental health of pilots in India it makes it difficult for them to seek help due to the fear of losing their license and status. The current study is based on research articles along with available reports that focus on mental health of young commercial trainee pilots in government and private aviation institutes in India. The study reveals that even though there is a conduction of mental and physical check ups every 6 months, there is an absence of mental health professionals on board to help these young pilots get through the stressful period of training and to identify mental health issues throughout the training phase.

Keywords: Commercial Trainee Pilots, Mental Health, Negligence, Aviation.

BULLYING IN SCHOOLS: WHAT CAN PARENTS, STUDENTS AND SCHOOLS DO IF BULLYING HAPPENS?

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Bullying, particularly among school-age children, is a major public health problem both domestically and internationally. Bullying is any repeated negative activity or aggression intended to harm or bother someone who is perceived by peers as being less physically or psychologically powerful than the aggressor(s). Bullying is a form of harmful behaviour which can have long-term impacts on the wellbeing of individuals, communities and society. Bullying behaviour can include physical or verbal assaults or indirect actions such as psychological manipulation. Bullying can be reduced in environments where all people feel safe, valued and connected. Bullying is complex. Approaches to bullying need to include relationship and social solutions at the whole school, class and student level, and on occasion, at the family and community level. Effective approaches to student bullying include restorative practices, conflict management, equalizing power imbalance amongst students, and social skills development. More than one method of addressing bullying may be needed as no single approach is appropriate or effective in all circumstances or for all people.

Keywords: Bullying, Parents, Students, School.

EFFICIENCY OF ATTENTION NETWORK TASK AMONG ANXIOUS PARTICIPANTS: AN EVALUATION

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When a person has problem in controlling emotion under specific circumstances this can lead to anxiety in a person. Cognitive theory of anxiety explains how anxious people oversee the world. Attention is a multi-network system and each network may be affected differently by anxiety. The state or trait anxiety may influence attention differently. Trait anxiety was related to executive control network, but state anxiety was associated with the alerting and orienting networks. In this paper, we try to evaluate the efficiency of Attention Network Task (ANT) among participants who are anxious. Current evidence further, suggested that ANT provides a reliable measure of three fundamental components of attention within one procedure and assesses the efficiency of three attention networks: orienting, alerting, and executive control. In sum, the attention network task is more effective for anxiety participants than other neuropsychological tasks of attention, as it allows us to assess different components of attention and their interaction in a single experiment, resulting in time efficient, validated and bias free outcomes, proved to be useful in comparing and differentiating attention related in anxiety participants. Limitations of the methodology in previous studies include small sample sizes, restricted gender, and lack of consideration of individual difference variables. Gap and Recommendations for future research will be discussed in present paper.

Keywords: Anxiety, ANT, Orienting, Alerting, Executive Control.

OLDER ADULTS AS OUR RESOURCES AND NOT A BURDEN

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Home to over 100 million older adults and with numbers further expected to increase threefold in the next three decades; India has many challenges to be addressed. World Health Organization (WHO) has urged, older people need not be looked on as a costly burden on health systems, although, the aging population has become a matter of great concern. The presentation highlights several challenges faced by the older adults like abuse, economic dependency, falling health, emotional dependence, loss of control, neglect, lack of health services, etc. The challenges need to be met in a manner through which such issues are addressed. Rather than putting them aside, physically and mentally, to be cared for separately, they need to be integrated into the lives of communities, so that their health and well-being also improves. Older adults have experiences that community people can benefit from. Hence, to conclude one should see the older adults as a blessing, and not burden because they are torch-bearers, our first teachers. We can learn wisdom, morals, values, principles, sacrificing from them and inculcate in us. When we act to care for our elders, our children will see that with respect and will act to care for us someday.

Keywords: Older Adults, Resources, Challenges, Community.

PTG AMONG SPOUSE OF GALL BLADDER CANCER PATIENT: A GENDER BASED STUDY

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Objectives: Cancer is perhaps the most dreaded of all the chronic illness. This fatal disease is an abnormal growth of cell in any part of body. Gallbladder cancer is a rare cancer of the digestive system. Gallbladder is a small pouch that stores bile (a fluid which helps in digestion process). Post traumatic growth or PTG is positive psychological change experienced as a result of adversity and other challenges in order to rise up to a higher level of functioning. Cancer diagnosis is a life threatening traumatic event deeply affecting the psychological well being of patients as well as their primary informal caregiver (the spouse). The present study tries to explore the level of PTG among male and female caregiver spouse of gall bladder cancer patients. **Method:** A sample of 100 (50 male and 50 female spouse) was chosen from Kanpur city. The tool for PTG developed by Tedeschi and Calhoun was administered and t test was used as the statistical analysis. **Result & Conclusion:** The results obtained, displayed that PTG was found higher among female spouse as compared to the male gender.

Keywords: PTG, Cancer, Spouse.

EFFECT OF OPTIMISM ON COPING STRATEGIES: IN RELATION WITH CAREER DECISION SELF EFFICACY

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Objectives: The purpose of this study is to analyse the effect of Optimism on Coping Strategies and its relationship with career decision self-efficacy. **Method:** The study used a representative sample of 206 undergraduate

university students from Delhi NCR between the age group of 18-24. The instruments used for measuring were: (1) Life Orientation Test- Revised by Scheier, Carver & Bridges (1994), (2) Ways of Coping Scale by Lazarus and Folkman (1988) & (3) Career Decision Self-Efficacy-Short Form (CDSE-SF) by Taylor, K.M., & Betz N.E. (2012). **Results:** One way ANOVA was computed and showed a significant effect of optimism on subscales of ways of coping- planful problem solving ($p=0.020$) and positive reappraisal($p=0.007$), also significant effect of planful problem solving($p=0.038$) and positive reappraisal($p=0.002$) on optimism. Further there is a significant effect of optimism on CDSE($p=0.000$). Bivariate correlation was found significant between optimism and subscales of CDSE which are self-appraisal ($p=0.004$), occupational information ($p=0.001$), goal selection ($p=0.000$) and planning ($p=0.000$). Also, between optimism & subscales of ways of coping which are social support ($p=0.017$), planful problem solving ($p=0.000$), escape-avoidance ($p=0.006$) and positive reappraisal ($p=0.004$). **Conclusion:** Findings indicate that optimism and planful problem solving and optimism and positive reappraisal are interdependent. Also there exists a relationship between optimism and ways of coping and optimism and career decision self-efficacy. Optimism is the key ingredient to happiness and helps one to cope up with stressful situations and enrich one's decision making skills in order to lead a positive and successful life.

Keywords: Optimism, Coping Strategies, Career Decision Self-Efficacy, Happiness.

STRESS IN RELATION TO TAI-CHI ROCKING TECHNIQUE AMONG WORKING FEMALES

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Objectives: Stress is defined as “The non specific response of the body to any demand placed upon it”. The study seeks to assess the stress level among the working women and its management through Tai- Chi Rocking Technique. **Method:** It made use of purpose sampling in selecting 100 working women. The sample responded to the valid and reliable instrument. Singh Personal Stress Source Inventory (2005) was used to assess the level of stress. Pre and post test research design was used. **Results:** The results reveal that the stress level was high among the working women, after the intervention significantly decline in the stress level of working women. **Conclusion:** It is recommended that stress management programs should be introduced in all the organization both public and private so as to curtail the stress level among the female staff. Top of Form

Keywords: Stress, Tai-Chi Rocking Technique, Working Women.

POST-TRAUMATIC GROWTH AND RESILIENCE AMONG BEREAVED AND CHILDLESS WOMEN

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Objectives: This study examined the post-traumatic growth and resilience among childless and bereaved women. **Method:** The sample of present study is 50 bereaved and 50 childless women. The age range of participants is 30 to 50 years. Purposive sampling is used for the research. The sample is selected from the area of lucknow and Kanpur. For measuring post-traumatic growth, post-traumatic growth inventory by Tedeschi and Calhoun and for resilience Wagnild and Young's resilience scale is used. For the analysis of data ANOVA is used. **Results:** The

results of present study indicated that post-traumatic growth and resilience of childless women is better than bereaved women. **Conclusion:** As the childless women accepted the truth that they are unable to become the mother, so they have become mentally strong to face the situation whereas bereaved women are unable to accept the truth and unable to face the reality.

Keywords: Post-Traumatic Growth, Resilience, Childless Women, Bereaved Women.

LEVEL OF ASPIRATION AND ACADEMIC ABILITY AS FACTORS IN DEPRESSION: A CORRELATIONAL STUDY

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Objectives: The main purpose of the present research was to find out the correlation between level of aspiration and academic ability with the level of depression among youths. Also to explore that what will be effect of different levels of academic ability and aspiration upon depression upon youths specially students. **Method:** In this research, the subjects were 360 students. They were preparing for competitive exams residing in Patna district. The level of aspiration, academic ability and depression level among these students have been measured. Also it was attempted to find out the correlation between level of aspiration and academic ability with level of depression. **Results:** The results have revealed that students with high aspiration and high academic ability have less depression in comparison with students with low ability and high aspiration. Also it was found from the results that level of aspiration and academic ability are significantly correlated with depression level among students. **Conclusion:** The main conclusion of the research indicates that level of aspiration and academic ability among students does affect the level of depression among them. Both are significantly correlated.

Keywords: Suicide, Depression, Aspiration, Ability, Students.

CORRELATIONAL STUDY: INTERNET ADDICTION AND PSYCHOLOGICAL WELL-BEING ON STUDENTS IN URBAN AND RURAL SETTING

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Objectives: The present study was conducted with the aim to examine the relationship between internet addiction and psychological well-being among students of urban and rural area. **Method:** The sample comprised 100 students studying in various programme under H. N. B. Garhwal University, Srinagar, (Uttarakhand) completed the Young's Internet addiction test (Young, 1998) and Ryff's Psychological well-being scale (Ryff, 1995). Data were statistically analyzed using t-test and correlation method. **Results:** The results of the study indicated the significant negative correlation between internet addiction and psychological well-being among students of urban and rural. Further it was found that there is significant difference in internet addiction among students of urban and rural with respect to their gender, males were found to be high on internet addiction than their counter parts and no significant difference was found in internet addiction. **Conclusion:** The study also revealed insignificant difference in psychological well-being among male and female students and regarding their residential status significant difference was found in psychological well-being, urban students were found to be high on the levels of psychological well-being as compared

to rural students. The study was found significant negative correlation between internet addiction and psychological wellbeing among students of urban and rural area. Urban males are high internet addicted compare to rural males, so we found the urban males low psychological well-being compare to rural males.

Keywords: Internet Addiction, Psychological Wellbeing, Students.

COMPARATIVE ANALYSIS OF SUBJECTIVE HAPPINESS

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Objectives: Present paper deals with the sole objective of studying comparative analysis of subjective happiness in individuals who have undergone the training of Hypnotherapy, Level 1 (EKAA Course Module). The hypothesis of the present research is, 'Subjective Happiness increases after practicing techniques for 90 days of Level 1 of Hypnotherapy.' **Method:** To prove this hypothesis, the present research administers a pre-test on a sample size of 75, before Level 1 of Hypnotherapy using 'Subjective Happiness Scale' by Sonja Lyubomirsky. After the pre-test, the subjects underwent the training of Hypnotherapy Level 1, wherein they learned various techniques such as, REBT, EMT, EFT, Self Hypnosis etc. Subjects practiced these techniques for a period of 90 days under supervision. And later, post-test was conducted using the same 'Subjective Happiness Scale'. **Results:** The results shows that 94.6% of the subjects were on the lower limits of Subjective Happiness Scale in pre-test but after practicing the techniques for 90 days only 2.6% of the subjects were on the lower limits of the scale in post-test. **Conclusion:** The research concludes at the end that techniques taught through Level 1 of Hypnotherapy are very effective.

Keywords: Happiness, Subjective Happiness Scale, Hypnotherapy, Level 1.

SELF-EFFICACY, DEPRESSION AND QUALITY OF LIFE AMONG RHEUMATOID ARTHRITIS PATIENTS

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Objectives: The objective of research study was to assess the self-efficacy, depression and quality of life among rheumatoid arthritis (R A) patients. **Method:** Using purposive sampling, Hindi version of General Self-Efficacy Scale (Sud et al.; 1992), Asha-Deep Depression Scale (Kumar, 2000) and P.G.I. Quality of Life Scale (Moudgil et al.; 1998) were administered to 50 male and 50 female R A patients. 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, psychosomatic and intrinsic disorders. The data were analyzed using mean, SDs and stepwise multiple regression analyses. **Results:** The results revealed that R A patients scored low on self-efficacy scale, the experience high level of depressive symptoms and impaired quality of life towards their life as compared to the control group due to poor well-being, anxious and painful life. The inter-correlation analysis described that self-efficacy of R A patients was found to be correlated positively with quality of life and negatively with depression respectively. **Conclusion:** Findings of this research are highly significant for clinical and psychosocial care and support of R A patients.

Keywords: Self-Efficacy, Depression, Quality of Life, Rheumatoid Arthritis

STATUS OF PHYSICAL AND PSYCHOLOGICAL HEALTH ISSUES AMONG MEN WHO HAVE SEX WITH MEN (MSM)

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Objectives: The present study was designed to assess the status of physical and psychological health issues among MSM population. **Method:** Sample consisted of 50 MSM were selected by snowball sampling technique. An open-ended interview schedule was employed for data collection. **Results:** The results reveal that MSM face lots of physical and psychological problems like STI, HIV/AIDS, HPV, depression, suicidal ideation, discrimination, violence and victimization, substance abuse, lack of social support and family and societal acceptance. **Conclusion:** Findings indicate that MSM is vulnerable population and prone to have chronic health issues like HIV/AIDS, Sexually Transmitted Diseases (STDs) as well as hepatitis, HPV, cancer, Depression, illicit substance abuse etc. Because of stigma and discrimination this population tend to be hidden. Current medical practice does not always facilitate discussion of sexual behaviours of homosexuals which may lead towards barriers to attain proper and competent health care, preventive measures or services for MSM.

Keywords: MSM, Health Issues, Homosexuality.

ROLE OF EMOTIONAL PROCESSING DIFFICULTIES, POSITIVE AND NEGATIVE AFFECTIVITY IN MINDFULNESS – MENTAL HEALTH RELATIONSHIP

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Objectives: The present study examines the relationship of trait mindfulness with emotional processing difficulties, positive and negative affect, and mental health problems and attempts to explore how far the mindfulness-mental health relationship can be explained by emotional processing and positive-negative affectivity. **Method:** Two hundred fifty six university students (144 males and 112 females) in the age range of 20-33 years (mean age = 22.78 years and S.D= 2.56 years) were assessed on self-report measures of trait mindfulness, emotion processing difficulties, positive – negative affect, and mental health problems. **Results:** The results revealed a significant negative correlation of trait mindfulness (and its facets) with emotional processing difficulties (and its subdomains), negative affect and various types of mental health problems. The positive affect, however, was correlated significantly and positively with mindfulness. The findings of structural equation modeling (path analysis) revealed that the mindfulness-mental health relationship was significantly mediated by emotional processing difficulties and negative affect but not through positive affect. **Conclusion:** The findings suggest that mindfulness is associated with lower emotional processing difficulties, fewer mental health problems, low negative affect and high positive affect. The findings also imply that the beneficial mental health effect of mindfulness may be its direct effect as well as it can indirectly reduce the mental health problems by reducing emotional processing difficulties, negative affect, reducing

both, or by enhancing the positive affect. The findings have been discussed in the light of existing models and theories of mindfulness and emotional processing and the available empirical evidences.

Keywords: Mindfulness, Trait Mindfulness, Emotional Processing, Positive Affect, Negative Affect, Mental Health Problems.

ALEXITHYMIA, POSITIVE-NEGATIVE AFFECTIVITY AND ESSENTIAL HYPERTENSION

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Objective: The present study explores the link of alexithymia and positive/negative affect with essential hypertension.

Method: Persons with clinical hypertension (N=61) and pre-hypertension (N=56) were compared with normotensive individuals (N=56) on the measures of alexithymia and positive-negative affect. **Results:** Findings revealed that compared to normotensive individuals, hypertensive and pre-hypertensive individuals showed higher alexithymia (more impaired ability to experience and express emotions). Comparisons of the sub-domains of alexithymia, however, revealed that hypertensive/pre-hypertensive individuals showed more alexithymic tendency only in the affective domain (difficulty in identifying and describing emotions) and not in the cognitive domain (externally oriented thinking). This observation further extends the hypothesis that hypertension is linked with emotional impairment. Further, hypertensive and pre-hypertensive individuals showed significantly greater negative emotional experiences and reduced hedonic capacity (lower positive affect). The difference remained significant even after controlling for the three alexithymia domains for negative affect but not for positive affect. This finding suggest that observed proneness to negative affectivity in hypertensive individuals cannot be fully explained by their poor emotional regulation or emotional understanding (reflected in alexithymia score). **Conclusion:** Findings suggest that hypertension is associated with impaired emotional processing (alexithymia), proneness to negative affectivity and anhedonia. The enhanced negative affectivity in hypertension cannot be fully explained by alexithymia. However, the anhedonia in hypertension may be an outcome of their high alexithymia. The implications of the findings for non-pharmacological management of hypertension have been discussed.

Keywords: Hypertension, Pre-Hypertension, Emotional Processing, Alexithymia, Positive Affect, Negative Affect.

DIFFERENTIAL IMPACT OF INDEPENDENT AND INTERDEPENDENT SELF-CONSTRUAL ON SUBJECTIVE WELL-BEING OF PEOPLE FROM COLLECTIVISTIC CULTURE

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Objectives: The present study examines how far the concordance (or discordance) of the culturally construed dual self-processes (independent and interdependent self) with one's cultural values is associated with subjective well-being (SWB). **Method:** To address the said objective 177 Indian adults (people from collectivistic culture) were assessed on various self-report measures of SWB as well as on a measure of self-construal. **Results:** The

findings revealed that independent-self was associated with lower levels of SWB as indicated by its negative correlation with several individual indicators of SWB. However, a significant association of independent-self with higher positive emotional experience and lower negative affect was also noted. This finding suggests that Indians having an independent self-view are more vulnerable to experience negative affect and this tendency over rides their experience of positive affect and consequently lowers their SWB. Interdependent-self, on the other hand, was found to be associated with enhanced SWB as indicated by its significant positive correlation with most of the individual indicators and global index of SWB. **Conclusion:** Overall, the findings suggest that among people of collectivistic culture (India in the present context), the independent self-view lowers the SWB whereas the interdependent self-view enhances the same. This speculation is further supported by the present findings that the relative dominance of interdependent self over the independent self-view is associated with higher levels of SWB as indicated by lower levels of negative affect, higher positive affect and life satisfaction. The findings have been discussed in the light of available empirical evidences and existing theories.

Keywords: Self-Constual, Independent Self, Interdependent Self, Subjective Well-Being, Individualistic Culture, Collectivistic Culture.

PSYCHOLOGICAL APPLICATION IN THE CLINIC: THE NIGERIAN EXPERIENCE

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Objectives: Nigeria is working to get out of an officially declared economic recession. One consequence of this on her population is mental illness presenting in varied forms; depression, neuroses, suicide bids, personality disorders and even psychoses. The problem of socio-medico care and treatment is a challenge to individuals, families, and governments. It is against this backdrop that this research was conducted. The objectives of this paper are to; identify the immediate significant triggers and sustainability of mental illness. Secondly, design a programme for therapeutic management of the mentally ill in Nigeria. **Method:** Case notes of 116,700 staff out of 1,167,000 members of staff of six government owned universities health clinics selected from the six geo-political zones of Nigeria were examined. In addition, In-depth interviews by 12 research assistants were done with the care giver(s). **Results:** The results show that the most significant trigger and sustenance of mental illness is poverty. It was recommended based on the results from the socio-demographics in the case notes and In-depth interviews; that they should be involved in counseling sessions through a therapeutic management programme involving the clinical psychologists and social welfare officers of the university health clinics. **Conclusion:** The university management should employ more Psychologists and institute a counseling centre to holistically curtail the increase incidences of mental illness.

Keywords: Nigeria, Economic Recession, Poverty, Mental illness.

THE POWER OF MEDITATION: AN ESCALATOR TO PSYCHOLOGICAL FITNESS

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Meditation is an exact way to familiarize with mindfulness which enhances peace, concentration, abilities, capacities, skills, and performance. In the era of Globalization, everyone is perspiring for acquiring success without knowing

success itself so life becomes tedious, prosaic and monotonous. In order to energize ourselves, meditation is the need of the hour. It eradicates the chances of being stressed and depressed. To be healthy physically is not healthy completely. Meditation is not a new word while it has a great history. Each religious practice forms some kind of meditation. The present paper focuses on concentration meditation, heart-centred meditation, mindfulness meditation, transcendental meditation and walking meditation. It has immense power to keep us energetic, alive, positive, optimistic and dynamic. It paves the path for the peaceful mind which brings peace, calmness, serenity and psychological fitness in all dimensions of life. So now it can be felt that the power of meditation is just like an escalator to keep us fit psychologically, emotionally, mentally, spiritually and intellectually. Psychological fitness leads to successful, prosperous and joyous life. This study reveals that Meditation is a panacea to anxiety, tension, stress, depression and psychological issues. It is very simple but has great results. It can improve our performance at work. It has the miraculous power to make us adaptable towards worldly needs and keeps us motivated to do work efficiently.

Keywords: Meditation, Escalator, Psychological Fitness.

ASSESSMENT OF PSYCHIC IMMUNITY AMONG MALE AND FEMALE ADOLESCENTS

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Objectives: The present study was carried out with the objective of assessing the level of psychic immunity among male and female adolescents. **Method:** The sample consisted of 80 undergraduate students selected by quota sampling technique on the basis of gender and age. The scale employed for data collection was Psychic Immunity Scale (Self Constructed). 't-test' was computed to analyse the data and to guide the study, one null hypothesis was formulated. **Results:** The results reveal a significant difference between the psychic immunity of male and female adolescents ($p < 0.01$). **Conclusion:** The findings indicate that the female adolescents have significantly high psychic immunity than the male adolescents.

Keywords: Psychic Immunity, Adolescents, Male, Female.

HAPPINESS IN INDIA: A REVIEW OF TWO DECADES (1997-2017) OF STUDIES

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Objectives: The objective of this study was twofold: First, to summarise and review the happiness studies of two decades (1997-2007) in India, and second, to conclude the findings from these studies to explore happiness interventions. **Method:** Significant published articles on happiness in Indian context were systematically identified and evaluated. These research works were reviewed and analysed on the variables, constructs, methodology, sample, and their findings. The sample comprises both national and international scientific published work of two decades (1997-2017) in the context of happiness in India. **Results:** It was surprising to note that India ranked a low 122nd in happiness ranking in the World Happiness Report 2017. India is a unique culture in case of happiness studies because of its rapid economic growth, large population and its ethnic, religious and linguistic diversity (Diener, Tay, Diner; 2012). The results indicated that studies on happiness in India may be largely classified into

different categories. Some attempted to identify and compare the economic and social factors of happiness; others investigated cultural and contextual differences in happiness and few others studied happiness and wellbeing from the perspective of Indian tradition such as ‘an Indian conception of well-being’ by Kiran Kumar (2002). **Conclusion:** It is concluded that people in India will be happier as Government policies are intended to increase infrastructure and jobs (Diener, Tey, Diner; 2012). By summarising the outcomes of the happiness studies in India, interventions to promote happiness are discussed.

Keywords: Happiness, Well-being, Life-satisfaction, India

TO STUDY THE IMPACT OF SPORTS MOTIVATION AND LOCUS OF CONTROL ON ATHLETES’ COMPETITIVE ANXIETY

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Objectives: In the sports, psychological and physiological factors play an important role in determining the performance level. Numerous studies have demonstrated the impact of psychological factors on sports performance. Motivation, locus of control and Anxiety have been two of those factors under consideration. This study intends to empirically explore the strength and direction of relationships between these constructs in order to explicate the impact of these relationships on athlete’s performance. **Method:** For the purpose of this study a specific sample of 164 athletes from individual games’ (Judo, Boxing, Water sports, Wusu, Athletics, Taekwando) was selected. Random sampling was used for selecting the participants. A non-experimental hypothesis-testing research design was used for the purpose of the study. **Result:** Highly significant positive correlation exist between extrinsic motivation and competitive anxiety but no significant relationship found between the construct internal locus of control and competitive anxiety, and also no significant relationship found between intrinsic motivation and competitive anxiety. **Conclusion:** It has been found that the athletes who have external locus of control and extrinsic motivation would have high level of competitive anxiety. Competitive anxiety is one of the factors to decrease athletes performance

Keywords: Sports Motivation, Locus of Control, Competitive Anxiety.

AN ANALYSIS OF “MENTAL HEALTH FACILITIES” IN POST REFORM PERIOD

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Objectives: This study is carried out with objective to investigate the health policy of central government for development of mental health centres in India. It also focuses on role of government in promotion of these mental health centres for healthy and developed society. **Method:** It is a descriptive research which uses single cross sectional design along with regression analysis, correlation and factor analysis to find dearth of mental health facilities. **Results:** The study reveals that there is a huge gap between need and availability. It shows dearth of mental health centre’s and other basic mental health amenities. **Conclusion:** Finding indicates that there is need for policy change in development of mental health facilities.

Keywords: Mental Health Facilities, Mental Disorder, Development, Health Centres.

COMPARATIVE STUDY TO SEE THE EFFECT OF SOCIO-ECONOMIC-STATUS ON MENTAL HEALTH AMONG UNEMPLOYED YOUTH

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Objectives: This study was carried out with the objective of comparing the effect of socio-economic-status on mental health among unemployed youth. **Method:** The sample consists of 30 unemployed youths divided into three parts of different socio-economic-status i.e., 10 high, medium and low respectively of age group between 23 to 27. The tools that were administered are socio-economic-status scale by prof. Ashok.K.Kalia and mental health scale by Dr. Kamlesh verma. The results were analysed using Anova. **Results:** The results reveal a significant difference among the mental health of unemployed youth belonging to different socio-economic-status i.e., high, medium and low. **Conclusion:** India is a developing country and is of largest youth population in the world today. The entire world is eyeing India as a source of technical manpower. Whereas, researchers have found this that most lowly socio-economic-status is related to higher level of mental illness. This study indicates that socio-economic-status plays very important role in determining the mental health of unemployed youth. Unemployment itself is enough to let down someone's confidence and give them depressive thoughts, in addition to this, bad financial condition leads an individual towards really bad phase of mental health.

Keywords: Socio-Economic-Status, Mental-Health, Youth, Youth Unemployment.

KNOWLEDGE OF SELF AND EMOTIONAL AND SOCIAL INTELLIGENCE

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Objective: The ability to identify and manage your own emotions and the emotions of others is what we call Emotional intelligence whereas Social intelligence is the capability to effectively navigate and negotiate complex social relationships and environments, this study explores the relationship between knowledge of Self with the concept of Emotional intelligence as well as Social intelligence. The objectives of the study were (a) to assess the relationship between Emotional Intelligence and social Intelligence, (b) to explore the role of Self knowledge in attainment of Emotional and Social intelligence. **Method:** The sample was chosen randomly, 60 young adults (30 women and 30 men) ranging in age from 18-25 years. Self report inventories were used to assess the Variables. Mangal emotional intelligence scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar for E.I. and Social intelligence scale (SIS) developed by N.K. Chadha and Usha Ganeshan for S.I. Self concept scale by Dr. Mukta Rani Rastogi was used to assess Self-Concept. **Result:** The results indicate a positive correlation between emotional and social intelligence whereas also determines a positive correlation between Self concept and emotional & social intelligence indicating that the Self concept of a person is directly proportional to Emotional and social intelligence Influencing various aspect of well-being. **Conclusion:** Knowledge of self significantly influences Emotional Intelligence and Social intelligence of the individual.

Keywords: Emotional Intelligence, Self Concept, Social Intelligence

HAPPINESS - AN INDIAN PERSPECTIVE

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Not only India, but whole world is looking for happiness and peace. No doubt the quest for happiness has very precious in the human strivings since ages. Happiness is a state of mind. It arises from peace, equanimity, stability, detachment, renunciation, absence of desires, contentment, devotion, love and liberation. Martin Seligman, the founder of positive psychology says happiness dissolves into positive emotions, engagement and meaning. Happiness is a choice we have to make in our life. Mental peace and good health is a key factor to get happiness in life. Happiness is a long lasting enjoyment of life; it is being love with living. In Bhagwat Gita, it is mentioned that in every situation we should feel equanimity. If we want to have peace of mind in life, we need to be satisfied with what we have at present in our life.

Keywords: Happiness, Peace, Satisfaction.

INCREASING MENATL HEALTH THROUGH YOGIC CONDITIONS: STUDY OF EMPLOYED WOMEN

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Objectives: The aim of this study was to find out the impact of marital status, types of employment and yogic conditions on marital life satisfaction and happiness. It was contended that (a) Variation in marital status would produce variation in the scores of life satisfaction and happiness, (b) Variation in scores of life satisfaction and happiness would be produced by employed and unemployed women and (c) Difference in the scores of participants on marital life satisfaction and happiness would be seen under pre-yogic and post yogic conditions. **Method:** A total number of 160 participants ranging between 35-55 years served as participants and they were arranged according to the requirements of 2x2x2 factorial design with two levels of marital status(husbanded and widow), two levels of employment status(employed and unemployed) and two levels of yogic conditions(pre-yogic conditions and post yogic conditions) i.e. 20 participants per cell. Measures of life satisfaction and happiness were used. **Results:** Findings were analyzed by analysis of variance and the results it was noted that (a) Marital status was found as significant effector of life satisfaction and happiness, (b) Participants of employed and unemployed status were found different in relation to their scores on life satisfaction and happiness and (c) Scores of participants under pre and post yogic conditions were highly different. **Conclusion:** Findings were interpreted in terms of marital status, employment status and yogic conditions as effectors of life satisfaction and happiness.

Keywords: Marital Status, Types of Employment Yogic Conditions, Life Satisfaction, Happiness.

MENTAL HEALTH: CONCEPT, ISSUES AND CHALLENGES

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In these days many psychologists of India and abroad have focused their attention to seek the courses of negative mental health and best possible ways to improve and try to feed positivity in people. This endeavour has appeared

in terms of a new branch of psychology named health psychology. This field has obtained a relative recognition in the reader's professionals and practitioners of psychology. The researcher working in this area have also focused upon demographic variables like, age, role and socio-economic class as determine of the adoption and practice of health and positively rotate it with the status (Varying or Static) of mental health. Mental health is a fundamental component of health which can be realized by a person (or by the others) about his own cognitive, affections and relational abilities and healthy mental dispositions allows coping well with life's challenges to woke productively and to wake a positive contribution to one's community mental health has been reported as an important factor influencing individuals various behaviors, activities, happiness and performance. It can be defined as the ability to adjustment to the environment on the plane of reality. This paper deals with the concepts and issues involved in the fundamental component of mental health and challenges ahead. At last, suggestions are made to improve positive mental health in society and create a new world full of happiness.

Keywords: Mental Health, Concept, Issues Challenges.

NISHKAM KARMA YOGA: AN ANALYSIS

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The purpose of this paper is to maintain the view through analysis that the concept of Nishkama Karma Yoga of the Bhagwadgita is not a deontological concept. It is a technological concept because it logically rests on the notion of an end, that is, moksha and lokasamgraha. It does not logically rest on itself. Those who interpret the Bhagwadgita's concept of Niskama Karma Yoga. The concept of Nishkama Karma Yoga should be interpreted and understood in a technological sense of the by taking into account the whole context of the Bhagwadgita's philosophy and not just on the basis of certain selective verses of it as it is generally done by some of the thinkers. Bhagwadgita's concept of Nishkama Karma Yoga does logically rest on the notion of some specific needs. The Bhagwadgita prescribes the doctrine of Nishkama Karma Yoga as a means not only to attain moksha, the spiritual end, but also to protect and maintain social goodness which consists, according to it, in the doing of dharma in a detached manner. Nishkama Karma Yoga as such is not a kind of duty. It is only a particular mode or manner of the doing of duty. This is a review paper based on literature and everyday observations. In this paper the concept of Nishkama Karma Yoga is presented followed by its grass roots and determinant relationship with other variables and personality characteristics of Nishkama Karma Yoga in people so that they could be equal in the positive and negative outcome of their work and do their work as worship and without thinking the pros and cons of the consequence.

Keywords: Nishkam Karma Yoga, Psychological Analysis

IMPACT OF CO-WORKER AND SUPERVISOR SUPPORT ON WORKPLACE INCIVILITY AMONG HEALTH CARE PROFESSIONALS

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Objectives: The present study was aimed to explore the impact of coworker and supervisor support on workplace incivility among health care professionals. **Method:** Respondents in this study were 240 health care professionals working in two large government hospitals located in Varanasi (U.P., India). Participants were classified into three ranks: Doctors, Nurses and Laboratory Technicians. Stratified random sampling to cover all the clinical departments

was adopted to select the participants in each category. The sample encompassed employees from different departments namely, cardiology, pediatrics, radiology, ENT, neurology, psychiatry, obstetrics and gynecology, dentistry, urology, endocrinology, gastroenterology, and ortho-pediatrics. The selection of participants was consistent with the ethical requirements for conducting research on human subjects. Initially, 450 questionnaire were administered out of which 240 (53.33%) were regarded as complete. The age of participants ranged from 20 to 60 years. The mean age was 32.70 years and S.D. = 7.94. The participants' completed the measures of Functional Social Support Questionnaire (FSSQ) and Uncivil Workplace Behavior Questionnaire (UWBQ). The data of the present study were analyzed using Pearson's correlation and Hierarchical regression analysis. **Results:** The results of the correlational analysis indicated significant negative relationships between coworker and supervisor support and all the four dimensions of workplace incivility (hostility, privacy invasion, exclusionary behavior, and gossiping). Results of hierarchical regression analyses indicated that after controlling for demographic variables (name of the organization, age, gender, marital status, salary, educational qualifications, number of working hours, organizational tenure and job tenure), both coworker and supervisor support significantly negatively predicted the dimensions of privacy invasion, exclusionary behavior and overall workplace incivility. Further, hostility and gossiping dimensions were significantly negatively predicted only by co-worker and supervisor support respectively. Excluding the dimension of hostility, coworker support was found to be the stronger predictor of all the dimensions along with overall workplace incivility in comparison to supervisor support. These findings were discussed in the light of available research findings. Implications and limitations of the study were discussed.

Keywords: Coworker Support, Supervisor Support, Workplace Incivility, Health Care Professionals.

FALSE MEMORY: REMEMBERING WHAT YOU DON'T REMEMBER

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This review paper aims to study false memory extensively and with a profound sense of attention and underlies the origin of false memories ranging from the initial to the recent most studies and researches of the topic. The information has been clubbed through a thorough revision and analysis of the topic - related researches and several other journals. The research aims at pointing to a unanimous and authentic understanding of the concept with the help of the amalgamation of the studies so far. False memory, being one amongst several psychological phenomena, has always been a topic of interest to researchers. The researchers so far have generated an idea that it can lead people to remember their past in different ways, when these sort of distortion occurs people are sometimes confident in their distorted or false memories often go on to describe pseudo memories in substantial details.

Keywords: False Memory, Cognition, Eyewitness Testimony, Inaccurate Perception.

RELATION BETWEEN ATTENTION AND CONSCIOUSNESS: A SYSTEMATIC REVIEW

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The relation between attention and consciousness is the recent discussion among the cognitive scientist. The two facets of brain process, attention and visual awareness closely linked with each other. Some scholars reported that attention and consciousness is a same process and share same mechanism. They believed that we are conscious of

what we attend to. But when we draw out attention from an event and object, we lose consciousness of its attributes and properties. On the other hand some studies reported that attention and consciousness both are different mechanism. This debate leaves the question of the causal relationship between attention and consciousness. In this present paper we summarize the general view related to this debate. First, we discuss the mechanism of attention and consciousness. Second, in order to bridge the gap we systematically analyze the available literature and find a conclusive outlook to the debate. Findings based on the review of the literature indicate that both behavioral aspects and underlying neural mechanisms hint at the two distinct mechanisms visual attention and awareness.

Keywords: Attention, Consciousness, Cognitive Sciences, Mechanism Of Attention And Consciousness.

EMOTIONAL MATURITY AND TRUST: A CORRELATIONAL STUDY OF ADOLESCENT GIRLS

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Objectives: To find the relationship between emotional maturity and trust among adolescents girls. **Method:** Present study has been conducted in Aligarh. Random sampling method has been used to select the sample that involves 100 adolescent girls students. Data was collected by using the Emotional Maturity Scale developed by Singh and Bhargava (2005) and Trust Scale developed by Yamagishi, T. (1986). Data has been analysed with the help of correlational analyses. **Results:** Result indicates emotional maturity and trust significantly correlated with each other ($p < 0.05$) among adolescent girls students. In this study we found that the adolescent girls who are emotionally mature do not to trust to others very easily. **Conclusion:** In this study we found that the adolescent girls who are emotionally mature do not to trust to others very easily. It has been seen that incidental emotions significantly influence trust toward others. Emotional maturity is an important aspect of individuals that affects various aspects of their thoughts.

Keywords: Emotional maturity, Trust, Adolescent Girls.

REATTACH THERAPY: A MULTIMODAL INTERVENTION FOR CHILDREN WITH AUTISM AND THEIR CAREGIVER

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Objective: The aim of the present study is to explore the benefits of the ReAttach Therapy for children with Autism and their caregiver. **Method:** ReAttach therapy was given to the patient diagnosed with Autism. Comparison of the pre test and post test scores on the Indian Scale for Assessment of Autism (ISAA) before and after five therapy sessions on child was compared. Similarly, ReAttach therapy given on their mother too. Comparison of the pre test and post test scores on the Quality of Life scale (WHOQOL) before and after five therapy sessions was compared and significant improvement was observed. **Results & Conclusion:** In this study it was observed that 5 sessions of ReAttach significantly improved the scores of the test of child diagnosed with Autism and their mother too within a short period of time.

Keywords: ASD, Caregiver, ReAttach Therapy.

HYPNOSIS AS PSYCHOTHERAPEUTIC INTERVENTION: COMPARATIVE STUDY BETWEEN EFFECTIVENESS OF THERAPIES APPLIED ON CONSCIOUS MIND AND SUB- CONSCIOUS MIND

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Objectives: The objective of this study was to compare the effectiveness of hypnosis (therapy used on sub-conscious mind) with counseling (conscious mind therapies) as psychotherapeutic intervention method. **Method:** The study was conducted under the supervision of Dr. Kavita Bhargava. The sample consisted of 30 subjects who have past history of anxiety. They were equally divided into two groups by randomized sampling technique, where hypnosis was applied for one group and counseling was applied for other group as intervention techniques. The scale used to collect data was hamilton anxiety rating scale (HAM-A). **Results:** Results have shown that 89% of the cases improved after 21 days of self hypnosis. T-test was applied on the obtained scores of both interventions (group A = 6.509 & group B = 11.354) and a significant difference was observed. **Conclusion:** Findings indicate that self-hypnosis with theory of mind is more effective than counseling. Hypothesis was hence proved to be more effective in comparison to counseling.

Keywords: Self-hypnosis, Theory of Mind, Counseling, Anxiety.

HEALTH BELIEFS AS A FUNCTION OF CULTURE

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Culture encompasses ideas, thoughts and knowledge common to a group of individuals that governs their choices in various domains of life. Every culture has its peculiar ways of defining health and illness. Therefore, how one defines health, illness, explores cause of illness and carves out the course of treatment is influenced by one's culture. The objective of this study is to review researches exploring health and illness beliefs in context of culture. Main issues that emerged were related to pain experience and menopause, health-care seeking, illness representation, health communication and persuasion, coping with illness and patient-doctor relationship. These aspects of health seemed to vary as a function of culture. Although, cross-cultural variations of a given psychological phenomenon are often attributed to culture yet the term lacks the conceptual specificity when it comes to health beliefs. Therefore, psychologists have proposed features of cultures to be used as organizing constructs. The most commonly used constructs for explaining cultural differences were found to be individualism and collectivism. This individualism-collectivism dichotomy has been found to be helpful in understanding cultural differences in health beliefs. Hence, the study suggests that cultural factors can be relevant in holistic understanding of perception of health of individuals.

Keywords: Culture, Health Beliefs, Illness Representations.

STRATEGIES TO COPE WITH STRESS IN PARENTS OF CHILDREN WITH NEURO-DEVELOPMENTAL DISORDER

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Parents experience stress when raising a normal child but it increases manifold if the child is diagnosed with a neuro-developmental disorder. Reviews of earlier researches reveal high level of stress in parents of children with neuro-developmental disorders. Stress in such circumstances become chronic as raising a special child exerts extra pressure on parents. They also need assistance in coping with their own feelings of anxiety, hopelessness and frustration. The objective of this study is to suggest different strategies that have been found to be effective in dealing with the stress of parents of children with neuro-developmental disorders. Recent researches show that the majority of family studies are descriptive, with very few trials or interventions aimed at reducing parental stress. Of these, mindfulness practices and cognitive behavioural therapy of treatment delivery hold much promise for effective stress reduction. Psycho-educational programs and respite care are differentially beneficial. Since the parents lack the sufficient knowledge regarding the condition of their child, increasing awareness among parents and imparting necessary skills might help them to deal effectively with the condition of the child. In addition, intervention based on positive psychology can also be beneficial to help the parents to positively reevaluate the situations and deal effectively with their stressors.

Keywords: Stress, Parents, Neuro-Developmental Disorder, Intervention.

POSITIVE THINKING AND WELL-BEING

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Every one yearns to lead a good life and even desires for a life that is peaceful, happy and meaningful. Clinebell (1995) says that the aim of life is to be fully born, though its tragedy is that most of us die before we are thus born. Positive developmental change at any point in life tends to have an effect on the remaining life-span. It is essential to develop one's awareness, one's reason, one's capacity to love, to such a point that one transcends one's own egocentric involvement and arrives at a new harmony and a new wonder with the world. It is very natural for any discipline or field of inquiry to undergo dramatic changes in due course of progression and advancement. Seligman (2000), the father of the positive psychology emphasized that the psychology is not just the study of pathology, weakness or damage it is also study of strength and virtue. The aim of positive psychology is to catalyze change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life. Positive psychology emphasizes using science in the pursuit of knowledge about optimal human functioning and what makes life worth living. (Magyar-Moe, 2007). Positive thinking plays an important role in positive psychology, a subfield devoted to the study of what makes people happy and fulfilled. Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is mental attitude that expects good and favourable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds. Positive thinking can be one of the most powerful weapons one can have. If we can think in a positive way, we can most certainly affect the outcome of our actions. Positive thinking is a virtue and necessity in today's world. Health experts and psychologists have reiterated the virtue of positive thinking in our lives. It is the crucial foundation upon which a healthier, happier and longer life

is build upon. Positive thinking can aid in stress management and plays an important role in psychological well-being. Positive thinking is one of the hallmarks of self-improvement. Positivity is an important life tool and it can be extremely beneficial state of mind capable of helping anyone achieve their goals. Positive thinking means approaching life's challenges with a positive outlook. It is having the ability to look beyond what is happening on the surface and see the bigger, long term picture instead. Positive thinking leads to a happier life. Thoughts can either be positive or negative and we have only one thought in mind at any one time then choosing positive thinking which leads to a happier person who is able to achieve their goals much easier.

Keywords: Positive Thinking, Well-Being, Positive Psychology.

IS DURATION OF UNEMPLOYMENT NEGATIVELY RELATED TO SATISFACTION TOWARDS LIFE?

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Objectives: This study was carried out with the objective of investigating the relationship between duration of unemployment and satisfaction towards life. **Method:** The sample consisted of 50 female employed (control group) and 50 female unemployed (experimental group) volunteers (Ss) who were employed or unemployed for three years after acquiring a post-graduate degree. The incidental sampling technique was utilized. The scale employed for data collection was the Life Satisfaction Scale by Newgarten et.al (1961) having adequate reliability and validity also. **Results:** The results revealed a negative relationship between duration of unemployment and satisfaction towards life ($p < .01$). In other words, as compared to the employed Ss the unemployed Ss were significantly low on the life satisfaction score. The findings indicate that as compared to the employed persons those who are unemployed for a significantly long duration tend to be dissatisfied with their lives. **Conclusion:** The obtained result has been discussed in the light of the social and cultural realities of the Indians, especially the unemployed youths.

Keywords: Unemployment, Life Satisfaction, Employment.

IN SEARCH OF SELF AMONG TRANSGENDER

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Objectives: The present study endeavors to cast a glance on the perceived self of 50 transgender (aged between 20-35 years) purposively selected from the city of Lucknow. **Method:** To assess the perception of self among transgender Draw a person test (Goodenough, 1926) is used. **Results:** The Results depicted that their perception of self is at jeopardy. As they seemed to be seriously threatened in many aspects like health problems, abused physically and mentally, social stigma and discrimination. **Conclusion:** Findings directly indicating withdrawal, and feeling of worthlessness self absorption, not interested in perceiving their environment, psychosexual immaturity, aggressive behavior, difficulties in the communication has emerged as dominating features in their responses.

Keywords: Self, Transgender, Perception, Social Stigma, Discrimination.

CHALLENGES OF VISUALLY IMPAIRED STUDENTS AND ITS EFFECTS ON THEIR EMOTIONAL ADJUSTMENT: A THEORITICAL PERSPECTIVE

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According to 2011 census of India, 18% of differently abled population are Visually impaired. Differently abled people confront many complications in their lives regarding their physical limitations and less accessibility to the information sources and services. Visually impaired individuals counter more difficulties in their lives as eyes are the main gateway of knowledge that conceptualize the world so human is highly dependent on his visual ability to build every concept regarding his surroundings. These complications adversely affect visually impaired individuals' psychological and emotional status that is reflected from their behaviour and attitude, which influences their personal, educational and social lives. Adequate education and training brings positivity in their attitude and personality and help them to be emotionally well adjusted. This paper aims to focus on the limitations of accessibility of visually impaired students as well as this paper will highlight the status of their emotional adjustment. Visually impaired individuals can be included in mainstream society successfully, if they are trained adequately and encouraged to participate in social activities since their school days through inclusive schools which provides almost real social situations.

Keywords: Visual Impairment; Physical Limitation; Emotional Adjustment.

IMPACT OF PERSONALITY AND MENTAL HEALTH ON BULLIES AND BULLY VICTIMS AMONG ADOLESCENTS

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Objectives: This study was carried out with the objective of investigating the impact of personality and mental health on the bullies and bully victims among adolescents. **Method:** Sample of the present study consisted of 100 adolescent boys (50 bullies and 50 passive bully victims from nearby areas of Lucknow, Kanpur and Ghaziabad. Purposive sampling was used to collect the data. The age range of participants was 15 to 18 years. Extraversion-Introversion scale by Singh and Singh, Mithila Mental Health Status Inventory by Kumar and Thakur and Illinois bully scale by Espelage and Holt were used. Descriptive statistics (Mean and SD) were calculated for personality and mental health of adolescents and ANOVA was used for further analysis. **Results:** The results of present study revealed that extrovert personality and negative mental health was higher in bullies in comparison to bully victims. **Conclusion:** Findings indicate that bullies are more extrovert in nature in comparison to victims as it is generally seen that bullies are more fun seeking and obtain gratification from what is outside in the world. It is further concluded that bullies have negative mental health in comparison to victims because they feel pleasure in giving pain to others.

Keywords: Bullying, Bully victims, Mental Health, Personality.

HAPPINESS AND HEALTH PROBLEMS ACROSS LIFE SPAN

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Objectives: The application of the study asserts that a) the level of happiness of an individual, b) the degree of health-related anxiety of an individual i.e., how adequately they are distressed about their health, c) to audit the wellness of an individual i.e., how chipper veritable they are in respect with health, self-responsibility, exercise, stress management, etc. d) to amplify the amount of health related problems (issues and challenges) an entity possess across the life span. **Method:** A sample of 200 individuals, age between 16-40 years were examined with respect to health and well-being on basis of these four questionnaires namely: a) Health anxiety questionnaire, b) wellness questionnaire, c) The Oxford Happiness questionnaire and d) DASS (depression, anxiety, stress scoring) questionnaire. The mean scores and standard deviation scores of all the questionnaires were calculated and interpreted individually to examine the health and wellness related issues and challenges of the individuals. **Results:** The outcome of the samples evidently demonstrated the amount of anxiety, stress, illness, feeble health and average level of happiness they own, it also manifests that they are not gratified with their fitness and health i.e. they suffer from one or the other health related problems which in return affects the years of their survival. **Conclusion:** The research findings apparently indicates that every human being whether male or female, or an adolescent is anguish from vigorous health and wellness issues and they continues for life.

Keywords: Happiness, Health Related Problems (Issues And Challenges) , Health, Well-Being, Stress, Anxiety.

HOLISTIC HEALTH: YOGA, SPIRITUALITY AND RELIGIOUS PRACTICES

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Holistic health is a lifestyle. It is an ongoing process. Holistic medicine is an ancient system of health care that dates back thousands of years ago. The word “holism’ was not widely used until the year 1970. It takes the whole person into consideration. Western type of treatment often focuses on treating symptoms. As opposed to always trying to determine the underlying causes of a condition, which is focus of HOLISTIC MEDICINE. Human beings are comprised of physical, emotional, mental and spiritual elements are another way to look at it. Mind, body and spirit these three elements of each patient are considered to be intertwined and essential to achieving optimal health. Holistic health is based on the law of nature that a whole is made up of interdependent parts. The environment is made of system such as air, land, water, plants and animals. Holistic health focuses on reaching higher levels of wellness. The principles of Holistic health state that health is more than just not being sick. The healthcare professionals using the holistic approach work in collaboration with their patents. They recommend treatments that support the body’s natural healing system and consider the whole person and whole situation. Holistic health support reaching higher levels of wellness as well as preventing illness. Person enjoys the vitality and well being that results from their positive lifestyle changes. There is a growing body of evidence indicating that spiritual practices are associated with better health and wellbeing for so many reasons. Brain researcher Richard Davidson’s research shows that meditation increases that brain’s gray matter density, which can reduce sensitivity to pain, enhance your immune system, help you regulate difficult emotions and relieve stress. Prayer may elicit the relaxation response, along with feelings of hope, gratitude and compassion; all of these have a positive effect on

overall wellbeing. There are several types of prayer, many of which are rooted in the belief that there is a higher power that has some level of affect over your life. This belief can provide a sense of comfort and support in hard times. The regular and right practice of yoga has been found to reduce inflammation and stress, decrease depression and anxiety, lower blood pressure, and increase feelings of wellbeing. Having a strong spiritual outlook may help you find meaning in life's difficult circumstances. Many spiritual traditions encourage participation in a community.

Keywords: Holistic health, Holistic Medicine, Yoga, Spirituality, Spiritual Outlook

PERCEIVED SOCIAL SUPPORT AND MEANING IN LIFE AS PREDICTORS OF FIGHTING SPIRIT AMONG CANCER PATIENTS

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Objectives: The aim of the present study was to explore the relationship of perceived social support (support from family, support from friends and support from significant others) and meaning in life (presence of meaning in life and search for meaning in life) with fighting spirit (Mental adjustment) among cancer patients. The integrative effect of perceived social support and meaning in life on fighting spirit was also investigated. **Method:** The sample of the study consisted of 200 cancer patients who were selected on purposive basis from Shri Maharaja Hari Singh Hospital, Srinagar, J&K and Jawahar Lal Nehru Medical College, Aligarh, Uttar Pradesh. The tools used for the present study were Meaning in Life Questionnaire (MLQ) developed by Steger, et al., (2006); Multidimensional Scale of Perceived Social Support scale (MSPSS) developed by Zimet (1988), and The Mental Adjustment to Cancer Scale developed by (Watson et al., 1988). The data collected was analyzed by using appropriate statistical techniques like Pearson's product moment correlation and stepwise multiple regression analysis. **Results:** The results showed significant positive correlation between support from family and fighting spirit ($r=.210, p>.001$); support from friends and fighting spirit ($.295, p>.001$); support from significant others and fighting spirit ($r=.335, p>.001$); overall perceived social support and fighting spirit ($r=.379, p>.001$); meaning in life and fighting spirit ($r=.218, p>.001$) and between presence of meaning in life (X5) and fighting spirit. However, there was a significant negative correlation between search for meaning in life and fighting spirit ($r=-.364, p>.001$) among cancer patients. Hierarchical regression analyses indicated that social support and meaning in life as a whole accounted for 35.56% variance of fighting spirit. **Conclusion:** The findings of the study revealed that perceived social support and meaning in life have a significant positive correlation with fighting spirit. The largest Beta value of presence of meaning in life ($b=.439, t= 6.909, p<.0001$) suggests that it made the strongest unique contribution in explaining fighting spirit and; the Beta value of support from friends was lower ($b=.172, t= 2.712, p<.007$) which suggests that it made less of a contribution.

Keywords: Perceived Social Support, Presence Of Meaning In Life, Search For Meaning In Life, Fighting Spirit, Cancer Patients.

MIND IS TOY OF THE ABSOLUTE

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In general, psychology tries to explain "why do we behave the way we are behaving and this 'why' always arises when we are in trouble" meaning there by we try to understand the functions of the mind when it is disturbed. This

leads to another observation that while in normal functioning we are not bothered about the nature of mind. In this little article attempt has been made to understand the nature of the mind as to how does it work, also to understand it in Indian perspective. In western approach mind is master of the situation i.e. when we are aware of the Surrounding, we say we are having awareness but in ancient Indian tradition, there are layers of consciousness where mind becomes an instrument of the same. We do feel at times, unwittingly we say something or we do something and after some time we repent as to we would not have done that. It does indicate that even when we are conscious, we are not fully aware (conscious) of the seriousness of the situation. Generally speaking when we say 'we are conscious, we are not fully conscious, that means there is something that our conscious mind is not able to comprehend'. This phenomena needs to be addressed to understand the nature and functions of the mind i.e. we all are normally abnormal in our day to day dealings.

Keywords: Mind, Indian Perspective, Western Approach, Layers Of Consciousness.

INFLUENCE OF EMPOWERMENT ON HEALTH CARE OF DALIT WOMEN: A CASE STUDY OF BKT BLOCK, LUCKNOW

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Empowerment of women means developing them as more aware individuals, who are politically aware, economically productive and independent and can make decision on their own. The study deals with empowerment of Dalit women who are being included in the minority sections. The concept of empowerment is based on setting of standards and trying to achieve those standards. This paper deals with the Dalit women and their Health status. Health is a state of complete Physical Mental and Social well being and not merely the absence of diseases. The health status of women includes their mental and social condition as affected by prevailing norms and attitudes of society in addition to their biological and physiological problems. This paper is an exploratory study designed to analyze and interprets the Dalit women in Ambedkar gram and Non- Ambedkar gram of Iko district. The sample size is 500 Dalit women from which 250 Dalit women are from Ambedkar gram are being selected. It was found that there is a significant difference related to healthcare awareness of Ambedkar and non Ambedkar gram women's. The women at Ambedkar gram are more aware about health care than Non - Ambedkar gram.

Keywords:: Health Care, Exploratory, Empowerment, Minority Sections.

CHILD ADOPTION: AN ALTERNATE OPTION FOR PROSPECTIVE PARENTS IN INDIA

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Parenting is a psychosocial need of every adult regardless of being married or not. The nurturance need of childless couples gets a ray of hope by taking decision to adopt a child. An increase in demand for adoption of a child from single parents has also shown a greater concern in India. The statistics shows that in the last three years a total number of 10,209 children were adopted in in-country adoption and 1,470 children in inter-country adoption. However, a very negligible percentage of children adopted legally about 0.04% in each year in respect to the number of orphan and abandoned children in India. A decade before, ChildLine India Foundation estimated that

there were 25 million orphans in Indian. This shows a severe mismatch between the prospective parents and children for adoption. It is seen that couples took decades to decide adoption as a last resort in their late 40s those have undergone fertility treatments. Earlier the preferences of parents were age, gender and physical health of the child limited the selection of child for adoption. Ministry of Women and Child Development and Central Adoption Resource Authority (CARA) introduced a special drive under new Adoption Guidelines (2015) through centralised and online procedure to ease the process of adoption, where 36 Special Needs of children have been placed in adoption within the country. Today, the challenges in adoption are manifold i.e., to streamline the adoption process, to make it more transparent, to create mass awareness and sensitization programmes about legal processes of child adoption and so on. These challenges can be conquered with absolute support and sustained efforts of various stake holders, NGOs, Media and Government both in policy making and implementation level.

Keywords: Adoption, Prospective Parent, Abandoned Children, Infertility, Stakeholders.

ROLE OF ORGANIZATIONAL CHANGE IN STRESS MANAGEMENT OF PRIVATE COMPANY EMPLOYEES

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Objectives: Organizational stress and organizational change are now widely accepted issues in the corporate world. The current study explores the role of organizational change programme in mitigating stress among private sector employees. **Method:** The sample comprised of 150 employees working in private company i.e. LPS Automatics and LPS Bossard of Rohtak .All belonged to an age group of 30-35 years, at supervisory and executives level and purposive sampling technique was used .The scales employed were Job Stress Survey (Speilberger & Wagg ,1999) and Organizational change questionnaire (Devos,2009). **Results:** The results were in the expected direction showing positive impact of change, process and readiness on the mitigation of stress level in employees. The change and readiness emerged as significant contributors. **Conclusion:** Findings indicate that redesigning the organizational climate of an Organization in term of effective leadership, free flow of communication and formal structuring of task reduce the stress level in employees.

Keywords: Organizational Change, Readiness, Job Stress, Organizational Climate.

PSYCHOLOGICAL INTERVENTION AND HEALTH ISSUES

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Health problems can be best understood from a bio-psycho-social perspective through which problem is viewed as a complex, multifaceted experience emerging from the dynamic interplay of a patient's physiological state, thoughts, emotions, behaviors, and socio-cultural influences. A bio-psycho-social perspective focuses on viewing any illness rather than disease, thus recognizing that it is a subjective experience and that treatment approaches are aimed at the management, rather than the cure, of chronic illness. Current psychological approaches to the management of problems include interventions that aim to achieve increased self-management, behavioral change, and cognitive change rather than directly eliminate the locus of disorder. Benefits of including psychological treatments in multidisciplinary approaches to the management of health problems include, but are not limited to, increased self-

management of physical disorder, improved coping resources, reduced related disability, and reduced emotional distress – improvements that are effected via a variety of effective self-regulatory, behavioral, and cognitive techniques. Through implementation of these changes, psychologists can effectively help patients feel more in command of their control and enable them to live as normal a life as possible despite pain. Moreover, the skills learned through psychological interventions empower and enable patients to become active participants in the management of their illness and instill valuable skills that patients can employ throughout their lives.

Keywords: Psychology, Multidisciplinary Treatment, Cognitive Behavioral Therapy.

COPING STRATEGY AS A PREDICTOR OF ADHERENCE TO ANTI RETROVIRAL THERAPY (ART)

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Objectives: This study was carried out with the objectives to evaluate role of coping strategies in adherence to ART. **Method:** Sample consisted of 67 HIV infected people receiving ART. The participants were screened from the cohort of patients attending the Anti Retroviral clinic*, Swaroop Rani Hospital, Allahabad. Out of 67, 38 subjects showed adherence to ART, However 29 showed non adherence to ART. The scales employed for data collection was Coping Strategy Indicator constructed by Amirkhan. Logistic binary regression analysis was administered to find out coping strategy as a predictor of ART adherence. **Results:** The results reveal avoidance type of coping strategy showed significant inverse association with adherence to ART [B = -0.281, Ex (B) = 0.775, p=0.004]. **Conclusion:** Findings indicate that identifying type of coping strategy, which is practiced by the HIV infected people to deal with stress, may help in predicting adherence or non-adherence to ART among HIV infected people.

Keywords: Resilience HIV, ART, Coping Strategy, Adherence

FELT EXPERIENCE OF STRESS AMONG DESTITUTE

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Objectives: Stress is a feeling of strain and pressure and coping refers the way to deal with stressors. Destitute are the people who are poorest of the poor. Besides, they are also abandoned by the society. The study pertained to examine the level of stress and major coping strategies used by the destitute to deal with the stressors of life. **Method:** The data was collected on a sample of 50 destitute (female = 25, male = 25), living in Dying Destitute Home, with the help of two measures: Anxiety Depression and stress scale (Bhatnagar et al., 2011) and an interview schedule (Self developed). **Results & Conclusion:** The results revealed that they belong to the category of people with moderate level of stress. Content analysis of interview schedule brought forth passive negative coping style as a dominant coping strategy to deal with stressors of daily life.

Keywords- Destitution, Stressors, Coping Strategies, Passive – Negative Coping Style.

TRANSFORMING EDUCATION FOR HUMANITY: LINKING MENTAL HEALTH STUDIES IN CURRICULUM TO SOCIAL COHESION, PEACE AND SUSTAINABILITY

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Children are future of nation. Adolescence is transitional period which involves a series of passages from immaturity to maturity. It's a period of rapid transitions: biological, cognitive, social and economic- which tend to dis-equilibrate the young people. It propels the young people towards substantial reorganization and restructuring their sense of self and towards establishing themselves as independent self governing individuals. It is a critical period for formation of habits, good or bad. Since children spend a major portion of the day in educational institutions these institutions can, and should, help adolescents to meet the challenges they confront now and/or will face in future. In a fast-changing and interdependent world, It is not enough for education to produce individuals who can read, write and count. The overall purpose of education is to enable a human being to live a fulfilling life, not only in harmony with oneself but with family, society and nature. So education need to be transformative and bring shared values to life and humanity. It must cultivate an active care for self and for those with whom we share it (family, community, society and the world). By examining the synergies of critical concepts – education, mental health ,social cohesion ,humanity and peace – this paper takes a step in the direction of a more complete understanding of the role of education in developing aware, active and responsible children who have been strategically groomed to contribute to society, humanity, sustainability and peace.

Keywords: Mental Health, Humanity, Peace, Harmony, Education, Social Cohesion, Sustainability, Adolescent.

YOGNIDRA, ADOLESCENCE AND PERSONALITY CHANGE: A STUDY

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Objectives: This study was carried out with the objectives of investigating the relationship between the practice of yognidra and personality improvement of adolescents. **Method:** The sample consisted of 200 students of eleventh standard. The one group pre-test post-test design was used. The scales employed for data collection was Eysenck Personality Questionnaire by Dey and Thakur (1988) having adequate reliability and validity. **Results:** The results reveal a positive relationship between practice of yognidra and personality improvement of adolescents ($p < 0.01$). In other words the personality of the subjects changed positively and significantly as the effect of practice of yognidra. The finding indicates that the practice of yognidra is very effective in improving the personality of adolescents. **Conclusion:** The obtained results have been discussed in the light of the life style and belief system of the Indians.

Keywords: Yognidra, Personality Change, Personality and Yognidra, Effect of Yognidra on Personality.

ENHANCING SOCIAL WELL-BEING THROUGH SOCIAL PARTICIPATION

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Social well-being is the appraisal of one's circumstance and functioning in society. Various efforts have been made to enhance the social well-being of rural and urban population. Corey Lee M Keyes (1998) identified five major dimensions of social well-being. The presents study is an attempt to investigate the contribution of social participation and other related factors ie Self Concept, Value Orientation, Altruism, Family Support, Religiosity and Role Model on various dimensions of social well-being. 300 graduate and post graduate students belonging to different social category (General, OBC, SC and ST) participated in the present study. Scores obtained on various measures was subjected to stepwise multiple regression analysis keeping all the five dimensions of social well-being as criterion variable separately and rest other variables including social participation as predictor variables. Social participation emerged as the most powerful predictor for all the five dimensions of social well-being. The implications of the present findings have been discussed also.

Keywords: Social wellbeing, Self Concept, Value Orientation, Altruism, , Religiosity, Role Model.

NARCISSISM AS A HEALTH CONCERN AND SOCIAL MEDIA: ISSUES AND CHALLENGES

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Objectives: The main objectives of this research are to find out a) whether narcissism could result in health concern or threat to the mental-physical wellbeing of a person and how; b) what is correlation between excessive use of social media and psycho-social phenomena of narcissism and also, c) how narcissistic tendency among target group is strengthening the construction and reconstruction of self-identity of an individual. **Method:** The methodology adopted includes the questionnaire survey based Narcissistic Inventory Test 16, which is most suitable one to measure narcissistic characteristic among individuals. Along with this, two more survey conducted; Bergen Social Media Addiction Scale and Aspects of Identity Questionnaire (AIQ). Total 200 people are surveyed including 100 male and 100 female within the age group of 18 to 25 years. The attempt has been made to diversify the profile of these people as much as possible in terms of their professions, social groups and religious identity as well. Scores of the survey is used to calculate correlation coefficient so that the relationship among narcissism, addiction of social media and self- identity can be evaluated. To get further clarity other statistical dimensions mean value, standard deviation and especially regression analysis is calculated using software (STATA). To make the finding visible and easily comprehensible, various tools and techniques like pie diagrams and bar diagrams are drawn. **Results:** This paper deals with the health aspects of narcissism. The relation between narcissism and other variable taken here is much required to be established. A highly positive correlation has been found between narcissism and excessive use of social media. Similarly, the relation among excessive use of social media and reconstruction of self-identity has positive correlation. **Conclusion:** Therefore, as the social media (excessive use only) induced narcissistic behaviour that may result into mental and physical health problems must be taken up as a challenge (as excessive use of social media is ever growing day by day) to promote the public health and well-being of the society at large.

Keywords: Narcissism, Health Concern, Social Media, Self-Identity.

STRESS AS RELATED TO MENTAL HEALTH

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There is a close relationship between mental health and physical illness. It is frequently asserted that stress, in general, and psychological stress and in particular has become a major feature of modern living, caused particularly by changes in the type of work that we do, by the breakdown of traditional family structures, and by many features of the contemporary urban environment. Stress is thought to be a principal cause of mental disorders which may ultimately result in psychosomatic disorders, and mental illness. Millions of working days every year are believed to be lost as consequences of stress. The ability to cope successfully with stress is frequently held to be the key of human happiness. Many life events also are responsible for causing stress. These include: Death of Spouse, Divorce, Marital separation, Marriage, Poor working environment, Retirement and the like. Stress is mainly caused by two factors, (1) uncertainty about the outcome and (2) importance of the outcome. One of the important psychological consequences is reflected in the emotional behaviour of the stressed person. Emotional behaviour refers to extensive and intensive changes in psychological functioning that are psychological origin. Emotional behaviour is characterized by multiple and intensive changes in psychological functioning of the autonomic factors, including alterations in Heart rate, Stomach, or Duodenal movement and Gastric or Adrenal-Gland Secretion, among other activities. Emotional behaviour is related to functioning and hormonal secretion of ductless or endocrine glands. Stress, Frustration, Anxiety, Insecurity and Emotional behaviour are the psychological factors which affect somatic or bodily conditions. Thus stress, anxiety etc. to a very great extent responsible for onset of mental health problems which can only be solved by strong coping strategies.

Keywords: Mental Health, Psychosomatic Disorder, Stress.

STUDY OF WORKING MEMORY IN RELATION TO ACADEMIC ACHIEVEMENT

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Objectives: Present study aimed to investigate the effect of academic achievement, gender and age on development of working memory in children. **Method:** A 2x2x2 factorial design with 2 age groups (8-12 yrs and 13-16 yrs), X gender (boys and girls) X 2 levels of academic achievement motive (high & low) was employed and a total of 200 children of different groups participated in present study. The level of academic achievement was determined by Academic Achievement questionnaire (Sharma T. R, 1971). Further, children's level of working memory was assessed with the help of working memory tasks. **Results:** The results revealed the significant effects of academic achievement, age and gender on working memory. More specifically, students with high level of academic achievement performed better on working memory and its components as compared to low academic achievement group. Further, adolescents were found superior on working memory and its different components as compared to their counterparts. Significant gender effect proved that girls performed far better on working memory and its domains as compared to boys. **Conclusion:** Correlation results indicate strong positive association between academic achievement and working memory and its domains. Regression results proved differential predicting roles of academic achievement, age and gender in the development of working memory. Findings are discussed.

Keywords: Academic Achievement, Age, Gender, Working Memory.

EXPANDING HORIZONS OF SATVAVAJAYA CHIKITSA: THE CBT & EMDR AS PRACTICAL TECHNIQUE

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Satvavajaya Chikitsa, as mentioned by Acharya Charak, is the mental restraint or mind control and is achieved through Gyan (spiritual knowledge) Vigyan, (Refers to promotion of practical & scientific knowledge) Dhairya (fortitude) Smriti (To promotion of positive memory) and Samadhi (concentration). The real meaning of satvavajaya is "winning the mind". There is no fundamental differences between Ayurvedic satvavajaya and modern psychotherapy, both involve removal of harmful sense objects of mind and insertion of positive rational thoughts and emotion here we compare the two modern psychotherapies with two satvavajaya component i.e. Vigyan (Skilled/textual knowledge) and Smriti (remembrance). The first therapy is EMDR which is memory based, with the help of EMDR we removes the ill (traumatic) memories, which is similar to smriti (remembrance) is component of Satvavajaya. The second component of Satvavajaya is vigyan where we use CBT as promotion of Vigyan through this technique we restructure the cognition and change the maladaptive behaviour which is similar to satvavajaya chikitsa where mind is refrained from ahita artha and attempts are made to promote hita arthas. The article attempt to assimilate and develop the psychotherapeutic techniques which are described in the principles and practices of satvavajaya chikitsa. The Manas Chikitsa (psychosomatic medicine & neuropsychiatry) Division of Department of kayachikitsa, Institute of Medical Sciences, Banaras Hindu University, Varanasi continuously working towards identification and practice of CBT related to satvavajaya.

Keywords: Satvavajaya, CBT, EMDR, Psychotherapy.

HIV AND AIDS: AS A STIGMA IN NORTH INDIA - ISSUES AND CHALLENGES

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The stigma attached to the HIV/AIDS virus causes damage to society. The AIDS and HIV virus is a very dangerous disease that sees no race, no colour, no gender, no economic background and not even a specific age group. It can affect anyone, at any time if they put themselves in a situation where they could be at risk. Stigma and seroconversion are a few familiar words that come to mind when dealing with HIV/AIDS. These are a few processes that people go through when they are identified as being HIV positive. This is when their life on whole comes into contrast. This is so because people often take things like sex for granted and it is because of this some can't live a healthy lifestyle. Just imagine finding out that you are positive. How will society accept you? What about the stigmatization that one goes through. Can you imagine the physical, mental and emotional torments of the person's life? Many people are left to walk in shame because of the fact that people usually do little to educate themselves about the virus. Even with the awareness of how to protect yourself against the virus there is still a stigma attached to people living with the disease. People are often discriminated against because they have been identified as HIV positive. Obtaining jobs, socializing and building families are all things we take for granted but we do not keep in mind that these are quiet a difficult tasks that require a lot of courage and persistence. This paper focuses on the impact - psychosocial, cultural and economic of HIV/AIDS and its related sexual health problems on the individual as well as the community. HIV/AIDS has a huge impact on the infected individual's family unit and the community they live in North India.

Keywords: HIV and AIDS, Stigma.

THE BLUE WHALE CHALLENGE: A PSYCHOLOGICAL ANALYSIS

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The creator of the blue whale challenge using a specific psychological strategies or technique to control or manipulate the adolescence mind via electro-magnetic way. The game ‘curator’ has placed adolescence in the fake virtual world of illusion and fantasy. The blue whale is only a trigger vulnerable adolescence those have low self esteem, feeling isolated, suicidal intent, cyberbullying, depression, sleep deprivation and possible traits of borderline personality disorder or other psychiatric vulnerability. The game creator understood these feelings and take advantage by creating an emotional bond with them through an arbitrary set of steps demanding completion in order to move forward in the game, and then hope they follow through to Step 50, “Jump off a high building. Take your life.” The role of psychologist can defeated this game by talking to the adolescence about their suicidal thoughts or feelings and encouraging them to reach out to get help for them through psychotherapy or counselling. It’s not an easy conversation to have but it may be a life-saving talk. Adolescence need to understand they are at the very beginning of their life. No matter how bad they are feeling right now, it will get better. And rather than believing a stranger in the first place they should reach out to their friends (or an adult, if they can) and see if they can find a different way to cope with these feelings. We have to make every effort in this regard because their life is precious to someone.

Keywords: Blue Whale, Electro-magnetic Way, Cyber Bullying, Depression.

THE IMPACT OF PARENTS ATTACHMENT STYLE ON ADOLESCENT WELL BEING: A CRITICAL ANALYSIS

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Objectives: Attachment refers to an aspect of inter personal relationships. It asserts that attachment behaviour is held to characterize human beings “From the cradle to the grave”.. The studies of mothers and infant led to the concept of Attachment style. This yields four Attachment styles: secure, fearful, preoccupied, dismissing. Hereby well-being involves our experience of pleasure and our appreciation of life’s rewards and expectations. Subjective well being is defined as a combination of positive affect and general life satisfaction. It is distinguished that life satisfaction is a key indicator of psychological well being. The purpose of the study is to critically analyze the impact of parents attachment style on the psychological well being of adolescents. **Method:** The current research paper is based on pre-existing researches including cross- sectional and longitudinal, studies, articles, literature reviews. The data used in the research paper is secondary data. **Results:** The result through analysis showed that there is a significant difference between attachments styles predicted increased well being and decreased distress in adolescents. Moreover the very idea of attachment and its impact had a major influence on psychological health of adolescents. **Conclusion:** It is concluded that adolescence is a time bringing new challenges and opportunities for understanding oneself within our social context, in the emergence of a generalized attachment orientation. Furthermore the transformation of the parent-child relationship in adolescence requires that parents adapt their parenting practices appropriately for the psychological well being of their adolescents.

Keywords: Attachment Style, Psychological Wellbeing, Life Satisfaction, Adolescents.

EFFECT OF RESIDENTIAL DENSITY ON MENTAL HEALTH OF ADOLESCENTS AND YOUNG ADULTS

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Objectives: People suffer from physical as well as psychological damage as a result of overcrowding which manifests in the form of disease, aggression, suicide and other social pathologies. The present investigation was conducted to assess the effect of residential density on mental health of residents in a rural area. **Method:** A purposive sample of 60 respondents (22 Males and 38 Females) of age ranged from 15 to 25 years residing in crowded/uncrowded home was selected. The P.G.I. health Questionnaire N-2 (Wig and Verma) was administered to assess their mental health status. Scores were analyzed by using Mann Whitney, U-test. **Results & Conclusion:** The results indicate that high residential density had a significant detrimental effect on mental health particularly in case of females adolescents and young adults..

Keywords: Residential Density, Mental Health, Adolescents and Young Adults.

IMPACT OF CHILD ABUSE ON DEVELOPMENT OF ADOLESCENT SELF-ESTEEM

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Objectives: The study aimed to examine the impact of child abuse, age and gender on development of self-esteem in adolescents. **Method:** Sample consisted of 240 students selected by stratified random sampling technique. A 2x2x3 factorial design with two levels of abuse (high & low) x gender (boys & girls) x three age groups (Neo adolescents, Middle adolescents & Late adolescents) was used. Child Abuse Checklist (S. Pandey, 2012) was applied to identify the level and various forms of abuse. Further to assess self-esteem, Coopersmith Self-esteem Inventory (1981) was used. Analysis was done using Univariate, Bivariate and Multivariate analysis. **Results:** ANOVA results revealed that the level of abuse, age and gender exerted significant impacts on development of self-esteem. More specifically, high abused adolescents scored lower on self-esteem than low abused adolescents. Moreover, gender effect indicated that boys exhibited greater extent of self-esteem than girls. Further, impact of age depicted that neo adolescents showed higher level of self-esteem than middle and late adolescents. Again, Correlation results indicated a strong negative relationship among different forms of abuses and various domains of self-esteem. Further, Regression results have also proved the differential predicting roles of forms of abuse, age and parental education in adolescents' self-esteem. **Conclusion:** Findings indicated that age and gender significantly influenced the adolescents' self-esteem and levels of abuse has a detrimental impact on the development of various domains of self-esteem i.e. general self-esteem, social self-esteem, home & parents' self-esteem, school & academic self-esteem and self-esteem (whole).

Keywords: Adolescent, Child Abuse, Gender, Self-Esteem.

MENTAL HEALTH AMONG ADOLESCENTS

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Objectives: Mental health is a state of balance between the individual and the surrounding world. It is also the resistance to or absence of mental illness and is concerned to depend primarily on the way the person feels about himself, other people and the world, in reference to his own place in it. There are many factors which play a determining role in shaping mental health such as personality factors- Type A & Type B, self esteem and locus of control, etc. In adolescents, mental health problem appears to be increasing in number and severity. Mental health problems may lead to students dropping out or failing in the college, attempting or committing suicide or engaging in other risky, dangerous behaviours that may result in serious injury, disability or death. **Method:** In the present study, mental health of male and female college students was studied with the help of Dr. Jagdish and Dr. Srivastava's Mental Health Inventory. **Results & Conclusion:** The percentage of poor and very poor level of mental health is very high among college students. There was no significant difference found between mean mental health scores of males and female college students.

Keywords: Mental Health, Type A And Type B Behaviour Pattern, Locus Of Control.

CONSEQUENCES OF PARENTAL DISCIPLINE ON THE MENTAL HEALTH OF ADOLESCENT BOYS

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Objectives: The objectives of this study were to explore the perception of punishment and its impact on the mental health of adolescent boys. **Method:** A total number of 80 respondents aged between 16-18 years were randomly selected from government and private high schools from the city of Lucknow. To assess their perception of punishment a self devised interview schedule was used. **Results:** Outlining the mental health issues in adolescent boys as a consequence of parental disciplining, the present study reveals that verbal comments/remarks is the main disciplinary measure employed by the parents at home, followed by physical and emotional punishment. As a reaction to this, the adolescents resort to isolation, escapism and feeling of anger towards self and/or the parents, further affecting the parent-child relationship. It identifies guilt, feeling of embarrassment together with being insulted as counter products of punishment, depleting the overall self esteem of adolescents in jeopardy. **Conclusion:** Findings of this study can be used to bring attention of the parents, public and professionals' towards the damaging effects of punishment, coupled with its potential to instill feeling of anger, embarrassment and issues of self esteem in adolescents. It also highlights the need of the hour to develop better strategies for behaviour change than punishment and to provide a platform to the adolescents (support groups) wherein they can express their feelings and deal with them positively.

Keywords: Punishment, Parenting, Mental Health.

EFFECT OF CHILD MALTREATMENT ON CHILDREN'S BEHAVIOUR IN SCHOOLS

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Objectives: Present study aimed to examine the effect of child abuse, gender and age on behavioural functioning of children in schools. **Method:** A 2x2x3 factorial design with two levels of child abuse (high & low) x gender (boys & girls) x age (Children, (7-11 yrs) Pre-adolescents, (12-15 yrs.) & Adolescents, (15-18 yrs.) was used and a total of 240 students participated in the present study. Child Abuse Checklist (S. Pandey, 2012) was applied to identify the level and various forms of abuse. Child Behavior Questionnaire (Pandey, 2006) was used to assess different types of behavioural functioning in children. **Results:** The results revealed the significant effect of child abuse on students' behaviour. More specifically, child abuse caused negative impact on proper development of positive behaviours i.e., study behaviour, social interaction, and helping behaviour, which were found inferior in abused group of children than their low abused counterparts. However, the effects of age and gender on children's behaviour were found partially significant. **Conclusion:** Correlation results indicate that forms of child abuse i.e. physical, sexual, psychological abuses and child neglect were found negatively correlated with study behaviour, social interaction and helping behaviour of children. Moreover, regression results proved the differential role of forms of child abuse in predicting children's positive behaviour. Findings are discussed.

Keywords: Age, Behavioural Functioning, Child Abuse, Gender, Helping Behavior, Social Interaction, Study Behaviour.

A STUDY OF STRESS AMONG FEMALE STUDENTS

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Objectives: This case study of post graduate girls' college-Baikunthi Devi Kanya Mahavidyalaya, Agra is about stress, its causes and stress busters. The regular news about unhappiness, anxiety and suicides by young individuals, compelled the researcher to think about the causative factors of stress, its symptoms, intervention with the help of various stress busters. **Method:** The case study method was adopted in this research as case study being an in-depth study of social units like individuals, family or school. Students of Education faculty formed the cases for this study. Open-ended questionnaire was developed used as a tool in this study, which had the questions about stress, its causes, symptoms, duration and the stress busters. **Results:** Career, study and family were found as three topmost causes of stress. Anger, irritation, no-talking and headache were the main symptoms of stress. The duration of stress ranged from 15-30 minutes, one day, one week to indefinite time. The changes in behaviour reported by the majority of the group were irritation, no will to work and anger whereas no change in behaviour was also reported by an equal percentage. As far as stress busters are concern, the topmost stress buster was watching TV, followed by outing, friends and sleep. The range of time required to de-stress was from minimum 20-25 minutes to 1-2 days. The main health problems were headache, weakness, irritation and anger. **Conclusion:** It was good to find students cope well with stress. However, students should be taught the value of life and living regularly.

Keywords: Stress, Stress busters, Female students, Case study.

DISPOSITIONAL MINDFULNESS AND MENTAL HEALTH PROBLEMS: EXPLORING THE SUPERORDINATE ROLE OF AFFECT

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Objectives: Mindfulness, as a disposition and practice has long been recognized as a potential factor for promoting mental health. Despite their conceptual orthogonality, the observed empirical association between mindfulness and mental health posits an analytical parallax that requires to be dealt properly. In the present study, it was assumed that the observed health outcomes of mindfulness (or trait mindfulness) can be explained in terms of emotional processing capacity as well as the ability and belief to repair/regulate negative affect or mood. **Method:** Two hundred fifty six university students (144 males and 112 females) in the age range of 20-33 years (mean age = 22.78 years and S.D = 2.56 years) were assessed on self-report measures of trait mindfulness, emotion processing difficulties, negative affect repairing strategies, negative mood regulation expectancies and mental health problems. **Results:** Analyses revealed that mindfulness is negatively associated with various deficits of emotional processing and mal-adaptive negative affect repairing strategies as well as positively associated with adaptive strategies of affect repairing and generalized expectancies of negative mood regulation (NMRE). A subsequent principal component analysis was conducted to reduce the multitude of emotional variables into two elementary factors- healthy emotion regulation and unhealthy emotion processing/regulation. To analyze the super-ordinate role of affect in mindfulness-mental health relationship, a series of partial correlation and hierarchical regression were conducted. **Conclusions:** The findings suggest that unhealthy emotional processing/regulation explained majority of overlap in mindfulness-mental health relationship as compared to healthy emotion regulation. These findings were supported by Buddhist cannons that effective renunciation of unruly emotional engagement leads to arise of mindfulness and sustaining well-being. The findings were discussed in the light of existing literature.

Keywords: Dispositional Mindfulness, Mental Health, Super-ordinate Role, Negative Mood Regulation.

POSITIVE META-COGNITIONS AND META-EMOTIONS IN NORMAL INDIVIDUALS AND CORONARY HEART DISEASE PATIENTS

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Objectives: The present study aimed to elucidate the effect of four factors of positive meta-cognitions and positive meta-emotions such as a) Confidence in Setting in Flexible and Feasible Hierarchy of Goals (PMCEQ- H1), b) Confidence in Interpreting own Emotions as Cues, Restraining from Immediate Reaction and Mind Setting for Problem Solving (PMCEQ- H2), c) Confidence in Extinguishing Perseverative Thoughts and Emotions (PMCEQ- H3) and d) 'PMCEQ- total' in normal individuals and coronary heart disease patients. **Method:** The sample comprised 28 to 78 years old 206 [100 coronary heart disease (CHD) patients (mean age 56.61) and 106 normal healthy individuals (mean age 53.93)] participants purposively selected from the different hospitals of Varanasi city. Participants individually completed Hindi version of Positive Meta-cognitions and Meta- Emotions Scales (PMCEQ- H, Jaiswal et.al., 2017). The data were analysed by one- way ANOVA. **Results:** One- way ANOVA revealed (i) significant main effects of groups on 'PMCEQ- H1' and 'PMCEQ- H3' and CHD to normal participants scored significantly high on 'PMCEQ- H1' and normal to CHD participants scored significantly high on 'PMCEQ- H3'

(ii) non-significant main effects on 'PMCEQ- H2' and 'PMCEQ- total'; in both groups. **Conclusion:** Findings indicate that high score of CHD patients on PMCEQ- H1 revealed more confidence in setting in flexible and feasible hierarchy of goals. High score on PMCEQ- H3 exhibited more capacity of confidence in extinguishing perseverative thoughts and emotions of normal individuals.

Keywords: Meta Cognition, Meta Emotions, CHD Patients.

COPING BEHAVIOUR AND MENTAL HEALTH WITH REFERENCE TO EMOTIONAL INTELLIGENCE AMONG COLLEGE STUDENTS

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Objectives: Mental health, an essential and integral component of health is the foundation for well-being and effective functioning of individual as well as for society. The way a person copes with the stressful situations of life determine his mental health or well-being. Emotional intelligence helps a person to deal with the stressful situation in an effective manner. The objective of the present study is to ascertain the relationship of emotional intelligence with mental health and coping behaviour of male and female college students. **Method:** The sample comprised of 320 college students (160 males and 160 females), randomly selected from 5 colleges of Agra city, UP. The data was collected using Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastava. Coping check list (CCL) by Professor Kiran Rao was used to assess the coping behaviour of participants. Emotional Intelligence Scale by Hyde, Pethe and Dhar was used to measure emotional intelligence of the participants. Data was analysed using 'correlation' and 't-tests'. **Results & Conclusion:** The results revealed a significant positive correlation of emotional intelligence with mental health and problem focused coping. The correlation of EI with emotion focused coping and problem-emotion focused coping was found to be statistically insignificant.

Keywords: Coping behaviour, mental health, emotional intelligence.

STRESS: COPING STRATEGIES AND MANAGEMENT

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Western philosophy says when emotions starts losing their control over human behavior are called stress. Whereas Indian philosophy accepts that the loss of inner peace or lacking of inner peace is stress. Stress is never a one day process .It starts from anxiety and passes through the phases of pressure, tension, frustration and conflict. Afterwards it turns to the condition of stress. There are mainly three stages of stress: Alarming stage, Resistance Stage and Exhaustion stage. The stress may be categories under three heads. The first is Eu-stress which refers to the positive stress oriented toward any achievement or attainment of success. The second one is the neutral form of stress called Nu-stress, which depends upon situation .The third is distress which depends upon our perception with negative notions. Practically we cannot eradicate stress from our life , we just only manage our stress. It is not necessary that stress arise only out of major events (pleasant or unpleasant) ,it may be the result of cumulative effect of small events. Therefore we are required to manage our stress sensitively with assertive attitude. The sources of stress are personal, social and environmental. Personal sources consist of daily hassles of life, sudden death of any loved one, financial crises, health issues, retirement career issues, and problems with in laws, marriage, child issues and status related issues. Social issues refer to class discrimination, social isolation and human right violation etc. Environmental sources are pollution rainfall temperature etc. Coping and management strategies

include self realization, acceptance of reality, meditation, yoga, involvement with nature, listening music and practices of your hobbies and religious activities.

Keywords: Eu-stress, Nu-stress, Distress, Self Realization.

SOCIAL AND EMOTIONAL ISOLATION AMONG THE TIBETAN REFUGEES IN TERMS OF POSITIVE EMOTION BORN AND RAISED IN TIBET AND IN EXILE (INDIA)

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Objectives: The present research was conducted to explore the social and emotional isolation in terms of positive emotion among the Tibetan refugees born and raised in exile (India) and in their homeland (Tibet) and also to see the difference between them. **Method:** The studying population includes the Tibetans born in exile (India) and the ones born in Tibet and later migrated to exile in India. Ninety five participants comprising fort five of group constituted the sample. Using standardized scales, of loneliness, Spirituality and resilience and positive and negative affect Scale the data was collected and analyzed with the help of relevant statistical techniques. **Results & Conclusion:** The results pointed out that the two groups of Tibetans under study vary in term of their positive emotions and as well on their social and emotional isolation and as well highlight the significant role of social and emotional support and focuses the role of spirituality and resilience in term of positive emotion, personal attitudes and belief in adjustments in life.

Keywords: Social and Emotional Isolation, Positive Emotion, Tibetan Refugees, Exile (India).

LEARNING OUTCOME OF SECONDARY STUDENTS IN RELATION TO THEIR LONELINESS AND SELF REGULATED LEARNING

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Objectives: The objective of this research is to explore the relationship of self regulated learning and loneliness with the learning outcome of male and female secondary students. **Method:** The studying population includes the secondary school student studying in eleventh standard in the schools affiliated to CBSE in Himachal Pradesh. The sample was selected using scientific methodology and the final sample comprises 520 students 260 each from male and female students using 2x3x3 factorial design besides correlation. The observation was recorded using the standardized scales i.e., Loneliness Scale, Motivated Strategies for Learning Questionnaire (MSLQ), and the student's academic performance in their Board exam of 10th standard is taken as the learning outcome score of the participants. After collecting the data through standardizes tool observations were treated through t-test, Correlation and analysis of Variance. **Results & Conclusion:** The result showed the significant and positive relationship of self regulated learning with the learning outcome of secondary students but with loneliness the correlation was also significant but negative in direction. The result also showed the significant difference between the participants with respect to their loneliness and self regulated learning and girls participants outperformed their male counterparts on their learning outcomes significantly.

Keywords: Self Regulated Learning, Loneliness, Learning Outcome, Motivated Strategies for Learning.

FAMILY RELATIONSHIP AND LONELINESS IN ADOLESCENTS

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Objectives: Loneliness is a serious threat to mental health of an individual. It is important to understand the factors that determine the loneliness so that these can be checked to prevent the loneliness. Since the adolescents are most close to family, it seems worthwhile to investigate the relationship between Family relationship and loneliness in adolescents. It was hypothesized that accepted children would score less on loneliness as compared to concentrated and avoided children. **Method:** Sample consisted of 150 adolescent who consented to participate. An equal number of male and female students were selected from the schools. A three group design with avoided, concentrated and accepted children was employed. The selection of group was based on the score of subjects on the Family relationship scales by Sherry and Sinha. These subjects were now given UCLA loneliness Scale by Russell. **Results:** One way ANOVA followed by DRT was employed. The hypothesis proved and the avoided and concentrated adolescents were found to be significantly high on loneliness as compared to accepted adolescents. **Conclusion:** Findings indicate that the fundamental cause of loneliness is disconnection. Family support and close relationships with their adult children play a central role in adjusting to a new life and in preventing and/or lessening

Keywords: Adolescence, Family Relationship, Loneliness, Gender.

EMERGENCE OF SUICIDAL IDEATION AMONGST YOUTH: STUDY OF THEIR STRESS PROFILE

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Objectives: The search for identity, a natural stressful demand on youth can be overwhelming to them, and a times predisposes them to thoughts of suicide (suicidal ideation). Depression, perceived stress and mental health are established risk factors for engaging in such suicidal behaviors. The present study aims to understand the mental state of youth, their stress profile and the risk factors associated with suicidal ideation and attempts. **Method:** For this purpose a sample of 6 young male and female of the age group of 16-23 years were investigated and explored through case study method. 'Bisht Battery of Stress Scales' (Bisht, 1987) and 'Suicide Ideation Scale' (Sisodia and Bhatnager, 2011) along with 'Case Study Blank' by Mathur and Bhatnager (2004), were used to assess their scores on causes and symptoms of stress and on suicidal ideation. These scores were considered as the potential mediators between their mental health and their suicidal behavior. **Results:** The results indicated a negative influence of stress on mental and physical health and even confirmed its relation with suicidal ideation. It was even observed that the prevalence of stress levels were more in female subjects as compared to males. **Conclusion:** The main causes of stress amongst youth were exam or work pressure; family and relationship issues; and feeling of worthlessness connected with alcohol and drug addiction. Hence it appears fundamental to work upon the interpersonal relationships of youth to prevent suicidal ideation and behavior.

Keywords: Youth, Suicidal Ideation, Stress, Mental Health.

EFFICACY OF YOGA ON EMOTIONAL INTELLIGENCE AND SUBJECTIVE WELL-BEING OF DIABETIC PATIENTS

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Objectives: Diabetes can have a significant impact on both physical and psychological functioning of individuals which can impair individual's quality of life. In terms of psychological functioning, the demands of diabetes care can have a potent impact on emotions and adjustment process. Psychological stress can also affect diabetes control and the release of counterregulatory hormones often results in elevated glucose levels. In other words, in order to develop a healthy personality and emotional intelligence one of the ways is the practice of yoga exercises which provides peace of mind, energize and balance of the body ultimately leads to a sense of control, happiness and well-being. The present research makes an attempt to ascertain the efficacy of yoga exercises on the emotional intelligence and subjective well-being of diabetic type-II patients. **Method:** The sample of 40 diabetic type-II patients was selected purposefully. Further, total sample was divided randomly into two categories i.e. experimental group (20) and control group (20). The present research takes into consideration the two psychological tests. First is Emotional Intelligence Scale and the second is Subjective Well-being Scale. **Results & Conclusion:** The positive impact of yoga exercises has been found on the emotional intelligence and subjective well-being of diabetic patients in experimental group whereas insignificant improvement was seen in control group.

Keywords: Yoga, Subjective well-being, Emotional intelligence, Diabetes.

STRESS MANAGEMENT THROUGH OPEN AND DISTANCE LEARNING: A CASE STUDY OF IGNOU LEARNERS

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It has been observed that since last decades more and more people are opting Open and Distance Learning (ODL) to enhance their skills, competencies thus facilitating them in the process of getting gainful employment, knowledge enrichment etc. The profile of the learners undergoing various programmes through ODL institutions varies from just pass outs to housewife to employed or retired people having different reasons for enrolling themselves in the distance education programmes. The age of the learners varies from 18 years to 75 years having different expectations and aspirations from the programmes which they are undergoing. For some it is just way to enhance their knowledge, for others its way towards getting gainful employment to getting more job avenues in terms of upward promotion etc. Under such a scenario, in the process of learning the ODL learner undergoes stress both positive and negative, whose nature varies from one learner to another. For some, learning through ODL is the way to reduce their stress being part of lifelong learning so as to effectively utilize their idle time and for others it could be enhancing their stress especially related to limited learner support at the various levels especially Learner Support Centres (LSC's) along with many other responsibilities related to organization, family to be carried out besides completing the programme. In the above background this paper has listed out the various types of stress which ODL learner undergoes during their programme of study and the ways which learner employed to cope with the learning induced stress. It has also looked into other aspects i.e. role of the ODL programmes as a means of reducing stress among learners because of flexibility of the completing programme as per their own convenience as compared to rigid structure which conventional system learners has to follow.

Keyword: Open and Distance Learning (ODL), Stress Management, Learner Support.

PERCEIVED STRESS AMONGST PROFESSIONAL STUDENTS: SOURCES, REACTIONS AND PREVENTIONS

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Objectives: The objective of the study was to study the stress level of professional and non-professional students. Specifically in the state of M.P. a number of professional institutions have been established in which the students from various parts of the country are enrolled and completing their course. Due to living different culture and studying in a heavy pressure different to their previous course, students face a number of problems. **Method:** A sample of 300 students of both sexes studying in two professionals (Engineering, and Nursing) and one non-professional stream. These students belonged to two residential areas. With the help of self-developed questionnaire, level of stress was assessed in this study. **Results & Conclusion:** Pattern of results indicated that female students belonging to local area and male students from distant area experienced higher stress as compared to their counterpart students. Results also indicated that local Nursing students perceived highest stress as compared to nursing students belonging to distant location due to change in residential problems. The pattern of results indicated that Engineering and General Stream students from distant locations were more worried from the residential problems as compared to local Engineering and General stream students.

Keywords: Stress, Students, Residence.

A COMPARATIVE STUDY OF MENTAL HEALTH AMONG MARRIED WOMEN AND WIDOWS

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Objectives: Mental health describes a level of Psychological well-being or on absence of a mental disorder. From the perspective of 'positive psychology' or 'holism' mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an experience of emotion and as signifying a successful adaptation to a range of demand. Mental Health has been mentioned as the ability of a person to balance ones desires and aspirations to cope with life stresses and make psychological adjustment. The aim of the present investigation is to analyze the mental health of the widows and married woman. **Method:** A total number of 50 widows and 50 married woman (25 working and 25 Non working women) from Saran District and data collections were done with help of Mental Health Inventory by Dr. D.G. Bhatt and G.R. Gida (2006). The collected data statically analyzed with the help of 't' test. **Results & Conclusion:** The results show that there is significant difference between widow and Married woman. There is significant difference between working widows and non-working widow women. There is no significant difference between married working and Non-working women.

Keywords: Mental Health, Psychological Well-being, Psychological Resilience, Widows.

DEPRESSION AND SUICIDAL IDEATION AMONG HIGHER SECONDARY SCHOOL STUDENTS

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Objectives: Depression and suicidal behaviors are a public health concern. Studies have revealed that students' performance in school, college and university are affected by symptoms of depression, suicidal ideation, anxiety and stress which may impair their academic performance, lead to deterioration in relationships and affect future employment. The objective of the present study was to assess the level of depression and suicidal ideation among higher secondary school students. **Method:** Sample of 100 students were selected through simple random sampling method, aged between 15 to 19 years from Patna. Depression and suicidal ideation were assessed through Beck Depression Inventory and Scale of Suicidal Ideation. Written informed consent was obtained from all the participants. The study was approved by the Ethical Committee of the University. **Results & Conclusion:** Findings of Beck Depression Inventory and Scale of suicidal ideation indicate that 7% students had moderate to severe and 1% had extremely severe level of depression. No significant difference was found between male and female students in terms of depression and suicidal ideation.

Keywords: Depression, Suicidal Ideation, Students.

ROLE OF ACTION VIDEO GAMES ON ATTENTION AND COGNITIVE FLEXIBILITY

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Research over the past decade have shown that training on action video games produces learning that can be transferred well beyond the learning task. This has brought interest among those interested in training for various precision demanding jobs like- endoscopic surgeons and pilots. Action video games lead to a number of alterations in visuo-attention, visuo-motor coordination and other cognitive and perceptual processes. Video game players showed ability to make fine discrimination, faster processing speed, enhanced sustained attention and decreased reaction time of visual stimuli. Video game training can also bring cognitive flexibility, which includes: task switching and working memory. In the present article we have summarized how training on action video games enhances attentional capacities and cognitive flexibility. Findings based on the review of literature indicate that video game training can bring effectiveness in everyday scenarios like driving, surgical performance, piloting and treating of amblyopia.

Keywords: Attention, Cognitive Flexibility, Working Memory, Action Video Games.

PERCEIVED STRESS LEVEL AND COPING MECHANISMS AMONG ADULT HOMOSEXUALS AND HETEROSEXUALS

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Objectives: With the rise of awareness of LGBTQ rights among non community population too. In the recent years, Guwahati has seen a marked shift of attitude towards sexual orientation from the traditional perspectives,

welcoming the queer into mainstream culture. Earlier researches (Psychol Bull, 2003; Cochran, 2001) have suggested that in comparison to their heterosexual counterparts, gay men and lesbians suffer more from mental health problems including substance use disorders, affective disorders and suicide. These findings are in sync with the minority stress model. Verbal revelations by community members in workshops and talks picture a high level of satisfaction regarding their self acceptance and a will to fight for their rights in Guwahati. Since very little work has been done on this concern from this locality, the present study aims to see whether any difference lie in Perceived stress level between the homosexuals and their heterosexual counterparts. **Method:** A Total number of 30 participants from each group were assessed using the Perceived Stress Scale, a self-rating instrument, followed by a self report interview questionnaire on coping with stress. The participants ranged from 18 years to 30 years in age. **Results:** The findings project a picture helpful of adopting coping strategies while providing psychological counselling to the LGBTQ community. With a significant difference in the perceived stress level in both populations, there are also differences in coping mechanisms used. Although many researches have shown the apparent picture of heightened maladaptive issues in homosexuals, it is also necessary to analyze the scenario based on cultural contexts. **Conclusion:** This paper serves as a contribution to existing researches on observations of survival of homosexuals within the Assamese cultural sphere.

Keywords: Perceived Stress, Homosexuals, Heterosexuals, Coping Strategies, Minority Stress Model, Assamese Culture.

PHYSICAL ACTIVITY, QUALITY OF LIFE AND LIFE - SATISFACTION AMONG YOUNG ADULTS

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Objectives: Physical activity has a positive effect on both the physical and mental health of an individual. Mental health is a state of psychological wellbeing in which one has achieved a satisfactory level of emotional and behavioral adjustment. Quality of life is the individual's perception of their general well-being in terms of physical health, family, wealth and the environment. Physical activity can enhance quality of life by increasing immunity and helping in preventing chronic illness. Life Satisfaction is defined as one's evaluation of life as a whole, rather than the feelings and emotions that are experienced in that moment. It is a measure of wellbeing which can be ascertained in terms of mood, self concepts and relations in life. The current study aimed to compare the Quality of Life (QOL) and Life Satisfaction among physically active and physically inactive young adults. **Method:** For that purpose, 60 college-going young adults were taken as sample. The following tools were administered to gather data - Global Physical Activity Questionnaire (GPAQ) by WHO, WHOQOL - BREF and Satisfaction With Life Scale by Diener et al.. After the data was gathered and compiled, statistical analysis was carried out using method of correlation and t-test. **Results:** Significant differences were found in Quality of Life (QOL) and Life Satisfaction between young adults who are physically active and those who are physically inactive. Quality of Life was significantly higher in physically active young adult. Physically active young adults also showed improved Life Satisfaction.

Conclusion: Physical activity has a positive impact on the overall Quality of Life (QOL) and Life Satisfaction of Young adults.

Keywords: Physical Activity, Quality of life, Life Satisfaction, Young Adults.

ROLE OF CASTE AND GENDER IN PARTICIPATION AND SCHOOL READINESS LEVEL AMONG CHILDREN (5 – 6 YEARS) ATTENDING EARLY CHILDHOOD EDUCATION (ECE) PROGRAMME

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Objectives: Early childhood experiences provided rudimentary stimulation for holistic development of the child. School readiness is essential for children to succeed in formal education socially, emotionally, language and cognitively. Factors like caste and gender are more prominent and influence established an institution of society where education is one of them. In many places of India both caste and gender decides whether the child will attend the particular school or not. The present study aims to examine the impact of caste and gender on participation and school readiness level. **Method:** The study intentionally portrays co-association between the variables like participation, caste & gender and school readiness through SEM which reveals indirect explaining path relationship by using structural equation model. Data were collected from 100 children attending different type of ECE programme at Uttar Pradesh state in India by administering school readiness instrument developed by World Bank and demographic information profile. **Results:** The results reveal that significant difference between male and female children belonging to general and non-general caste with regards to their school readiness level and their participation in the programme. The linear regression indicated significant impact of participation on school readiness level furthermore, the indirect model declared satisfactory model that the magnitude of the regression path coefficient (β -value) leading from participation through the moderator caste & gender towards school readiness level. **Conclusion:** The results are discussed in socio-cultural context of India.

Keywords: Caste, School Readiness, Early Childhood Education (ECE), Participation.

EFFECT OF PARENTING STYLES ON AGGRESSION IN ADOLSCENTS

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Objectives: Aggression is one of the most destructive and prevalent form of maladjustment in adolescence period. (Bishion and Patterson, 2006). The vulnerability of this period causes some adolescence problems, which can be taken into unhealthy relationships in different forms of unpleasant family and social conditions. According to Episcine, parents affect their children's intellectual and mental growth and aggressive behaviour through various factors. One of their factor is parenting style. The aim of the present study was to explore how parenting styles affect aggression in adolescent. It also aims to find correlation between different types of parenting styles and types of aggression. **Method:** The sample consisted of 62 participants and to collect data, Aggression Questionnaire by Arnold H Buss, PhD Warren, W. L. (2000) and the Parenting Styles and Dimensions Questionnaire (PSDQ; Robinson, Mandlco, Olsen, & Hart, 2001) were used. The correlation analysis and independent sample t-test were used for statistical analysis. **Results & Conclusion:** The results revealed significant relationship between Parenting Styles and Aggression level in Adolescents.

Keywords: Adolescence, Aggression, Parenting Style, Hostility.

THE EFFECT OF PARENTING STYLE ON DEPRESSION OF ADOLESCENTS

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Objectives: Adolescence is the development period of transition from childhood to adulthood in more accurate term we view adolescents as a time of commitment of young people carves out their place in the world. Every age has its problems. Those of adolescence are after especially difficult for boys and girls to cope with. The teenage years are often portrayed as stressful for both parents and teens. Their parenting style provides a basis for many healthy development outcomes during adolescence. The aim of present study to find out the relationship between parenting style and depression of adolescents and hypothesized that Depression of boys and girls will be differ and significant relation between parenting style and depression. **Method:** Sample was comprised of 100 students (50 boys and 50 girls) and Data were collected using the parenting style scale by R.L. Bhardway and Depression scale by Shamim Karim. **Results & Conclusion:** The results indicate that there is significant gender difference between boys and girls on depression and results also indicate that parenting style and depression is negatively correlates.

Keywords: Adolescent; Parenting Style; Depression.

DEPRESSION AND ADAPTIVE FUNCTIONING OF ORPHAN CHILDREN OF PATNA

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Objective: The low level of intellectual functioning and depression is serious health problem among orphan children. Orphan is a child under 18 years of age who has lost one or both parents to any cause of death (UNICEF). Studies found that children living in orphan home have high risk of depression, anxiety, aggression, lower intellectual functioning psychological distress and adaptive problem. The aim of the study was to assess, depression and adaptive function of orphan children. **Method:** Purposive sampling technique was used for data collection. To assess depression and adaptive function, Beck Depression Inventory (BDI) and Vineland Social Maturity Scale (VSMS) were used. The sample of the present study consisted of 35 orphan boys taken from (govt) orphan home at Patna with age range of 8 to 15 years. The inform consent were taken from required authority of orphan home along with the children at the time of participation in the study. The research was approved by ethical committee of the university. **Results & Conclusion:** The finding revealed that 62.9% had mild to moderate depression and 28.6% had moderate to severe depression in orphan children. On VSMS 25.7% orphan children had Social Quotient (SQ) below 70 and 74.3% children had SQ above 70. Proper residential care along with standard schooling and early identification and intervention will improve the social and psychological health of the orphan.

Keywords: Orphan, Depression, Adaptive Functioning,

EFFICACY OF CBT IN MANAGING WEIGHT AMONG OBESE OF DIFFERENT AGE GROUPS

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Objectives: The study was designed to see the efficacy of CBT intervention in managing weight among obese of different age groups. **Method:** For the purpose 270 obese categorized into three different age groups were taken

from various fitness clinics at Delhi. In this way 90 obese consisted of males and females both were taken in each age group, and 30 participants were taken for each grade (I, II and III) and different age groups i.e., early adulthood, middle adulthood and late adulthood of obese. To measure the weight standard weighing machine was used (weight in kilograms) to administered on the participants before and after CBT intervention to see the difference in their weight loss. **Results:** The results showed that there was substantial decrease in the weight among all the three grades of obese belonging to the three age groups. All the differences were large and statistically significant. **Conclusion:** Thus the CBT effectiveness in reducing weight among obese was very much evident from the results.

Keywords: Obesity, Cognitive Behavior Therapy, Weight Loss, Body Mass Index.

MANAGEMENT OF SPORTS ANXIETY THROUGH DIFFERENT PSYCHOLOGICAL INTERVENTIONS

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Sports Anxiety is a tendency to perceive competitive situations as threatening and to respond these situations with feelings of apprehension and tension. In every sports fear or panic is a basic emotion that activates the “fight-or-flight” response may develop into an anxiety disorder. The common factors of sports anxiety is Physical Complaints – digestive disturbances, shaking and yawning; Fear of Failure – losing, choking, living up to expectation and making mistake; Feeling of Inadequacy poor conditioning, unpreparedness, low skill/ability and feeling that something is wrong, poor officiating and indecent weather; Guilt – Concern about hurting an opponent and cheating etc. The common therapeutic modalities used are Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT), Interpersonal Therapy (IPT), Eye Movement Desensitization and Reprocessing (EMDR), cognitive behaviour therapy (CBT) etc. These will help in prevent anxiety and stress of pre-competition, competition and post competition. These therapies aims to identify and address the source of anxiety, helps to understand, unravel, and transform anxiety in to learning of self-soothing techniques to use if anxiety flares up again.

Keywords: Sports Anxiety, Psychological Interventions.

PARENTING STYLE IN RELATION TO CHILDREN’S MENTAL HEALTH AND SELF-ESTEEM: A REVIEW OF LITERATURE

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The base of one’s childhood is built upon one’s parents or caregivers, who help from worldviews, shape a child’s attitude towards personal achievement, teach how to approach difficulties in life and satisfy their needs be they psychological and physiological. A parenting style is understood as a set of approaches and behaviors a parent elicits towards a child, therefore building an emotional environment in which the child is brought up in. Mental health of children depends on the way parents interact with them. The seed of good mental health is planted as early as childhood. Parents happen to be the most powerful catalysts in promoting good mental health in their children’s lives. Parents’ upbringing and child rearing styles are the important factors in changing and stabilizing the behavioral problems of children, similarly foundation of self-esteem is laid early in life. Present study reviews the relationship between parenting style and children’s mental health and self-esteem that how different parenting styles (i.e. authoritative, authoritarian, permissive and uninvolved) affect the children’s mental health and self-esteem.

Keywords: Parenting Style, Mental Health, Self-esteem

EDUCATIONAL ACHIEVEMENT AMONG INTELLECTUAL DISABLED AND NORMAL CHILDREN

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Objectives: Objectives of the study were to know and measure the Educational Achievement among Intellectual disabled and normal children. Educational Achievement means achievement as basic skills and fact and achievement as higher order skills and advanced knowledge. Psychologists have intensively investigated possible causes of low educational achievement. A consistent finding from the large numbers of studies is a close relationship between Children's performance on indicator of scholastic achievement and their working memory skills. **Method:** The present study assesses the Educational achievement among intellectual disabled and normal children of 8 to 15 year old total 300 randomly selected from special school and normal schools of Surat district, Tapi district and Dadra & Nagar Haveli. They were administered assessment scale developed Koufman Test of Educational achievement: The Koufman Test of educational achievement, Third edition (KTEA-3 comprehensive form) is an individually administered measures academic achievement. In which Reading, Writing, Maths and Oral language skills abilities were assessed. **Results & Conclusion:** The results revealed that intellectual disabled children found to have low achievement than normal children. Intervention, remedial therapy and remedial classes are useful.

Keywords: Educational Achievement, Working Memory, Intellectual Disabled and Remedial Therapy.

LEVEL OF DEPRESSION AND SUICIDAL TENDENCY AMONG ALCOHOLIC AND NON-ALCOHOLIC ADULTS

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Objectives: Worldwide, alcohol consumption has increased in recent decades, with all or most of that increase occurring in developing countries. Suicide is an escalating public health problem, and use of alcohol has consistently been implicated in the precipitation of suicidal behavior. The main objective of present study was to compare the level of depression and suicidal tendency among alcoholic and non-alcoholic adults. **Method:** For this purpose investigator has selected sample of 30 alcoholic and 30 non-alcoholic male adults (18 to 25 years) from various drug de-addiction centers of Surat district. All the alcoholic adults were screened by medical experts. Depression was measured through BDI-II developed by Aaron T.Beak, Robert A.Steer, Gregory K.Brown. Similarly, Suicidal tendency was measured through STS developed by Dr. Dilip Bhatt & Dr. Rasik Meghnathi. **Results:** Findings of present research revealed that level of depression and suicidal tendency were high among alcoholic adults. Depressive and alcoholic adults should be screened for other psychiatric symptoms and for suicidal ideation. **Conclusion:** Intervention programs must take into account to reduce drinking habits and should strengthen healthy behavioral patterns.

Keywords: Depression, Mental Health, Suicidal tendency, Alcoholic.

STUDY OF THE EFFECTIVENESS OF MINDFULNESS BASED PSYCHOTHERAPY IN TREATMENT RESISTANT DEPRESSION: A CASE STUDY

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Major depressive disorder (MDD) is currently ranked the third leading cause of disability in the world. Treatment-Resistant Depression (TRD) causes the majority of MDD's disability. Strikingly 50% of individuals with MDD will fail to remit with two adequate trials of antidepressant medications, thus qualifying as treatment resistant. Current pharmacological and psychotherapeutic treatment strategies for TRD are limited in effectiveness so new interventions are needed. Mindfulness-Based Psycho Therapy (MBPT) is a new psychotherapeutic treatment with established efficacy in preventing relapse of depression for individuals in complete remission. MBPT is a group-based, 8-week intervention that uses mindfulness meditation as its core therapeutic technique. It teaches people to have a different relationship to depressive thoughts and feelings. Strategies are focused on decreasing rumination, enhancing self-compassion, increasing acceptance and decreasing avoidance. This modified version of MBPT, which includes the use of metaphor and adaptations of the original intervention will be discussed through the clinical case of a woman with long-standing TRD. A brief review of the current MBPT literature and future directions for the treatment of TRD are discussed.

Keywords: Resistant Depression, Mindfulness Psychotherapy, Meditation, Awareness.

CHALLENGES ENCOUNTERED BY WOMEN BUREAUCRATS IN ASSAM: AN EXPLORATORY STUDY

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Objectives: The present work is an exploratory study to examine the problems and challenges confronted by women bureaucrats in Assam in reference to Guwahati city. The main objective of the study is to dig out the challenges encountered by women civil servants in present day situation in a changing environment. Another important objective is to figure out the coping mechanisms adopted by the women civil servants. **Method:** The area of this study is confined to the women bureaucrats who are presently working in Assam. The study is based on primary data collected from Guwahati city of Assam and secondary data from various websites, journals, and newspapers to gather some related information which help in finding out the challenges as well as the possible solutions for women bureaucrats. Primary data were collected through questionnaire based interview using qualitative method and the mode of analysis is thematic analysis. **Results:** The study shows that most of the problems faced by women bureaucrats are mainly mental harassment, gender discrimination, glass ceiling effect, glass cliffing effect, male domination and patriarchal mentality. Other problems are related to conservative and stereotypical view, work life imbalance etc. As a result of these problems women show reduced performances, problems and disturbances in family life, negative effect on children, impaired career development and weakened initiative and innovations. Henceforth as a consequence the women bureaucrats get stressed out both mentally and physically. It affects their mental health and therefore they are compelled to adopt some coping strategies to adapt to those changing environments around them. Moreover, support from the family takes a crucial place in this regard. It has

much importance in their effective functioning everywhere, be it field level, office level or at home. The study also seeks to reveal that the women bureaucrats who have duties in field are in disadvantageous position compared to their male counterparts as well as compared to the professionals who are in office level. **Conclusion:** Though women bureaucrats are part of a very powerful, prestigious and highly respected organizations; but gender identity many a times compels them to confront various adopting strategies as highlighted in the study like pre-planning, time management, behavioral engagement, and various stress relaxation techniques etc. in order to manage their stress and work effectively in situations.

Keywords: Bureaucracy, Challenges, Glass Ceiling Effect, Glass Clipping Effect, Gender Discrimination, Coping Mechanisms.

ROLE OF MASS-MEDIA FOR BULLYING BEHAVIOUR IN ADOLESCENT: DIFFUSION, SPHERE EXTENT AND PATTERN IN CROSS NATIONAL CULTURE AND OVERALL LEGITIMACY

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The purpose of this study is to explore the role of mass media in bullying behaviour and overall legitimacy in cross national societal teenagers perspective from previous researches and secondary data based. We investigated the consistency and diffusion of adolescent attitudes across age, race, sex, disability, origination, religion, genetics, and socioeconomic status in mass-culture by previous secondary data who verify above phenomenon. We also assessed and clarify which type mass-media resources encourage bullying behaviour. Three systemic patterns of bullying behaviour and victimization were identified in Chan's (2002) study, which are serial bullying, multiple victimization and familial pattern bullying behaviour. To blame others for errors, to make unreasonable demands, social exclusion and to take credit for another person's work are some common characteristics of bullying behaviour. Based on a previous data set indicate that bullying behaviour transcends to every culture and is a substantial barrier of our society among adolescents. After all, over legitimacy of prior data indirectly shows that international comparison, diffusion, sphere, pattern creates some new world cyber bullying, cyber-attack, cyber abuse, cyber harassment, cyber-crime, etc. Therefore, to deal with the problem of cyber bullying there should be more research for prevention and conservation of culture.

Keyword: Mass-Media, Bullying Behaviour, Mass-Culture, Cyber-Bullying.

PSYCHOSOCIAL HEALTH OF MILITARY PERSONNEL DURING PRE-DEPLOYMENT: A SYSTEMATIC REVIEW

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'The only easy day was yesterday' with this motto begins the journey of a soldier. The cycle of military deployment commences with the stage of pre-deployment which prepares the soldier to adapt to the unanticipated transitions, uniquely associated with deployment. It is a crucial phase of physical and mental groundwork for deployment. A huge body of literature concentrates on deployment, post deployment, as well as, the impact of the deployment cycle on the family of military personnel. This creates a lacuna in the understanding of the psychological and social

state of health and well-being of the actual person who is preparing for the operation i.e., the soldier. In this context, the current study aims at understanding the psychosocial health of the military personnel during pre-deployment which encompasses the mental, emotional, social and spiritual dimensions. Literature databases were searched and relevant findings were used to explore various dimensions of psychosocial health affecting the military personnel prior to deployment. In conclusion, the review suggests the need for research on the pre-deployment stage of military personnel. It also emphasizes that in addition to physical training, there is a need to focus on the psychological strength of the soldiers, because, 'They' sacrifice for the Nation'.

Keywords: Military, Pre-Deployment, Psychosocial, Health.

HEALTH RELATED QUALITY OF LIFE AND PAIN LOCUS OF CONTROL AMONG CHRONIC LOW BACK PAIN PATIENTS

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Objectives: This study was carried out with the objective of investigating Health Related Quality Of Life and Pain Locus Of Control among Chronic Low Back Pain patients. **Method:** Sample consisted of hundred Chronic Low Back pain (CLBP) patients and a control group of hundred people in good health selected by Quota Sampling Technique. The scales employed for data collection were Health Quality of Life Scale SF36v2 and Hindi adaptation of Pain Locus of Control Scale. **Results:** The results reveal that CLBP patients scored less on the Physical Component Summary, $M = 42.44$, $SD = 6.29$, in comparison to the control group $M = 48.56$, $SD = 5.94$. CLBP patients scored less on the Mental Component Summary, $M = 43.53$, $SD = 12.17$, as compared to the control group, $M = 48.42$, $SD = 10.47$. CLBP patients scored more on Powerful others scale $M = 52.35$, $SD = 11.16$ in comparison to Internality scale, $M = 46.78$, $SD = 12.94$ and Chance scale $M = 34.77$, $SD = 1.54$. **Conclusion:** Findings indicate that chronic low back pain affects physical as well as mental well being of patients impacting their Health Related Quality Of Life. Chronic low back pain patients are externally controlled in comparison to the internal and chance factors in perceiving pain.

Keywords: Health Related Quality Of Life, Pain Locus Of Control, Chronic Low Back Pain.

ANGER EXPRESSION AND ANTI-SOCIAL BEHAVIOUR OF BULLY PERPETRATORS

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Objectives: Bullying at school is recognized as a global phenomenon affecting children and adolescents. Bullying is intentional aggressive act that gives pleasure to the people engaged in the activity. Expression of anger is an act of emotional outlet. There are three ways of anger management: expression, suppression, and calming. In the present study, styles of expression of anger among the bully perpetrators are examined. Basically, there are two styles of anger expression: anger-out and anger-in. The adolescents involved in bullying may indulge in delinquent behaviour which would be harmful to them and the society at large. A Socio-cognitive competency in the complex circle of behaviours, attitude and expectations upon which the phenomena of bullying is based indicates anti-social behaviour among adolescents who are involved in bullying. The present study is intended to examine anger expression styles of the bully perpetrator as well as to see the relationship between anger expression style and the anti-social behaviour. **Method:** The Illinois Bully Scale was administered on 200 Delhi based public school adolescents on

the basis of which; bully perpetrators were identified. Thirty identified bully perpetrators and an equal number of non-perpetrators were included in the study. Twenty items Spielberg's anger expression questionnaire was used to examine styles of anger expression whereas for assessing the social behavior twenty four items child social behaviour questionnaire by Warden, Christie, Cheyne, Fitzpatrick & Reid was administered on the total sample. **Results & Conclusion:** The bully perpetrators were found significantly high on anger-out subscale whereas the non-perpetrators were found high on anger-in subscale. Bully perpetrators were found to have significantly higher on anti-social behaviour than non-perpetrators. The study further revealed direct relationship between anger-out and anti-social behaviour and inverse relationship between anger-in and anti-social behaviour.

Keywords: Anger Expression, Bully Perpetrators, Delinquent Behaviour, Socio-cognitive Competencies.

EFFECT OF SOCIO ECONOMIC STATUS ON MENTAL HEALTH AMONG WORKING WOMEN

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Objectives: The objective of the study is to compare the working women of different socio economic status (high, medium and low) on mental health. There are thought to be important interaction between these dimensions of well being with casual links running in both directions. Poor socio economic status and poor mental health can reduce the efficiency of working women. The mental health of women is affected by socio economic status, structure and culture of each society. **Method:** The sample consisting of a total number of 60 (20 high, 20 medium and 20 low) working women between the age range of 40 to 50 years were selected randomly for the study from Lucknow city. Socio economic status scale developed by Kalia and Shahu (1971) and mental health inventory developed by Davies and Sherbourne (1998) were used. **Results & Conclusion:** The results showed that there is a significant difference between the working women belonging to different socio economic status on mental health. On the basis of mean it can be conclude that the working women of high and medium socio economic status are better on mental health. There is a no significant difference on mental health among high and middle socio economic status of working women. There is a significant difference between working women of high and low socio economic status on mental health. There is a significant difference between working women of middle and low socio economic status on mental health.

Keywords: Socio Economic Status, Mental Health, Working Women

TRİYOGA AND TRIGUNA IN BHAGVAD GITA AND ITS RELATION TO MENTAL HEALTH: AN EMPIRICAL VALIDATION

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The present piece of work is an attempt to empirically validate the two pertinent notions of great Indian treatise i. Bhagwad Gita. They are Triyoga and Triguna and they serve as the facilitators of mental health. Therefore, these notions were derived from SrimadBhagwat Gita and attempt was made to explore the role of Triyoga and Trigunain human life as well as to find out their relationship with mental health also. The specific objective of the study was to explore the relationship in Triyoga (i.e. Jnana, Bhakti and Karma) and Triguna (i.e. Sattv, Rajas and Tamas. The people having these gunas are termed as Sattvik, Rajasik and Tamsik, respectively). The sample consisted of 500 adult participants both male and female. The measure of Triyoga was developed by present researcher and Triguna

was assessed by Vedic Personality Inventory. The coefficient of correlation was computed and the findings suggested domains triyoga and triguna are related to each other and mental health as well. The psychometric properties of Triyoga are ascertained and found satisfactory and the three yoga and three guna are interconnected to each other in their own ways.

Keywords: *Shrimad Bhagwat Gita, Triguna, Triyoga.*

BUDDHIST PERSPECTIVES ON MENTAL HEALTH

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Mental health by virtue of its ability to deal with human thoughts and emotions, and to provide a pathway for healthy minds is a vital resource for our development and its absence represents a great burden to the economic, political, and social functioning of human beings, society and nation. India has developed and endogenous alternative body of knowledge about mental health which is more suited to Indian conditions. Research into the mental health area applying Buddhist interactive mind/body model and interventions has increased greatly over the last decades. It focused on mindfulness, meditation, there also has been an increase in the scientific investigation of interactive model and interventions that integrate other Buddhist principles such as compassion, loving kindness, and non self. The paper aims to present Buddhist principles of mental health by providing : (i) accurate interpretation of Buddhist terms and principles in the field of mental health research (ii) an observation and evaluation of Buddhist-derived interventions issues. (iii) It surveys key areas of potential contribution, where mental health researches may benefit from studying Buddhist theories or applying Buddhist methods. It is concluded that Buddhist approach may be effective method for a variety of mental disorders. However, further research is required to strengthen the evidence-base for existent interventions and for establishing modern and new methods of mental disorders. More important, there is need for greater dialogue between Buddhist Teachers and Mental Health practitioners and researchers to safeguard the ethical values, efficacy, and credibility of Buddhist approach of mental health.

Keywords: *Mindfulness, Meditations, Compassion, Loving Kindness, Buddhist Approach, Mental Health.*

COGNITIVE AND EMOTIONAL HEALTH OF CHILDREN AND THINKING ROUTINES: AN EMPIRICAL EXPERIENCE

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Cognition and emotion have long been thought of as independent systems. However, recent researches in the field of cognitive science and neurobiological sciences have shown that they are more interdependent than independent. Empirical evidences from behavioural and neuroscientific research has necessitated the new paradigm of interrelated framework of cognition and emotion. Balavikasa, a preschool, has designed and implemented a curriculum framework which interrelate cognition and emotion through the use of thinking routines in young children The Concept of thinking routines framework provides an opportunity through amusing and stimulating environment to nurture creative and critical thinking dispositions in early formative years of children. The framework also takes the support of an intimate collaboration between the parents and the teachers to achieve positive emotional development in children. The routines are so designed that the children not only have opportunities to develop the thinking

dispositions but also have the platform to achieve positive emotional development. The present paper describes a case study which shows the cognitive and emotional development of a child as a function of thinking routines.

Keywords: Cognition, Emotion, Creative and Critical Thinking, Positive Emotional Development.

STUDY ON EXPLICIT ATTITUDES OF UNIVERSITY STUDENTS TOWARDS PERSONS WITH MENTAL ILLNESS

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Objectives: This study was carried out with the objectives of investigating the relationship between Social distance and Attitudes towards mental Illness among undergraduate students. **Method:** Sample consisted of 100 undergraduate students; samples were selected using simple random sampling technique, and the data was collected using structured socio-demographic Performa, Devaluation–Discrimination Scale (DD) and Attitudes towards mental Illness Scale (Shokeer, 2002). **Results:** The results reveals a positive relationship ($p < 0.5$). There was no significant difference in attitude change and discrimination of undergraduate university students with respect to Attitude Discrimination. **Conclusions:** Findings concludes that structured education regarding attitude change and discrimination would be effective in increasing knowledge among university students.

Keywords: Attitude, Discrimination, Social Distance.

CHARACTER STRENGTH AND MENTAL HEALTH OF COLLEGE STUDENTS

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Objectives: Character strengths refers to the capacity for feeling, thinking, behaving in a way that allows optimal functioning in the pursuit of valued outcomes (Linley, & Harrington, 2006). The aim of the present study was to assess and compare character strength and mental health of male and female college students. **Method:** For achieving the said objectives, 110 participants ($n = 55$ males & 55 females) between the age range of 18 to 24 years were selected through convenience sampling. Character strength and mental health of college students were measured by the character strength scale and mental health inventory. **Results:** Though, male students have scored higher than females on mental health measure. No difference was found between male and female groups on the measure of character strength. **Conclusion:** Implications of the present findings as well as directions for future research have been discussed for the college students.

Keywords: Character-Strengths; Mental-Health; Youth; Positive Psychology.

PERSONALITY AND RISK TAKING AS PREDICTORS OF ROAD SAFETY BEHAVIOR

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Objectives: The study was intended to examine the role of personality and risk taking behaviour in determining the road safety behaviour. **Method:** A sample of 200 participants (equal number of rural and urban) who drives

2/4 wheelers was selected from Rohtak district of Haryana. There were 120 male and 80 females participants selected on the basis of non random incidental sampling basis. All the participants were administered NEO FFI, risk taking behaviour scale and a self constructed road safety behaviour scale uniformly to all the participants. The data were analyzed using Pearson correlation stepwise multiple regression. **Results:** The results revealed that conscientiousness and road safety knowledge turned out to be positive determinants of road safety behaviour whereas, neuroticism and risk taking behaviour turned out to be negative predictors. **Conclusion:** It is concluded that the person having high scores on neuroticism and risk taking behaviour are more prone to unsafe road behaviour as compared to those who score high on conscientiousness dimension of personality and are having more road safety knowledge. The implications of the study are discussed for the road users and road safety organizations.

Keywords: Personality, Road Users, Risk Taking Behaviour.

UNDERSTANDING THE WAYS OF COPING OF UG COLLEGE TEACHERS

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Objectives: Coping is a behavioural and cognitive effort used to resolve the stress experienced by the individuals. Coping responses depend partly on the personality traits of the individual and partly by the nature and demands of the settings in which they live and work. People of different profession adopt different ways of coping with stressful life events. In higher education system the sound mental health of the academia determines the academic health of the institutions. With this relevance in mind, the present study endeavours to explore the coping strategies of the UG college teachers in stressful life events, which determine their psychological well being. **Method:** A purposive sample of 200 under graduate (UG) college teachers, stratified on the basis of gender, age, faculty and educational qualification was selected from the different colleges of Ranchi University. A 2x2x2x2 factorial design was adopted and data was collected using personal data questionnaire and Ways of Coping questionnaire by Folk man, S. and Lazarus, R. S (1988). It measured eight ways of coping ; viz- Confrontive coping, Distancing, Self controlling, Seeking social support, Accepting responsibility, Escape - Avoidance, Planful problem solving and Positive reappraisal. **Results & Conclusion:** Distancing (13.382%) was found to be most frequently used way for coping with stressful life events, followed by Planful problem solving (12.889%) and Seeking social support (12.842%) by the total sample, where as Self controlling (11.655%) was the least used coping strategy. Female college teachers, with lesser scores differed significantly on all the eight ways of coping with their male counterparts. No significant difference was observed between the younger and older, and teachers belonging to science and arts faculty. The teachers with M Phil and Ph Ds differed significantly on all the ways of coping except for the three namely- Planful problem solving, Seeking social support and Accepting responsibility.

Keywords: Coping, Ways of Coping, UG College Teachers.

THE EFFECTIVENESS OF COGNITIVE BEHAVIOUR THERAPY ON REDUCTION OF ANGER DISORDER IN WOMEN PRISONERS

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Objective: In the present study effectiveness of an anger management-training program, which has been grounded on cognitive-behavior therapy principles, was examined. **Method:** The subjects of the present research were 50

women prisoners through screening test who have been prisoner for differed type of crime i.e. Murder, Attempt to Murder, Kidnapping, Drug Supply and Naxilites were selected from Central Jail Raipur, Chhattisgarh in India. To examine the problem pre and post experimental design with control group were opted. The Experimental group received twelve weeks Cognitive Behavioral Therapy. AADS was administered for pre and post intervention test. Pre and post test data were analyzed implying Paired Sample T Test. **Result:** The results revealed that anger disorder of women prisoners Cognitive Behavioral Therapy intervention programmed was effective and produced significant effects on Impulsiveness Neurological Domain, Cognitive/Thought Domain, Motives Domain, Emotional Domain, Behaviours Domain, Physical/Arousal Domain and Provocations Domain. The findings further demonstrated the effectiveness of the CBT training; mean post-test anger-control score was significantly higher than the mean pre-test anger-control score for the Experimental group, and no significant differences were found within the control group. **Conclusion:** It may be concluded that Anger Disorder of women prisoners who were suffering truly need Cognitive Behavioral Therapy for anger management.

Keywords: Women Prisoners, AADS: Adult Anger Disorder Scale, Anger Disorder, And Cognitive Behavioral Therapy.

SUICIDAL IDEATION: AN EXPLORATION IN REFERENCE TO AGE, GENDER AND SEVERITY OF DEPRESSION

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Objectives: Epidemiological concerns regarding the mortality rate due to depression encouraged the present attempt to explore suicidal ideation in depressed individuals of Uttarakhand in reference to their age, gender and severity of depression. **Method:** A sample of 784 individuals of age range 18-40 years (18-29 yrs= young adults and 30-40 yrs= adults) was collected from six districts of Uttarakhand. 270 depressed individuals (125 males, 145 females, 174 young adults and 96 adults) were identified from the total sample collected. Beck Depression Inventory- second edition (BDI-II) was employed to assess the level of depression. The score of e"17 was considered for the purpose of sorting the depressed individuals. The suicidal ideation (SI) was categorized into three levels, namely, no SI, SI with no wish to attempt (SI-NWA) and SI with intention to commit an attempt (SI-ICA). Depressed individuals reported SI levels from the above mentioned categories. **Results:** The results revealed that depressed females and young adults reported more of no SI and SI-NWA than depressed males and adults respectively. On the other hand, depressed males and adults reported more SI-ICA than their counterparts. Mildly depressed individuals highly reported no SI. Highest percentage of moderately depressed individuals reported SI-NWA and severely depressed highly reported SI-ICA. Male young adults on all three levels of depression reported SI-ICA more than female young adults on all three levels of depression. Moderately and severely depressed adult males reported SI more than their counterparts. The above mentioned results indicate towards a need for a more organized and statistically advanced research in this arena. **Conclusion:** The present study provides an approximate indication of the groups vulnerable to SI. In future studies the clinical diagnosis of depression from experts can be considered and more statistically sophisticated researches in the present arena are required in Uttarakhand so that adequate intervention strategies can be further planned.

Keywords: Depression, Suicidal Ideation, Uttarakhand.

EFFECT OF GROUP COUNSELING ON RUMINATION RESPONSE AND OPTIMISM AMONG ADOLESCENTS

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Objectives: Adolescence is a turbulence period. To survive this period adolescent needs guide and honest assistance. At this stage of life, the adolescent is besieged with multifarious challenges and if these challenges are not resolved, they may become social misfit. Researcher's main aim was to prove that this guide and honest assistance for adolescent students can come most efficiently from a school counselor only. The present study aimed at investigating the effect of counseling on depression, optimism and rumination. **Method:** First a sample of 400 adolescents was taken from a co-ed English medium school of Jaipur city through purposive sampling for screening. Tools used for screening was Beck Depression Inventory (BDI, Beck, 1970). Pre post test design was used in the study. From the selected sample adolescents (N=60) having high scores depression were selected and further divided into experimental (N=30) and control (N=30) groups by random sampling. A short version of the Ruminative Response Scale (RRS) formed by (Treyner et al (2003), consists 10 items from the original list of 22 which was developed by Nolen-Hoeksema and Morrow (1991) and LOT-R by Carver and Scheier's (1985) was used to collect data. The program comprised of 20 session and involved activities and group discussions focused on thought process, mood and feelings of the participants of experimental group. After the completion of the counseling program post test using same tools was administered on both groups. Data was subjected to t test analysis. **Results & Conclusion:** Findings revealed that group counseling program was found to be significantly effective in reducing the level of depression among adolescents of experimental group. Also a significant decline in the level of rumination and increment in the level of optimism was found.

Keywords: Adolescence, Counseling, Depression, Optimism, Rumination.

ROLE OF YOGA PRACTICES ON EMOTIONAL INTELLIGENCE

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Objectives: Yoga helps to maintaining health and wellbeing in the increasing stressful society in general and in more specifically, in its original recognition is the applied science of modifying and enriching human emotions. The main objective of this study was to enhance emotional intelligence level through yogic intervention. **Method:** A Total number of 20 coaching class students were participated in this study. Emotional intelligence level was assessed before and after yogic intervention. Emotional intelligence was assessed by Emotional Intelligence Scale constructed by: Anukool Hyde et.al. Total 45 minutes daily yogic intervention for 28 days given to all participants, which includes Omkar, Gayatri Mantra recitation, Asana practices, Surya Namashkar series, Yogic relaxation, Pranayamas and Shanti Path. **Results:** Results shows that all dimensions except Integrity of this scale were significantly increases after Yogic intervention. **Conclusion:** It can be conclude that daily Yoga practices increased the level of Emotional Intelligence. It may be apply in training to enrich emotional intelligence with some restrictions.

Keywords: Emotional Intelligence, Yoga.

PARENTING STYLE; A MAJOR FACTOR CONTRIBUTING TO JUVENILE DELINQUENCIES AND SUICIDES

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Parenting style is a psychological construct representing standard strategies that parents use in their child rearing. The quality of parenting can be more essential than the quantity of time spent with the child. Parenting styles are the representation of how parents respond and demand to their children. As children go through different stages in life, therefore parents create their own parenting styles from a combination of factors that evolve over time as children begin to develop their own personalities. In the stage of adolescence, parents encounter new challenges, such as adolescents seeking and desiring freedom. At some point parents should assume responsibility for providing their children with appropriate parenting styles that encourage moral and responsible thinking. Parenting has been playing very crucial roles in adolescent's transition to adulthood. Parenting has been recognized as a major vehicle in socializing the child. Some research reports have shown that a large percentage of all juvenile delinquents come from homes that lacked normal parental love and care. Attention, love and warmth go a long way in assisting the child's emotional development and adjustment. Parenting styles have provided us with what appears to be more and what appears to be less effective parenting styles for teaching and encouraging children and teenagers to develop more prosocial attitudes and behaviors.

Keywords: Juvenile Delinquency, Parenting Style, Suicides, Attachment.

SOMATIC ANXIETY STRESS AND DEPRESSION IN WORKING AND NON-WORKING POPULATION

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Objectives: Work or job is considered as an all involving part of our life. So, there are chance that certain somatic symptoms like stress, anxiety and depression in working class must differ from those who are not working. This difference directly or indirectly plays an important role in marking the difference between mental health of working and non working people. This recent research is a comparative study to investigate how somatic symptoms (stress, anxiety and depression) vary in working and non- working people. **Method:** The sample consisted of n=120 participants (60- working, 60- Non-working). The tools used for data collection were Depression Anxiety Stress scale 42(DASS-42) by Lovibond & Lovibond 1995 and somatic symptom scale(SSS-8) by Gierk et al., 2014. The mean age of working population is 30.5 years and non working population is 29.5 years. All measures are reliable and valid. **Results & Conclusion:** There is no significant gender difference whereas significant difference was found among working and non-working on Stress, Anxiety and Depression. While no difference was found on Somatic Symptoms .

Keywords: Somatic Symptoms-Depression, Anxiety, Stress

DEPRESSION, RESILIENCE AND COPING STYLES IN COLLEGE GOING STUDENTS

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Objectives: In this study we explored gender differences in depression, resilience and adaptive and maladaptive coping styles in college going youth. Relationship between depression and coping styles and resilience was also studied in order to understand what coping styles are related with increased resilience. **Method:** The participants for the present study were selected using purposive sampling and consisted of hundred college going students studying in Delhi (M=19.95, SD= 19, females=50%). Beck's Depression Inventory (Beck, Steer & Brown, 1996), Brief Coping Scale (Carver, 1997) and Brief Resilience Scale (Smith et al., 2008) were administered along with a brief demographic interview schedule. The data was statistically analyzed to test for differences between gender (t-test) and correlations between the variables. **Results:** We report prevalence of depression and the other results in terms of effect sizes (Cohen's d for both t-tests and correlations.). Resilience and depression are negatively correlated for both males and females in line with published studies. The findings of our study suggest gender differences in various coping styles too (active coping, substance use, venting, humour). The results also suggest positive correlation between adaptive coping styles (active coping, humour, acceptance) and resilience and negative correlation between maladaptive coping styles (self blame, behavioral disengagement, denial, substance abuse) and resilience. **Conclusion:** The implications of our study may help in identifying helpful strategies to boost resilience in the face of growing depression in college going youth who are encountering increasing pressure from both virtual and real world.

Keywords: Depression, Resilience, Adaptive, Maladaptive Coping Styles, Youth.

ENVIRONMENTAL HEALTH IN RELATION TO PLASTIC USAGE- THE ROLE OF HEALTH PSYCHOLOGIST

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According to WHO (2016), Environmental health addresses all the physical, chemical, and biological factors external to a person, and all the related factors impacting behaviors. It encompasses the assessment and control of those environmental factors that can potentially affect health. This definition takes in to account behavior not just related to environment, as well as behavior related to the social and cultural environment, and genetics. Hence, human behaviours that are interrelated to environment have been found to influence health as well. Hence health psychology in conjunction with environmental psychology offers scope to improve individual as well as environmental health. Several research works have focused on how environmental behaviors in some areas viz., air quality (Mabahwi, Omar, 2014), food safety (Fone, 2012) waste management, (Giusti, 2009) have profound impact on human health. It may be noted that one of the important aspect of day- to- day living revolves around usage and disposal of plastic. The usage of plastics has been well documented as unhealthy to both human and environment health. The present study discusses how an environmental health psychologist can devise interventions based on emotions, cognition and collaborative behaviors helps in reducing usage and sustainable disposal of plastic. The study presents a prelude to an ongoing intervention on how segregation behaviours have been successfully

implemented and the difficulties faced by the interventionist in bringing about the change in reducing usage of plastics.

Keywords: Environmental Health, Plastic Usage, Behavioral Change Pattern.

MENTAL HEALTH MANAGEMENT OF DRUG ADDICTS BY BEHAVIOUR THERAPY

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Objectives: The aim of the present study was to see the effect of behaviour therapy on treated drug addicts.

Method: The Hindi version of the Middlesex Hospital Questionnaire and Death Anxiety Scale were used on 100 subjects for this study; out of which 50 treated and 50 non-treated drug addicts were evaluated at S.I. Mental and Physical Health Society (SIMPHS), Varanasi, district in India. Behaviour therapy was given to that group who attend the Centre for treatment. These groups were matched on the variables of age range 20-50 years with a mean age of 25.03 years. Addiction period ranged from seven months to six years. **Results & Conclusion:** The finding reveals that characteristics associated with non-treated drug addicts are anxiety, obsession, phobia, somatization, depression and hysteria, and death anxiety.

Keywords: Mental Health, Death Anxiety, Drug Addicts, Behaviour Therapy.

INFLUENCE OF HARDINESS ON QUALITY OF LIFE AMONG CANCER PATIENTS

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Objectives: The burden of cancer in the worldwide context continues to grow, with an increasing number of new cases and deaths each year. The present study is an Influence of hardiness on quality of life among cancer patients. Coping strategies play a key role in the management of different diseases. Hardiness and quality of life as positive emotions in patients could enhance coping strategies and reduce disease complications. Hardiness appears to promote health independently of stress, rather than operating as a buffer by reducing illness primarily among individual experiencing high stress levels (Cohen & Edwards, 1989; Hull et al. 1987). Cancer is a type of disease in which patients have to face crucial time during their treatment period. The present study has been done to examine the influence of hardiness on quality of life. **Method:** Sample of 100 cancer patients (50 male and 50 female cancer patients) were selected randomly from Rajiv Gandhi Centre for oncology JNMC, A.M.U, Aligarh. Data were collected by using the Hardiness scale (Kobasa and Maddi, 1982) and World Health Organization quality of life questionnaire-short version (WHOQOL-BREF) of the WHOQOL-100 SCALE (The WHOQOL Group, 1993a; 1993b). Pearson product moment co-efficient of correlation and multiple regressions were used for data analysis in SPSS16. **Results & Conclusion:** It was found that Hardiness has significant influence on quality of life among both groups of cancer patients.

Keywords: Quality Of Life, Hardiness, Cancer Patients.

THE COMPARATIVE STUDY BETWEEN JUVENILE DELINQUENT AND NON JUVENILE DELINQUENT ON PARENT CHILD RELATIONSHIP DIMENSION

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Objectives: Juvenile delinquency is a problem in any society. Knowing the factors that influence juvenile behaviour as well as how it develops, there should be need to understand of it. The research purpose is to look into the relationship between the parenting style's dimension and juvenile delinquent behaviour. **Method:** This study conducted with the 30 juvenile delinquent adolescence (age range – 13 to 18) and 30 normal adolescents on parent child relationship scale. **Results:** The result of T score shows that there is significant difference between juvenile delinquent adolescent and non juvenile adolescent on parenting style's dimension. Analyzing the acquired data demonstrated that parent's protecting, rejection, demanding, indifferent, neglecting child relationship positively correlated with juvenile delinquent behaviour. **Conclusions:** The results presented in this study was explored that parent child relationship effected adolescents behaviour. If parent child relationship is overprotective in this condition adolescent behaviour is problematic. Respectively other dimension rejection, object punishment, demanding, indifferent but neglecting parents child relationship with adolescents is major cause for the juvenile behaviour because juvenile score on this dimension was high.

Keywords: Parents child relationship, Juvenile Adolescent.

STRESS MANAGEMENT THROUGH RAGATHERAPY

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Stress, in ordinary terms, is an inclination that individuals have when they are over-burden and attempting to adapt to requests. These requests can be identified with funds, work, connections, and different circumstances, however anything that represents a genuine or saw test or risk to a man's prosperity can cause stress. Stress can be an inspiration. It can be basic to survival. The "fight or-flight" system can disclose to us when and how to react to peril. Ragas are the particular arrangement of notes framed by the blends and stages of twelve notes in 22 shrutis. Tuning in to particular arrangement of notes structure for a more drawn out period assumes an imperative part in healing. It has now been perceived that ragas are not quite recently insignificant products of diversion; the vibrations in their reverberation can synchronize with one's inclinations and wellbeing. By animating the states of mind and controlling the brainwave designs, ragas could fill in as a reciprocal drug. Raga Therapy is basically the act of utilizing Indian Classical Music for improving physical and emotional wellbeing. Singing particular notes is accepted to enact particular energy channels around the body which can positively affect the overall wellbeing. Ragatherapy is widely used for the treatment of depression and stress management. Various research findings and ancient texts have found a significant effect of ragatherapy on stress.

Keywords: Stress, Stress management, Ragas, Ragatherapy.

COGNITION IN PATIENTS WITH EPIDURAL HEMATOMA WHEN TASK VARIES IN DIFFICULTY LEVEL

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Objectives: The Objective of this study was to investigate the cognition in the patients with epidural hematoma when the task varies in terms of difficulty level and compare them with healthy controls. **Method:** Total sample size was 60 i.e. 30 TBI patients and 30 healthy controls. Standardized tools were used for the assessment of speed, attention, learning and memory. Gathered data was analyzed by using t-test and χ^2 . **Results:** The results shows that there were significant differences in the level of the cognitive performance of TBI group in comparison to control group, on the tests of mental speed, attention and learning and memory, when the task was high on the difficulty level. However, no difference was found when it was easier in terms of difficulty.

Keywords: Mild Traumatic Brain Injury, Cognition, Epidural Hematoma.

UNDERSTANDING POSSESSION DISORDER IN A FEMALE USING RORSCHACH ANALYSIS

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Objectives: The objective of the study is to understand Dissociative Disorder (possession) using Rorschach Inkblot Test by Hermann Rorschach. **Method:** A case study was reported for 38 year old graduate female, a housewife with chief complaints of decreased sleep, appetite, low mood and being possessed by her deceased family members (Dissociative Disorder) from approximately 14 years. **Results:** The Rorschach Inkblot test was analysed using Exners scoring method. **Conclusion:** In Dissociative Disorder, two or more discrete personalities alternate in the same individual. There is no uniform recognized assessment practice for diagnosing possession disorder patient. Although dissociative disorders, especially possession disorder, are perhaps more common than is usually thought, specific clinical data is lacking.

Keywords: Dissociative Disorder, Possession, Rorschach Inkblot Test

MENTAL HEALTH AND FITNESS

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We have chemicals in our brain that makes us feel good ? One the most important is DOPAMINE (also known as 'the feel good chemical'). Having reduced level of Dopamine can be lead to adverse effects like depression and negativity. But exercises are natural way to increase our Dopamine. Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. Researches indicate that modest amounts of exercise can make a difference. No matter our age or fitness level, you can learn to use exercise as a powerful tool to feel

better. Reduced state and trait anxiety due to the rhythmic-nature of exercise that stimulates an inhibitory or relaxation site in the brain stem of the CNS quieting cognitive activity associated with anxiety. Exercises reduces depression due to the release of biogenic amines (e.g., serotonin and norepinephrine) in the brain and/or the social interaction and increased self-efficacy from exercise

Keywords: Cognitive Activity Associated With Anxiety, Exercise, Antidepressants.

INFLUENCE OF AGE ON SELECTED PSYCHO-SOCIAL ASPECTS AMONG THE EPILEPSY AND STROKE PATIENTS

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Objectives: Clinical neuropsychology is the application of neuropsychological knowledge to the assessment, management, and rehabilitation of people who have suffered illness or injury (particularly to the brain) which has caused neurocognitive problems. The study was conducted in order to assess the role of age in the level of stress, social support, mental health and quality of life of epilepsy and stroke patients. **Method:** Sample size is of 100 patients (50 Epilepsy and 50 Stroke) were selected on the availability basis from Department of Neurology, SMS Hospital, Jaipur. Tools administered were Mental Health Inventory, Social Support Questionnaire, Perceived Stress Scale and WHO – Quality of Life Questionnaire. To analyze the findings and test the hypotheses, Mean, SD and t- ratio, were applied. **Results & Conclusion:** The findings suggested that young age patients (age group of 20-30 years) of both epilepsy and stroke were found to have significantly better Mental Health, Social Support, Stress and Quality of Life in comparison to patients belonging to the older age group (age group of above 30-40 years). Implications and limitations of the study were stated.

Keywords: Epilepsy and Stroke Patients, Stress, Social Support, Mental Health, Quality of Life.

“HELICOPTER PARENTING”: A BOON OR BANE IN REGARD TO MENTAL HEALTH

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Helicopter Parenting is an extremely regimented and directed parenting style with the goal of protecting the physical and mental well-being of the child, sometimes even at the risk of stifling the child. The term “helicopter parent” was first used in Dr. Haim Ginott’s (1969) book *Parents & Teenagers* by teens who said their parents would hover over them like a helicopter. It basically means being involved in a child’s life in a way that is over controlling, overprotecting, and over perfecting, in a way that is in excess of responsible parenting. It is a style of parenting where parents tend to over focus on their children and keep lingering around them to help even for a simple thing; they practically wrap them in bubble wrap and take over every aspect of their child’s life. These are one of those parents who get heart palpitations at the thought of letting their child go on a field trip with their class. From speaking and reading to infants, to making values clear, parents exercise massive influence over their child’s development. But they need to understand that they are not the only influences, especially after children enter school. Parents give children a good start, but it’s also important for parents to understand that their kids come into the world with their own competencies and temperaments, and it is the parents’ responsibility to provide an interface with the world that eventually prepares

a child to become independent. Students who feel as if they are being “helicoptered” also feel that their basic psychological needs are not being met. Parents involvement in controlling their child’s behavior, causes diminishing sense of personal autonomy and a feeling a lack of decision taking and control which leads to depression, as reflected in various literature available. Helicopter parenting behaviors may also interfere with feeling a sense of competence because such parental actions can convey the message that parents do not have faith in their child’s abilities. Furthermore, when parents solve problems for their children, then children may not develop the confidence and competence to solve their own problems detrimental to the psychosocial adjustment of children. Parent–child interactions and parenting behaviors are believed to influence child’s self-concept at any stage of life. It may prohibit healthy coping responses by preventing the child from experiencing confidence in their own abilities or by unsatisfying their basic psychological need of competence.

Keywords: Helicopter Parenting; Parenting styles, Mental Health, Anxiety, Depression, Adjustment, Parenting

REPRODUCTIVE HEALTH AND WOMEN EMPOWERMENT: AN EMPIRICAL STUDY OF FEMALE LABOURERS

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Objectives: In India, a large percentage of women work as wage labourer at construction sites. These women face a huge need gap in terms of medical facilities particularly with regard to reproductive health. As a result social and economic well-being of these women and their family suffers a lot. In order to frame better policies, regulations and proper implementation of programmes and schemes, provision of good healthcare facilities and making people aware of these facilities, data pertaining to relevant social, economic and health issues is needed. Therefore, the present study has been conducted to understand several aspects of reproductive health among female labourers of Noida city working at construction sites of building and roads. **Method:** For the study diagnostic cum descriptive research design has been used. Hundred female labourers have been selected through purposive sampling. These women are in the age group of 22-35 years, i.e. neither at the age of menarche nor menopause and are at the active fertility stage. They all are married and mother of one or more children. The spouse and family of the selected women have also been interviewed. Extensive field work has been conducted which includes both primary as well as secondary sources of data. **Results:** It is found that the women labourers are suffering from several reproductive health problems. Poverty, lack of education and unawareness are making the situation more critical. Their attitude towards themselves is the major hindrance as they experience morbidity silently and are reluctant to seek care or to visit clinics and hospitals. **Conclusion:** In the context of health, disease and treatment, the belief in supernatural agency was predominant in this group. There are several myths regarding menstruation, pregnancy, child-birth and mother’s feeding and weaning, which are adversely affecting their health conditions as well as the efforts towards empowerment of these women folk.

Keywords: Reproductive Health, Myth, Female Labourers, Women Empowerment.

ATTITUDES OF MEDICAL INTERNS TOWARDS PSYCHIATRY: EFFECTS OF TRAINING, CHOICE OF SPECIALIZATION AND GENDER

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Objectives: The attitudes of medical Interns towards psychiatry and psychotherapy were examined considering the extent of their education, their career intentions and socio-demographic variables. **Methods:** For study, all 115 interns who attended psychiatry posting for the 1st time in their internship, were approached amongst which 105 consented to be a part. Attitude was measured with 30 items attitude toward psychiatry (ATP 30) questionnaire on the 1st day and the last day of their posting. The data thus collected is being analyzed by SPSS version 17.0, currently. **Results:** Out of the 105 medical interns, 64 were females and 41 were males; 29 were from India, 12 were from Sri Lanka and 64 were from Nepal and the maximum number of them were Hindus. Mean age of the participants (n= 105) was 24.06 ± 1.05 . Four Interns had family history of mental illness which included OCD, Schizophrenia, Depression and some unknown disorder. Medicine as a specialty was the first choice for 41 Interns (39%), followed by Surgery 19 (18.1%) and OBG 17 (16.2%). Significant difference was found ($p=0.000$) in the before and after positive scores (-2.84 ± 3.10). And significant difference was also noted ($p=0.000$) in the before and after negative scores (2.05 ± 3.50). **Conclusion:** Although Psychiatry exposure positively influences the attitudes of medical Interns towards some aspects of Psychiatry it doesn't influence the inclination to pursue Psychiatry as career. Compulsory internship has significantly contributed towards building a positive opinion.

Keywords: Psychiatry/ Attitudes/ Medical Interns/ Specialty career choice/ Training.

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