



SOUVENIR



ICIAHP-2018

(23rd – 25th November 2018)



**4th INTERNATIONAL CONFERENCE OF
INDIAN ACADEMY OF HEALTH PSYCHOLOGY**

ORGANIZED BY

**M.V.P. SAMAJ'S ARTS, COMMERCE AND SCIENCE
COLLEGE, TRYAMBAKESHWAR, NASHIK, MAHARASHTRA**



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 A.C.S. College, Trymbakeshwar, Nashik is organizing 4th International Conference of the Indian Academy of Health Psychology in which more than 350 delegates are participating. The focal theme of the conference “**Community Mental Health: Issues and Challenges**” is the most significant and important subject of contemporary world.

Promoting holistic community 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

Dr. Janmejy Pradhan
Scientist 'F'
Defence Institute of Psychological Research
Delhi
Academic Secretary, 4th ICIAHP-2018
(Finance Secretary, IAHP)



Message

It gives me immense pleasure that the 4th **International Conference of Indian Academy of Health Psychology** on focal theme of **Community Mental Health: Issues and Challenges** is being organized by the A.C.S. College, Trymbakeshwar, Nashik, during 23-25 November, 2018. This event marks a step forward towards exchange of views and experiences on the emerging issues and challenges of community mental 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-2018

HEADQUARTER

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



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

EXECUTIVE COUNCIL OF IAHP

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

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

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

ICIAHP – 2018

**4th International Conference of Indian Academy of Health Psychology
(November 23-25, 2018)**

CONFERENCE PROGRAM (ICIAHP-2018)

22 November, 2018 (Thursday)

11:30 - 17:30	Distribution of Registration Kit Bag
11:30 - 13:30	Pre-Conference Workshop (Mindfulness based Cognitive Behavioural Interventions)
11:30 - 13:30	Pre-Conference Workshop (Cognitive Drill Therapy and Hypnosis)
13:30 -14:30	LUNCH (Food Court)
14:30-17:30	Pre-Conference Workshop (Mindfulness based Cognitive Behavioural Interventions)
14:30 - 17:30	Pre-Conference Workshop (Cognitive Drill Therapy and Hypnosis)

23 November, 2018 (Friday)

09:00-10:00	Registration and Breakfast
10:00-11:15	KEYNOTE SESSION (Auditorium)
CHAIRPERSON	Prof. G.P.Thakur Former President: Indian Academy of Applied Psychology, Delhi
Keynote Address	1. Julie Gerland (Hon. Dr. Holistic Medicines) Foundation VIE – Vision Inspiration Empowerment Co-Convenor, Birthing The New Humanity,France
	2. Dr. François Gerland Alchemical Hypnotherapy Trainer President: Foundation VIE, France

- 11:15-12:00** **PROF. MANJU THAKUR MEMORIAL LECTURE (Auditorium)**
- CHAIRPERSON:** **Prof. Anand Kumar**
President: Indian Academy of Health Psychology
- Invited Address** **Prof. N.K. Chadha**
Former Prof. and Head, Psychology Department, Delhi University
Chairperson, Council for Doctoral Program, MRIIRS, Faridabad
- 12:00-13:30** **PLENARY SESSION- I (Auditorium)**
- CHAIRPERSON:** **1. Prof C.P. Khokhar**
Department of Psychology, GurukulKangri University, Haridwar
2. Prof. Zokaitluangi
Department of Psychology, Mizoram University, Aizwal
- Invited Address** **1. Dr. Daud Salim Faruque**
Executive Director
Oxford Evidence and Interventions (OXEVIN)
Oxford, United Kingdom
- 2. Prof. Rajendra Singh**
Head, Department of Community Mental Health
Govt.SDJH Medical College and Hospital, Azamgarh
- 13:30-14:30** **LUNCH**
- 14:30-16:00** **SYMPOSIUM ON COMMUNITY MENTAL HEALTH (Auditorium)**
- MODERATOR:** **Prof. K.S. Sengar**
Department of Clinical Psychology
RINPAS, Ranchi
- Speakers** **1. Prof. Kamayani Mathur**
Head, Department of Psychology, Gurajat University, Ahmedabad
2. Dr. Navin Kumar
Associate Professor, Department of Psychology, University of Delhi
3. Dr. D. Dutta Roy
Psychology Research Unit, Indian Statistical Institute, Kolkata
- 17:00-18:30** **INAUGURAL FUNCTION (Auditorium)**
- 18:30-19:00** **INAUGURAL TEA**
- 19:00-20:00** **CULTURAL PROGRAMME (Auditorium)**
Followed by Dinner

12:00 – 13:30 Chair	SCIENTIFIC SESSION- III (ROOM- 3) (1) Prof. Arti Bakhshi Jammu (2) Prof. Meera Jaiswal Ranchi
12:00 – 13:30 Chair	SCIENTIFIC SESSION - IV (ROOM- 4) (1) Inder Singh DRDO, Delhi (2) Dr. Sunil Sharma Shimla
13:30-14:30	LUNCH
14:30-15:30	Best Paper Award Session (Auditorium)
15:30 - 17:00 Chair	SCIENTIFIC SESSION- V (ROOM- 1) (1) Dr.Jaiprakash Chaubey Jalgaon (2) Dr. Jigar Parikh Ahmedabad
15:30 - 17:00 Chair	SCIENTIFIC SESSION- VI (ROOM- 2) (1) Dr. Satya Gopal Ji Varanasi (2) Dr.B.C. Kar Allahabad
15:30 - 17:00 Chair	SCIENTIFIC SESSION- VII (ROOM- 3) (1) Dr. Sarita Sood Jammu (2) Dr. Richa Yadav Varanasi
15:30 - 17:00 Chair	SCIENTIFIC SESSION- VIII (ROOM- 4) (1) Prof. Rakesh Behmani Hissar (2) Dr. Yogesh Jogsan Rajkot
17:30-18:30	Executive Committee Meeting of IAHP
19:30-20:30	DINNER

25 November, 2018 (Sunday)

11:00 – 12:30	GENERAL BODY MEETING (auditorium)
11:00 – 12:30 Chair	SCIENTIFIC SESSION – IX (ROOM- 1) (1) Dr.Digambar Darekar Pune (2) Dr.Vismita Paliwal Jaipur
11:00 – 12:30 Chair	SCIENTIFIC SESSION – X (ROOM-2) (1) Dr. Rajendra Mahase Pune (2) Dr. Dinesh Naik Lasegaon
13:00-14:00	VALEDICTORY FUNCTION (Auditorium) Followed by Lunch

PRESIDENTIAL ADDRESS

President: Indian Academy of Health Psychology

Professor Anand Kumar

Former Head, Department of Psychology, M.G.KashiVidyapith, Varanasi

I am delighted that the A.C.S. College, Trymbakeshwar, Nashikhas organized this memorable event under the leadership of Dr. P. V. Rasal and Dr. Narendra V. Deshmukh . This 4th International conference of Indian Academy of Health Psychology is going to discuss and debate on the most important subject of contemporary competitive world wherein every individual, irrespective of gender, race, religion, caste and class etc. is seeking health-related information and resources focused on his health and well-being.

Health psychology is one of the most rapidly developing fields in contemporary psychology. It is now the sixth largest among 56 divisions of the American Psychological Association. In 2006, the Journal, Health Psychology, had the largest number of individual subscriptions amongst any empirical psychology journals. In the field of physical health and psychological well-being, health psychology specializes in exploring biological, psychological, cultural, societal, and environmental factors of life and how each of these affects physical health

Health psychology's roots are in the belief that everyone deserves proper medical and psychological care even when daily habits, career, or family life problems contribute to the decrease in physical health and psychological well-being. Psychological determinants in health have been in focus since the beginning of the 20th century in India and results explain that people who eat regular meals, maintain a healthy weight, do not smoke, drink little alcohol, receive adequate sleep and exercise regularly are in better health and live longer. The ancient vedic and pre-vedic period of Indian society is full of the evidence of scientific methods of the living life and maintaining health of the individuals which was free of sufferings. The ancient Indian laws were not only scientific, rather applicable and adaptable by mankind in general for making life more easy and adjustable in all conditions. These laws or systems were not only making individual happy and healthy rather providing the opportunity to the individuals to lead their life active and free from illnesses.

In recent times, researches in health and well-being have significantly contributed to the growth of community mental health, health and well-being in India. Researches 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, breath work and other mind control techniques to alleviate physical sufferings.

The role of cultural and personality factors in moderating the adverse health-related effects of stress have been a major research concern and priority. The healing traditions of India have 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. 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.

The issues and challenges of community mental health in our contemporary society are:

- * Understanding mental health impact of chronic illness; like, Cancer, AIDS and Coronary heart diseases.
- * Increasing knowledge and awareness of mental health relevant processes among socially deprived groups.
- * Updating health care system of our country for meeting mental 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.

We need to implement several action plans for enhancing health of the contemporary society, 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 to encourage more multidisciplinary research. There is paucity of such collaborative researches.
3. 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.
4. We need to encourage Health psychologists work with multidisciplinary teams in integrated care settings including working with physicians, nutritionists, dieticians, and physical therapists

This conference will address all aspects of current issues and challenges of community mental health and well-being, focusing on recent developments in fundamentals, practical applications, interventions and implications. 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 and well-being.

It is high time when we 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 stress in different life situations.

PROF. MANJU THAKUR MEMORIAL LECTURE

ISSUES, CHALLENGES AND OPPORTUNITIES FOR COMMUNITY MENTAL HEALTH

*Prof. Dr. N.K. Chadha,
Former Professor and Head
Psychology Department
Delhi University, Delhi
Chairperson, Council for Doctoral Program,
MRIIRS(deemed to be university),Faridbad*

The concept of 'Mental health' has been hidden behind a curtain of discrimination and stigma for too long. In a country where approximately 1% of the population, which is around 10 million people, suffers from some form of mental illness, the magnitude of psychological suffering and burden in regard of disability and costs for individuals, families and communities are astounding. In addition to this, the lack of access to quality health care services, lack of knowledge, understanding and awareness of mental illness as well as the social stigma attached contribute to the already complex situation of mental illness in India.

The principle of community mental health is having a strong, resilient and well-balanced structure which is instrumental in not only providing timely and high quality care to those who need mental health services, but also works tirelessly to promote mental health and wellbeing, removes stigma, provides psychosocial support to the needy, prevents impairment and damage to those who suffer from alcohol and substance abuse and carry out these services by staying as close to the community as possible. The aim of community mental health services should be the following:

- Promotion of mental health and wellbeing
- Removal of stigma associated with mental health
- Psychosocial Support in the form of mindfulness training, meditation etc.
- Rehabilitation of the needy
- Prevention of damage from substance use and alcohol use
- Ensuring timely treatment of common and incapacitating mental illnesses using primary health care model

Issues and Challenges in CMH

Amongst the chief issues plaguing the community mental health system is that manpower is poorly trained and/or is in insufficient numbers, unbalanced distribution of trained manpower, preference for faith healers, religious healers etc for treatment of mental health issues, poverty, lack of access to mental healthcare (such as availability of resources is poor or absent, high travel time to avail mental healthcare facilities, etc.), allocation of finances to mental healthcare is poor, signifying a lower priority given to mental health services, stigma surrounding mental health etc. All these factors strengthen each other and contribute to the poor availability of community mental health services.

In addition to these myriad issues, the shortage of mental health professionals, particularly psychologists and psychiatrists, makes it inevitable that a significant amount of community mental health care is provided in the non-mental health care sector. Recent study states that India needs 11,500 psychiatrists but has just 3,500. In a country where one student commits suicide every hour, according to National Crime Records Bureau, the entire mental health workforce, comprising psychiatrists, psychologists, psychiatric social workers and psychiatric nurses stands at 7,000, while the actual requirement is 54,750.

As a consequence, there needs to be a shift towards a more inclusive approach to combating mental illness. It becomes now opportune to explore the paradigm of mental health awareness as a means of reducing stigma, enhancing prevention, ensuring early recognition, and also stimulating practical interventions within the community settings.

Efforts in CMH

Professionals are using mental health awareness campaigns to create awareness among masses which has yielded positive outcomes. Some of the strategies undertaken to target awareness and address stigma around mental illness include participation by family members, sensitization to treatment and social inclusion.

Internet has proved to be a boon in CMH. Trusted internet portals and sources like Indian Psychiatry Society, research organizations, medical colleges, etc have provided the masses with evidenced based mental health information easily.

The educational sector too yields myriad opportunities for enhancing CMH. It is mandate by many schools and colleges to have a full time psychologist to cater to the mental health of students and teachers.

The spread has also been felt in private sector. The organizations are making themselves more aware of the challenges faced by people not only as a part of corporate social responsibility but also to maintain and enhance productivity.

Implications and opportunities

The CMH professionals must look into better screening of patients with chronic mental health problems. Early diagnosis and treatment can reduce distress, as well as the risk of complications. Psychological treatments can improve their overall medical condition, quality of life, and likelihood of sticking to a long-term treatment plan. The patient must not miss out on preventive health screenings and programs.

Patient-centered medical homes, if implemented appropriately, could be of great benefit to people with mental illness as a solution to reducing unnecessary emergency department usage and preventable hospitalizations and improving access to primary care. These medical homes need to be capable of providing both mental and physical health services. Such collaborative care could be provided through medical homes which link community mental health organizations with outpatient clinics, community health centers, or other providers of physical health services.

As a first step, however, enacted within the confines of the healthcare system, there should be intensive efforts in education, awareness, and training programs to help all healthcare providers recognize mental health needs and deliver or refer the appropriate services.

KEYNOTE ADDRESS

PRENATAL PSYCHOLOGY: CREATING LIFE-LONG HEALTH AND WELLNESS FROM THE BEGINNING

*Julie Gerland (Hon. Dr. Holistic Medicines)
Foundation VIE – Vision Inspiration Empowerment
Co-Convenor, Birthing The New Humanity, France*

For over four decades science has confirmed ancient wisdom that the developing baby in the womb is conscious: what the mother lives during pregnancy the baby lives too. The understanding of how the mothers thoughts, feelings, imagination, diet and lifestyle impacts her developing child is essential if we are to offer every baby life-long optimal physical, emotional, mental and spiritual health and wellbeing.

Dr. Thomas Verny, a Canadian Psychiatrist tired of superficially treating his patients and convinced there was a common prenatal and perinatal trauma component began researching into the earliest root causes. He was determined to eliminate so much needless suffering. His first book, **“The Secret Life of the Unborn Child,”** now a classic in the field of prenatal and perinatal psychology and health, was published in 1982. Dr. Verny went on to create the USA based Association for Prenatal, Perinatal, Psychology and Health (Apppah).

During the same decade the late David Chamberlain Ph.D, an American psychologist published his book, **Window on the Womb.** He related his clinical work using hypnosis and his findings through his case histories clearly showed the baby was conscious in the womb. The prenatal baby is living and reacting to the thoughts, feelings and lifestyle of his/her mother.

But these two pioneers were not the first to have discovered this startling reality. As this new area of research began to take root it was found that as far back as **1493 -1541 A.D.** the famous European doctor, **Paracelsus said,**

“ Woman is the artist of the imagination and the child in the womb is the canvas whereon she painteth her pictures.”

It seems many ancient civilisations such as the Chinese, Nepalese, Tibetan, Egyptian, Greek and others have had this knowledge. It is clearly indicated in sacred texts such as the Vedas of India too. The recent revival of “GarbhSanskar” is another testimony to the fact that modern science is indeed catching up!

As early as 1939 the spiritual Master OmraamMikhaëlAïvanhov told doctors in France that “education begins before birth.” As you may imagine he was laughed out of the auditorium and mocked. I was just 22 years old when I heard OmraamMikhaëlAïvanhov say:

“If we were to look after pregnant women, in just 50 years or two generations we could close our prisons and our hospitals”

This became my life’s mission. I began telling as many people as I could. Having my own swimming school for children, babies and mothers I soon found myself sharing this information with the pregnant mothers. Armed with this knowledge so many unexplained “subconscious”

fears, behaviours and suffering in people began to make sense. I began asking mothers what they had lived during pregnancy when they began spontaneously bringing me their troubled children. A new light was dawning.

For ten years I lobbied via non-governmental organisations at the United Nations. **In May 2018** the World Health Organisation/UNICEF document: **Nurturing Care for Early Development: A Framework for helping children survive and thrive to transform health and human potential states:**

"During pregnancy and the first three years after birth, we lay down the critical elements of our health, well-being and productivity, which will last throughout childhood, adolescence and adulthood"

It is important to create an inter-disciplinary and holistic approach to this prenatal and perinatal psychology, provide early education to youth, couples and parents as well as offer significant support to couples. Every child's health and wellbeing becomes the health and wellbeing of the community, society, the nation and the planet."

Albert Einstein said **"The most important decision we make is whether we believe we live in a friendly or hostile universe."**

It is during these first nine-months that babies download sub-conscious programming from their parents. By being conscious we can choose which programming is being passed on to future generations thereby minimising the transmission of violent and self-destructive patterns and increasing resilience and empowerment.

If a baby is wanted, loved, talked to, sung to, touched, and shown through the parents and the environment that life is wonderful, that indeed we live in a loving universe and we can overcome the challenges before us, then the baby's subconscious programmes and behaviour will reflect that reality. They will have been well formed bathed in a cocktail of love hormones and their brains will be more developed.

If a baby is not wanted, or another gender is preferred, if the mother has lived in stress and fear, the baby's physical, emotional and brain development will be compromised. Their environment, or universe will be perceived as hostile and their behaviour will reflect this.

The field of prenatal and perinatal psychology may be in its very early developmental stages but faced with such tremendous planetary challenges we as a human family can no longer afford to ignore this critical understanding of human development and psychology. Maternal and parental empowerment must be the foundation if we are to meet the ambitious **United Nations Sustainable Development Goal No. 3 of "Health and Well Being for All" by 2030.**

DEALING WITH TOXIC GUILT

Dr. François Gerland

*Alchemical Hypnotherapy Trainer
President : Foundation VIE, France
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Today, we will explore guilt, its different kinds and a modern way to deal with its effects using what we call Etheric Plane Communication (EPC).

There are two kinds of guilt: the kind that drowns you until you're useless, and the kind that fires your soul to purpose. Sabaa Tahir (American writer)

Guilt, a sometimes useful feeling triggering us to fix the damage caused by our mistakes or a stubborn reminder to pay our debts, can also be a debilitating emotion one can carry for a lifetime, sometimes without being even aware of its presence. It can be self-inflicted or imprinted by poor parenting or other external influences. It can be conscious or unconscious and originated in present lifetime or past incarnations. It is often accompanied by low self-esteem issues and self-sabotaging behaviours.

1 – Healthy guilt :

When this one is knocking at your door, you don't need a therapist. Just get your acts together, apologise, fix the damage, pay what you owe, use the opportunity to learn how you could have done better... and don't let it drag on. When it is too late to clear the result of your actions, guilt will not give up. If anything it will slowly but surely become toxic and start to really hurt, often for a very long time.

2 – Toxic guilt :

What do we mean by toxic guilt? Unlike the healthy one, it has become completely useless and disempowering to the point of preventing the person from taking any positive action susceptible of resolving the issue. Toxic Guilt can be conscious or unconscious and anything in between. Let us examine these two extremes.

3 – Conscious Toxic Guilt :

The person is aware that some past experience, partly or fully remembered, has left a deep sense of regret but with time, or even right from the beginning, it has become impossible to see any positive component which could help solve the issue. Many factors could contribute to this situation.

As you know, **it is not so much a fact or an event which affects us, but the perception we have of this fact or event.** This perception, as it is experienced at the time of the event, may cause a very painful emotion which will prevent a clear thinking process able to help us out of our pain.

4 – Unconscious toxic guilt :

This is recognised when a person carries all the symptoms of toxic guilt but has no recall of any event susceptible of causing such a state. It can happen when at the time of the event, it was

impossible to have an objective vision of what was going on. For example, prenatal memories are usually buried deep, and yes, prenatal guilt does exist...

Sometimes, the event was so traumatic that an inner safety mechanism has simply erased it from our consciousness. Nevertheless, its devastating effects are still present and taking their toll. The same goes for past life guilt following events of which most of us have no conscious memory.

5 – Addressing toxic guilt :

For any work involving traumatic events, an absolutely clear distinction must be made between a person's **self worth** and their **actions**. It is perfectly normal to understand and even forgive an abuser as long as our **judgement of his actions is implacable**. It is at this condition that complete forgiveness or self-forgiveness can be obtained.

The person, preferably in a state of light or deeper hypnosis depending on their conscious knowledge of the event, will be asked to describe their "historic" memory of what happened. It is important at this point to note that even false historic memories may have to be explored as, once again, the **perception is what counts** above all and will have to be changed. We will then start using **Etheric Plane Communication (EPC)**, the "Swiss knife" of subconscious healing.

The person will be asked to imagine the being(s) to whom they caused suffering right in front of them. They will then start **talking a loud to them** (not to the therapist), express their regrets, explain their circumstances and ask for forgiveness. They will then be asked to receive inside themselves, the reply of the victims. A back and forward dialogue will start until complete forgiveness has been received and accepted. This is usually the easiest part of the process.

The next part, consists in obtaining **self-forgiveness**. The person will be asked to talk to their **younger** or even **past-life self** and often express their anger to the one they once were. They've had to live with the consequences of their actions and the therapist will help them to express any stored emotion including anger or self hatred. As the dialogue goes on, the person may understand better what the circumstances were and how much regret the past self feels. This is how the blissful feeling of complete self-forgiveness can be reached. We have seen the lives of many people transformed by this simple exercise. Never forget, as you do it, that the full expression of emotions is of utmost importance.

EVIDENCE-BASED APPROACH TO STRENGTHEN MENTAL HEALTHCARE IN INDIA

Dr. Daud Salim Faruque

Executive Director, Oxford Evidence and Interventions (OXEVIN)

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Indian society has witnessed a surge in sensitivity and uptake towards streamlined, robust mental healthcare system in the country in recent years. This is evident by the fact that the Mental Health Care Act 2017 has been enacted by the Parliament of India that urges the policymakers and stakeholders to establish necessary systems and guidelines. These systems will help to

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.

The most effective method to formulate the mental healthcare service system reflecting the above features is evidence-based method, which has proven its worth around the globe. The method advises the policy stakeholders with the help of a variety of rigorous evidences which come from sources viz. research, clinical expertise, and patients' characteristics, values & context. One of the most effective methods of evaluating the evidence and drawing dependable conclusions is Systematic Review that on the top of the hierarchy of evidence. It systematically evaluates the mental health and well-being outcomes observed in mental health interventions in selected populations. Systematic review is also useful in developing clinical practice guidelines for the mental health practitioners. It is estimated that there is a significant gap in provision of effective treatment for people with mental disorders globally. Evidence-based guidelines are one tool to improve health care provision and to improve the effectiveness of interventions. Another important utility of this method is to develop dedicated online database which assists the practitioners and researchers to identify the most effective treatment strategy. By following such fine research methodologies evidence-based approach focuses on improving outcomes at varying levels. Thus, the diagnosis and choice of interventions in mental healthcare are 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 presentation provides a roadmap of accomplishing this policy task of developing an integrated and efficient evidence-based system of mental healthcare in India. It also highlights that how the Foundation for Evidence-based Development in India (FEDI) is contributing to this task by pioneering into the evidence-based area in the country.

SUICIDE: CURRENT TREND OF SUICIDE AND PREVENTION PRACTICE IN NEPAL

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Suicide is a public health issue. Understanding suicidal ideation is crucial for preventing suicide. Suicide and suicide risk behaviors such as ideation, planning, and attempts increase dramatically at adolescence and continue to rise well into young adulthood. Suicide is a major cause of deaths worldwide and is a key public health concern in Nepal. This paper is based on secondary data and literature reviews with the objective of current trend of suicide and prevention practice in Nepal. Although predictable national data are not collected in Nepal, According to police department, the available evidence suggests that suicide rates is increased around 25 % last 5 years which is relatively high, notably for women. In South Asian culture especially daily

Buddhist and Hindu practices of meditation (*dhyān*), yoga, or worship(*puja*) were said to make the “mind fresh” and foster feelings of “peace” (*shanti*) or “relief” (*ananda*) in the heart-mind.

In Nepal, suicide is the most common cause of death, with 5346 deaths reported in year 2074/75. There is social, economic, cultural, health, and behavioral risk factors associated with suicide. Low income Mental illness, stigma related to suicide, migration, civil conflict and the 2015 earthquake have had significant contributory effects. By Government, NGOs and INGOs have been undertaken various interventions at different levels in prevention and rehabilitation but a specific long-term national strategy for suicide prevention is lacking in Nepal. Hence, to address this significant public health problem, government needs to design and implement nationwide research, innovative and culturally accepted country-contextualized policies and programmes. The goal of prevention is to address early stages of the suicide risk process, before suicide-related behaviors become dangerous and entrenched. Such behaviors not only increase risk of suicide but also cause substantial damage to development in their own right. Media and online coverage of suicide should be informed by using best practices. Managing alarming risk concern agencies follows a bottom-up approach which ensure participatory community engagement potentially build grass-roots public ownership, reduce stigma and ensure a scaleable and sustainable response.

ENERGICK™ HEALING: A NEW SCIENCE OF HEALING AND WELLNESS

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The word ‘Energy’ has its origin in either Latin word ‘*energīa*’ or in Greek word ‘*energeia*’ meaning activity. In Sanskrit, words like URJA and/or SHAKTI are used for Greek ‘*energeia*’. In our (IEH) theorizing, we take a view (following the modern quantum physics) that ‘everything in the universe are Energy and Energy alone’. *All things in the whole of universe are manifestations of Energy.* Energy has created everything including GOD, if any. There is nothing in the whole of universe but Energy, Energy and Energy ONLY. All things that we perceive are illusions as they are nothing else but different forms (manifestation) of energy only. *Our thought begins it, our emotions amplify it and our actions increase its momentum.*

BASIC THEORIES AND HYPOTHESES BEHIND THE IDEAS OF ENERGICK™ HEALING:

- EVERYTHING IN THE UNIVERSE ARE INTERCONNECTED (QP).
- BY APPLYING ENERGICK™ MEDICINE, WE CAN HEAL WHAT AILS US AND ENCOURAGE OUR VAST PERSONAL POTENTIAL FOR HEALTH, HAPPINESS, AND MEANING.
- ENERGICK™ MEDICINE FILL DEFORMITY AND CONNECTS / HEALS DISORIENTED CELLS IN THE BODY AND CURES AILMENTS.

we define ENERGY as “...a non-material property or quality of eternal nature capable of causing changes in objects, systems, thoughts, imaginations, emotions and feelings and it (energy) performs (work)’. We hold a view that (unlike in conventional physics) there are no

different forms of ENERGY but ONLY ONE FORM. It only changes its forms in terms of its uses. That means, deviating a bit from the established view of Energy we hold that ‘*Energy (being a conscious entity) itself is capable of every action and forms*’. In other words, we are taking a stand that ‘*ENERGY IS CONSCIOUS AND IT CAN TAKE DIFFERENT FORMS ON ITS OWN WILL EVEN WHERE THERE IS NO OUTSIDE INTERFERENCE TO CHANGE ITS KIND AND FORM*’.

How can Energy help in Healing?

The, so called, *Human Energy* within us is a very delicate balance and we become sick or perhaps don’t feel 100% when our energy is depleted or blocked. EnergicK™ can help the healing process by clearing blocks in energy fields of individuals.

1. ‘EnergicK™ Healing’ (EH) can help through ‘Body Scanning’ by identifying issues before they manifest as disease (dis-ease) in the body (*a la*Pranic Healing).
2. EH can bring out (to our awareness) the areas we need to work through and heal in order to bring balance in our lives and maintain health and vitality. For example, each of the following and all other ailments and things can be stored in our energy field (outer aura) and energy healing works to clear them: ***Trauma, stress, false beliefs, anxiety, depression, Period’s cramps and many other Mental, Emotional, Physical and Spiritual distress and diseases*** can be healed by these methods without use of medicine. We have experimented with such issues like Heavy Hips and some distressing female issues like *periods’ cramps, breast cancer, pelvic congestion, etc.* with considerable success. EH can also repair and re-balances our energy so that the body functions at its optimum.

The paper also deals with role of Human Energy Exchange in healing. Happier the energy, higher the frequency. Energy Exchange occurs in three ways, namely; through thought (mind), physical contact (body, like Hugs, Sex, etc.), and Spiritual Centers known as ***chakras*** (spirit).

COMMUNITY MENTAL HEALTH: CHANGES AND CHALLENGES

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This universal prayer of Vedic lineage clearly indicates the concern of community health care because someone with a “healthy mind” has clear thoughts, the ability to solve the problems of daily life, enjoys good relationships with friends, family, and work colleagues, is spiritually at ease, and can bring happiness to others (V.Patel ,2002).

Where as Mental Health Disorders can be defined as any illness experienced by a person which affects their emotions, thoughts or behavior, is out of keeping with their cultural beliefs and personality, and produces a negative effect on their lives or the lives of their families. Symptoms of illness can appear in the form of persistent changes in mood, perception of reality, or capacity

to organize or maintain thoughts. Such changes will interfere with the person's usual beliefs, personality or social function.

Results of a recent assessment of 184 of 196 World Health Organization (WHO) member states (representing 95% of WHO member states and 98% of the world's population) have indicated that there is a growing burden of neuropsychiatric & Psychological disorders and that mental health resources remain insufficient (WHO 2011). Regarding psychosocial interventions, only 44% of countries providing these services.

The idea of community-based mental health care is being a global approach nowadays. Community based care means that the large majority of individuals requiring mental health care should have the possibility of being treated at community level. Mental health care should not only be local and accessible, but should also be able to address the multiple needs of individuals. It should ultimately aim at empowerment and use efficient treatment techniques which enable people with mental/psychological disorders to enhance their self-help skills, incorporating the informal family social environment as well as formal support mechanisms.

Role of Mental Health Professionals & Care Organizations

- Increased understanding of the way emotional distress and psychological disorders is expressed and addressed.
- Improved referral systems
- Increased understanding of community members' spiritual, psychological and social worlds
- Identifying opportunities for potential collaborative efforts in counselling and therapy and thus increasing the number of potentially effective treatments available to the population;
- Establishing services that may be more culturally appropriate.

In communities where little or no mental health care exists, people with mental health conditions are at high risk for increased illness, stigma, and abuse. Their fundamental right to mental health & happiness are compromised.

NEURO-COGNITIVE MECHANISMS OF AFFECT DEPENDENT COGNITIVE CONTROL: IMPLICATIONS FOR STUDIES ON EMOTION REGULATION

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Proactive control depends on emotional content across positive and negative emotions using task relevant emotional stimuli. In this study we explored the neural mechanisms of the interaction between proactive control and emotions. We also looked at the brain basis of emotions and its relationship with intrinsic connectivity of the brain. We examined task specific BOLD activations across emotions, functional connectivity between the networks underlying emotion perception and resting state functional connectivity. We find that emotion specific networks do exist in the intrinsic architecture of the brain. Proactive control was measured in terms of the reduction in Stroop effect as a function of previous trial congruence and previous trial emotion in

an event related fMRI study with 37 participants using the face-word Stroop paradigm with happy and angry facial expressions. Participants were required to respond to the facial expression while ignoring the distractor word written over the face. Inter-trial interval was jittered (3-5 secs). A 2 (emotion) x 2 (previous trial congruence) x 2 (current trial congruence) design was used. Behavioural results showed larger Stroop effect for angry faces compared to happy faces. Conflict adaptation effect was greater for angry faces and was also influenced by previous trial emotion. Both priming and adaptation effects were observed. Stroop effect was correlated with activations in dorsal anterior cingulate. Emotion effect was correlated with activations in amygdala, fusiform face area (FFA), and insula along with the expected hemispheric asymmetry for positive and negative emotions in left vs right FFA respectively. Conflict adaptation effect with a significant emotion x previous trial congruence interaction, was correlated with activations in amygdala. Activation in anterior cingulate (both dorsal and rostral ACC) was correlated only with the overall Stroop effect in the current trial. The fact that adaptation effects were also supported by amygdala and striatum suggests that task relevant emotions may result in up-regulation of control mechanisms mediated by the substrates involved in emotion processing. Implications of the studies on affective control can be observed in our behavioural studies on aging and emotion regulation as well as affective control in adolescents. We find support for the positivity bias among older adults with stronger affective conflict adaptation for positive emotions as well as greater prevalence of contra-hedonic motivation resulting in less efficient regulation of negative emotions among adolescents based on affective experience. This line of research shows reciprocal interaction between control mechanisms and affects processing.

MASS MEDIA AND MENTAL HEALTH INTERFACE: CONCERNS AND POSSIBILITIES

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Over the past 30 years, substantial amount of research has been conducted to determine the effect of Mass media on mental health. Social Media including application like Facebook, Twitter, MySpace, virtual worlds like Second Life, Sims, YouTube, Blogs and so on. These sites of present era are growing exponentially and act as easily available portals for communication and entertainment for younger generation. Merriam-Webster (2014) defined social media as, “forms of electronic communication (as Web sites for social networking and micro-blogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos). This virtual life created by mass media is isolating present man from other fellow beings thereby affecting his health (mental & physical) and overall balance. Increased usage of social networking among adults of the present era is a matter of concern as there are always two sides (positive & negative). Social networking sites may be used to network efficiently. Lenhart (2009) reveals that the share of adult Internet users who have a profile on an online social network site has more than quadrupled from 2005 to 2009, that is, from 8% to 35%, according to the Pew Internet & American Life Projects December 2008 tracking survey. While media coverage and policy attention focus heavily on how children and youth use social network sites, adults still make up the bulk of the

users of these websites. Still, younger online adults are much more likely than their older counterparts to use social networks, with 75% of adults (18-24) using these networks, compared to just 7% of adults 65 and older. At its core, use of online social networks is still a phenomenon of the young. Online media use may also widen users' social networks, strengthen their social relations and help them channel more social support. In addition, social media websites can function to compensate for the participants' weak social skills, by enabling them to fulfil their desires for social interaction, friendship generation and identity exploration (Bonetti, L., Campbell, M. A., & Gilmore, L. (2010)). Media as a Primary Source of Information can influence one's perception about mental illness. Attempts have been made to understand how media imparts knowledge and influences the attitudes, behaviors and views of the individual. Media portrayal may stigmatize mental illnesses as well as act as a means of reducing inaccurate perceptions. On the negative side, the Mass media is laden with several risks associated with undesirable outcomes like increase in anxiety, stress, depression, body image issues and loneliness. Both on the level of the collective: bringing disruptive changes within economic, social and cultural sphere, and on the level of the individual, evoking fundamental, yet subtle, changes within our psyche impacting our identity (ies). Social media is so pervasive, it seems challenging to identify authentic self and differentiate between "true" and "false", between "real" and "imaginary". Social media activities and Internet use more broadly with a host of negative mental health issues such as poor psychological functioning and distress (Sampasa-Kanyinga & Lewis, 2005). Media portrayal may stigmatize mental illnesses as well as act as a means of reducing inaccurate perceptions. Media and technological advancement have given us a new Addiction Disorder called Selfie. Selfie is a photo of yourself that you take, typically with a Smartphone/ webcam. Smartphone has intruded in our life so much that without which we cannot survive. The appeal of Selfie comes from how easy they are to create and share and the control it gives to the photographer. The term Selfie was officially named by an Oxford English Dictionary in 2013. American Psychiatric Association suggests that taking so many Selfies could indicate Mental Disorder. Due to media explore everyday new phenomena are coming. Studies that examined the importance of awareness of most up-to-date news, social happenings and social events showed that a potential lack of anytime-anyplace connectivity, thereby losing the connection to others and to the outside world is believed to lead to feelings of anxiety and fear (Rosen 2012; Przybylski, Murayama, DeHaan & Gladwell, 2013). As a result of the anytime-anyplace connectivity offered by mobile phones and the evolution of mobile technologies, people's FoMO is believed to have increased. The increase of a FoMO may make people more vulnerable to develop problematic mobile phone use. Studies suggest, for example, that people experience anxiety and sensitiveness as well as sleep disorders and other types of more serious health-related issues that are attributable to turned-off mobile phones (Hassanzadeh & Rezaei, 2011). During this paper we explain how these Massmedia will influence the society in a broad way.

INTRODUCTION TO MENTAL HEALTH INFOGRAPHICS: MODEL FOR COMMUNITY SERVICE

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An infographic (information graphic) is a representation of information in a graphic format designed to make the data easily understandable at a glance. The process of creating infographics is sometimes referred to as data visualization. An infographic should be visually engaging, contain a subject matter that is appealing to your target audience, and be supported by other engaging content. Infographic is important in changing community mental health projects and programmes. Community mental health refers to treatment of mental disorder in a domiciliary setting, instead of a psychiatric hospital (asylum). Infographics is useful tool to educate the community about (a) prevalence and distribution of specific mental health problems or illness in the community, (b) association of mental illness with other physical illness, demographic variables, (c) psychological and social and psycho-social determinants of mental illness. So, mental health infographic provides description, prediction and optimization of mental health care services in the community. Present discussion will cover the key graphical and statistical models of the mental health infographics. Finally, one case study is presented to understand infographics and decision making for mental health care management in the community.

HEALTH CONSEQUENCES OF ADULT OBESITY IN THE INDIAN CONTEXT

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Obesity is an excess of body fat resulting in adverse health effects. Obesity has emerged as a major public health problem. The worldwide prevalence of obesity nearly tripled between 1975 and 2016. Obesity is already an epidemic in developed countries and now developing countries are also gradually engulfed by it because of several reasons such as sedentary lifestyle and faulty eating habits which are a part of industrialization and urbanization (Butcher, Mineka & Hooley, 2013). Estimated of the global and national prevalence of overweight and obesity in adults and children during 1980 to 2013 show that USA is listed on the top i.e. 13% obesity and China followed by India together amount to 15% obesity (Sharma, 2014). In urban and sub-urban parts of India, the estimates vary from 30% to 60% of adults and children (Misra & Khurana, 2008). The biomedical, psychological & economic consequences of obesity have substantial implications for the health and well-being of the Indian population. Obesity has several downstream health consequences in terms of type 2 diabetes mellitus, stroke, respiratory problems, cardiovascular diseases, obstructive sleep apnea, some cancers, osteoarthritis, hypertension that are very common and expensive to treat. Body Mass Index (BMI) & Waist Circumference (WC) are the most widely used measures to classify different levels of overweight & obesity in adults.

The etiological basis of obesity usually lies in some combination of environmental, psychosocial and genetic/biological attributes. Some psychological factors leading to obesity can be mood & anxiety disorders, stress, depression, dissatisfaction of body image, low self-esteem, low self-confidence, loneliness, frustration, distress, sadness etc. Psychological & behavioural issues play significant roles in both the development & consequences of obesity.

A multidisciplinary approach to the treatment and management of obesity that addresses psychological, social, environmental and biological factors is critical to ensure comprehensive care, as well as best practices & outcomes. For most people who are overweight / obese, the safest & most effective way to lose weight is setting realistic goals, lifestyle changes, healthy eating habits, physical activity, behavioural changes, stress management, anti-obesity drugs, weight loss surgery – bariatric surgery, vagal nerve blockade. Cognitive Behaviour Therapy (CBT) as an effective treatment of obesity can facilitate weight loss and prevent gaining reduced weight. Hence there is an urgent need to address the trouble and efforts should be made to prevent the epidemic of obesity and its allied health disasters.

PSYCHO-PHYSIOLOGICAL BREATH ENERGY THERAPY IN THE MANAGEMENT OF DEPRESSION AND SUICIDE

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According to W.H.O, Depression is the leading cause of ill health and disability worldwide. More than 300 million people are now living with depression. As many as 450 million people suffer from a mental or behavioural disorder. Nearly 1 million people commit suicide every year. Close to 800 000 people die due to suicide every year (one person every 40 seconds). Psycho- physiological breath energy therapy is the best therapy in the management of Depression and Suicide. This therapy also treats/ manages any neurosis, psychosomatic disorders/ illness, Sleep disorder, Self Harm, Crisis and Suicides. This therapy is a Conscious Therapeutic Energy Breath work (3 types) on the platform of Eclectic Psychotherapy (17 therapies) and Holistic Techniques like Progressive muscle relaxation, Developing Resilience, Affirmations, Laughter therapy, Meditation like Mindfulness, Chanting for addressing a physical, emotional, mental, spiritual, social person as a whole & can transform a person from disorder, disease naturally to order and ease by accessing one's own inbuilt gifted energy tools. Calms "fight, flight, freeze" state by activating parasympathetic nerves (Autonomous nervous system) thus bringing *psycho-physiological-spiritual coherence as well as support social wellbeing*. By this therapy 'Happy Hormones' & gifted innate healing faculties get boosted up like dopamine, serotonin, oxytocin hormones, endorphins to cure disorders, diseases. This Therapy (tailored) can be used as a Preventive Therapy, Pain Relief Therapy Prenatal & Postnatal care therapy, Purification Therapy, Supportive therapy, Self Awakening, Self-healing improved well-being, Transformative, Conscious Life therapy, can bring positive changes in one's health, wellness, direction towards Life tailored in accordance to energy, need, choice of the patient/client-facilitating strengthening of one's Life force to treat the disease, disorder to ease & order and as a result shift in Consciousness as well as transformation in one's Life. This therapy can be put under Complementary Medicine branch into lasting therapeutic shifts in beliefs, thoughts, emotions, feelings, behaviours, Consciousness, Health & Wellness transforming one's Life. Cognitive Restructuring practised with proper breathing can bring lasting transformations in one's Life, Health & Wellness.

ABSTRACTS

ORGANIZATIONAL COMMITMENT AND JOB STRESS AMONG GOVERNMENT AND PRIVATE SCHOOL TEACHERS

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The main purpose of this research was to find out the organizational commitment and job stress among government and private school teachers. For this purpose total 60 Teachers (30, government, 30, private) were taken as a sample. The research tool for organizational commitment, organizational commitment scale by Mudeve was used. For measuring job stress, Shrivastava and Singh's scale was used. t-test was applied to find out the significance of them. Karl-Pearson method of correlation was used. Results show that there was significant difference on Organizational commitment and Job stress among government and private school teachers. There was negative correlation between organizational commitment and job stress.

Keywords: *Government Teachers, Job Stress, Organizational Commitment, Private Teachers.*

PERSONALITY AND OCCUPATIONAL STRESS IN FEMALE TEACHERS

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Personality and occupational stress is very important affected factors for every employee. So here the main purpose of this research was to study the Personality and Occupational Stress in female teachers. For this objective total 100 female teachers (50, primary and 50, high school) were taken as a sample. Personality was measured by H.J.Eysenck (1959) Personality scale. Here Gujarati adaption was used. This was developed by Bhatt and Paghdal (1993). Occupational stress was measured by Srivastava and Singh's Occupational Stress scale (1984). T-Test was applied to find out the difference between mean. Correlation was used for assessing relationship. Results showed that there were significant difference in personality and occupational stress in teachers. There was negative correlation between personality and occupational stress.

Keywords: *Teachers, Occupational Stress, Personality, School.*

EMOTIONAL MATURITY AND SOCIAL SUPPORT AMONG GOVERNMENT AND PRIVATE SECTOR EMPLOYEES

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The main purpose of this research was to study the emotional maturity and social support among government and private sector employees. For this objective total 120 male and female as a variation belonging to government and private sector employee. Emotional maturity was measured by using Dr. Mahesh Singh and Dr. Yashvir Singh scale. While social support was measured by using P .Kalhar scale. F-Test (ANOVA) was applied to find out the significance of emotional Maturity and social support between male and female. To check the relation between

emotional maturity and social support correlation method was used. Results show that there were significant difference in personality and occupational stress in Teachers. Correlation between personality and occupational stress was negative. The study reveals that there was no significant difference between government & private employee in emotional maturity, There was no significant difference between government and private employee in social support. While the correlation between emotional maturity and social support reveals minor positive correlation.

Keywords: *Emotional Maturity, Government Employee, Private Employee, Social Support.*

SELF CONTROL AND PSYCHOLOGICAL WELL BEING AMONG WORKING AND NON-WORKING WOMEN

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The present study aims to find out the level of self control and psychological well being among working and non-working women. Self control scale and psychological well being inventory were used to collect data from a random sample of 60 working and non-working women. Statistical technique such as mean, standard deviation, t-test and coefficient of correlation were employed for the analysis of data. The results revealed that significant differences were indicated regarding self control and psychological well being among working and non-working women. The correlation analysis revealed that self control and psychological well being does have positive impact among working and non-working women.

Keywords: *Self Control, Psychological Well being, Working Women, Non-Working Women.*

A COMPARATIVE ASSESSMENT OF GENERAL HEALTH, STRESS, LONELINESS AND LIFE SATISFACTION IN WORKING MARRIED AND WIDOW ADULTS

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This study aimed to investigate the psychological aspects of married hood and widowhood in terms of general health, stress, loneliness and life satisfaction. Overall purpose of the study was to examine and compare these factors of respondents belongs to marital bliss and widowhood. The key hypothesis of the study was that there would be significant difference between working male and female respondent belongs to married and widow category on general health, loneliness, stress and life satisfaction. A total of 100 (50 men and 50 women) respondents from different areas of Varanasi were surveyed. Their mean age range is 42.94. The t- test indicate that there is significant difference between the participants of married and widow category, results shows that a higher rate of psychological issues exist among the widows than married counterpart. The findings of this research can be used to suggest future strategies in enhancing people awareness about complications of marital life and being widow that can lead to improving marital experience and support for widow group.

Keywords: *General Health, Life Satisfaction, Loneliness, Married Hood, Stress, Widowhood, Working Men and Women.*

FLOW PATTERNS OF HIGH AND LOW ANXIOUS PERSONS USING RABINDRA SANGEET

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Background: Flow is the movement of mental state. Flow occurs when a person is performing activity with highly focused attention, full of involvement and enjoyment. Flow provides pleasant feeling reducing anxiety and depression when stimulus is Rabindra sangeet, songs composed by the seer poet Rabindranath Tagore. Flow is used in Rabindrik Psychotherapy, the therapy for treatment of mental disorder using therapeutic postulates extracted from the literary works of Rabindranath Tagore. **Objectives:** This study aims at examining flow of high and low anxious persons. **Method:** The Beck Anxiety Inventory (BAI) was administered to 10 persons before presentation of Rabindra Sangeet through cell phones in the relatively sound proof room. During listening to the Sangeet, they drew their flow experiences on one given graph paper, flow gram. **Results:** Flow gram shows patterns of flow over the pleasant and unpleasant zone and distance of flow patterns of high and low anxious persons. **Conclusions:** Results were discussed with the positive experiences through Rabindra sangeet.

Keywords: *Beck Anxiety Inventory (BAI), Flow patterns, Rabindrik Psychotherapy.*

COMPREHENSIVE MENTAL HEALTH EXHIBITION – A KEY TO ENHANCE COMMUNITY MENTAL HEALTH

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Introduction: Considering increasing complexities of the life, there is a strong need to enhance mental health of the community. Awareness and access to authentic information is very crucial in this regard. An integrated approach is needed to address the issues related to community mental health. **Methodology:** By assessing the needs for mental health interventions and awareness in the community, a design for comprehensive mental health exhibition is proposed. It has been presented as a pilot study at few community places. Based on their feedback and responses, necessary modifications have been made in the package of exhibition. **Results:** The idea of comprehensive mental health exhibition is itself fascinating for people. Everyone was eager to know in detail about various aspects of mental health. On understanding whole package of mental health exhibition, it looked very much manageable with existing resources. **Discussion:** Comprehensive Mental Health exhibition basically includes all or most of the following items – Positive motivating posters, books, audio-video clips, quotes, success stories, case studies, Do's and Don'ts for well-balanced life, access to counseling and other psychological services, plans for recreational games, trips, group activities, informative posters about mental health issues, their signs and symptoms etc. It should be a one point solution to manage community mental health. **Conclusions:** The components of mental health exhibition are not completely new for the community. Infact most of them are already present in some form or the other. There is need to organize the things and present them under package of comprehensive mental health exhibition.

Keywords: *Awareness, Community, Mental health.*

SIGNIFICANCE OF ALEXITHYMIA AND MINDFULNESS AMONG YOUNG ADULT SUBSTANCE USERS

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Substance use has been emerging as one of the most confounding problems among young adults affecting various facets of their life and our society in a broad way. Reducing the levels of alexithymia and increasing mindfulness among such people have been found benefiting to help them reduce this compulsive and harmful behavior. **Objective:** In the present study, effort was made to study the role of alexithymia and mindfulness among young adults with regards to their gender and status of involvement. **Method:** A sample of 120 adults aged 20 to 30 years were selected wherein 60 male and 60 female adults, with 30 substance users and 30 non – users present in each group. Purposive sampling technique was used to collect the sample. Tools used were the Alcohol, Smoking, and Substance Involvement Screening Test, Toronto Alexithymia Scale and the Mindfulness Attention Awareness Scale. (2 x 2) factorial design F – test and Pearson’s Correlation ‘r’ were used to statistically analyze the data. **Result & Conclusion:** The results showed higher alexithymia in substance users than the non – users. Difficulty in identifying feelings was also found to be higher in the substance users than the non – user adults. Also a moderate negative correlation was found between mindfulness and alexithymia. There was no significant difference found in context to gender for either of the scales and the respective dimensions.

Keywords: *Alexithymia, Gender, Mindfulness, Substance Use, Young Adults.*

SIGNIFICANCE OF BURDEN AND COMPETENCE OF CAREGIVING AMONG ELDERLY PATIENTS OF DEMENTIA

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Dementia is a syndrome – usually of a chronic or progressive nature – in which there is deterioration in cognitive function (i.e. the ability to process thought) beyond what might be expected from normal ageing (WHO 2017). Dementia in elderly people causes disability and dependency even for trivial tasks of daily routine. Therefore the caregiver's task is quite overwhelming, and leaves an impact upon their physical, psychological and economic conditions. A caregiver is an member of a person's social network who helps them with activities of daily living. **Objective:** The aim of the present research was to study the role of caregivers and their feeling of burden and competence in the task of caregiving. **Method:** A total sample of 53 caregivers of elderly patients of dementia were selected by purposive sampling method. The sample was further divided as per gender, age and type of caregivers. Zarit Burden Interview Scale (Zarit 1980) and Sense of Competence Questionnaire (Vernooij - Dassen, Persoon, & Felling, 1996) were selected as tools. The collected data was statistically analysed by using Student's ‘t’ test. **Result and Conclusion:** The findings showed a significant difference between the gender of caregivers. This was indicative of the feminine sense of caregiving as natural than in males. The significant difference in the findings of age criteria has clearly indicated that

young age caregivers felt more burden than middle age caregivers. Similarly the findings in case of type of caregivers were significant. Competence in the caregivers is seen more in males than females, children and other relatives of young age than middle age ones, and spouses have less competence levels as they are elderly people themselves.

Keywords: *Burden, Caregivers, Competence, Dementia.*

PERSONALITY TRAITS AND SMOKELESS TOBACCO USING BEHAVIOR OF NON USERS, PARTIAL USERS AND HABITUAL USERS

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Personality factors reflecting individual differences in enduring psychological traits have been subject of sustained attention in term of their role in smokeless tobacco using behavior. In India, the prevalence of smokeless tobacco use (26%) was significantly higher than that of smoking (14%) and Pan, Khaini, Gutkha was the most common product used after Bidi. **Aim:** The present study compares the personality traits of person who use smokeless tobacco products (Pan, Gutkha and Khaini) with partial users of tobacco and non-users. **Method:** By using multi stage cluster sampling technique, 50 adolescents of habitual oral tobacco users were selected according to high scorer on tobacco craving scale along with a partial users (50 adolescents) and non users group (50 adolescents) from Varanasi. **Material:** The Tobacco Craving Questionnaire (TCQ-SF Heishman et al. 2004) was used as screening tool for habitual oral tobacco users and partial tobacco users. Personality traits were measured with the Hindi version of the NEO five factor inventory developed by Costa and McCrae (1992). This inventory consists of 60 items (Twelve items for each factor). **Results:** A one-way ANOVA was used to test for differences across the five personality characteristics of Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness across Tobacco taking status. Data analysis indicated a significant difference in personality characteristics of smokeless tobacco users and non-users in the facets of Openness to Experience ($F_{2,147} = 6.83, P < 0.01$) and Conscientiousness ($F_{2,147} = 4.21, P < 0.05$). Oral tobacco users were found to have significantly higher qualities of Openness to Experience and significantly lower levels of Conscientiousness. **Conclusion:** This study supports conclusions from previous research on the existence of personality differences between tobacco users and non users.

Keywords: *Personality, Smokeless Tobacco, Tobacco Craving.*

IMPACT OF SMARTPHONE AND INTERNET ON HUMAN MIND AND BODY

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Use of the smart phone and internet has expanded to become an important part of many people's lives. Internet Addiction is a psychological impairment. The internet was originally designed to facilitate communication and research activities. But dramatic increase in the use of internet and smartphone led to pathological use. This present study arranged to examine the impact of smartphone and internet on mind and body. **Objectives:** To search the effect of smart phone and internet on human mind and body. **Hypotheses:** There is effect of smart phone and internet on human mind and body among college students. **Method:** Data (N=10) completed IAT (Internet

Addiction Test) Kimberly young (1998) and their personal experiences collected from one yrs. maintained dairies and personal interviews. **Conclusions:** There was an adverse effect of smart phone and internet on human mind and body. Internet addiction includes symptoms like feeling guilty, ashamed, anxious or depressed as a result of online behaviour.

Keywords: *Internet, Smart phone, Addiction.*

RELATIONSHIP BETWEEN SEXUAL IDENTITY AND DEPRESSION

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The objective of the research is to explore the relationship between depression and sexual identity. Depression is a mental illness in which a person feels unhappy most of the time and may be unable to carry out daily activities. Sexual identity is understood in terms of how an individual identifies his/her gender and also his/her sexual preference. Individuals may identify themselves as a part of LGBTQ+ community. Total two hundred sample were collected from Gujarat and Maharashtra with the use of Beck's Depression Inventory II and a structured interview of social disapproval to explore the society's perspectives towards the community. It was derived from the results that LGBTQ+ community has higher prevalence of depression as compared to Heterosexuals because of social stigma, stereotypes and discrimination prevailing in the society. Decriminalisation of section 377 for LGBTQ+ community was strongly recommended when the study was conducted and recent verdict of the supreme court regarding section 377 justify the recommendation.

Keywords: *Depression, LGBTQ+, Social Disapproval.*

EFFICACY OF META-COGNITIVE THERAPY ON ADOLESCENT OBSESSIVE-COMPULSIVE DISORDER PATIENTS

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Objectives: To assess the severity of patients with obsessive compulsive disorder. To assess and compare the effect of MCT (Group I) and ERP (Group II) and medication (as control group). **Method:** Patients were selected from Psychiatric OPD and randomly divided into 3 groups (Group I, Group II and Group III). Group I received MCT along with medication and Group II received ERP along with medication and Group III received only medication. Tools used in present study were: i) Self prepared socio-demographic and clinical data sheet, ii) Kutcher Depression Scale, iii) CY-BOCS and iv) Meta-Cognitive Assessment Scale. **Result:** The result of present study is indicates that MCT and ERP both are effective in reducing OCD symptoms but the present findings indicate that among MCT and ERP, MCT is more effective in curing OCD. **Conclusion:** It could be concluded that MCT is an effective approach in the treatment of OCD.

Keywords: *Adolescents, Exposure-Response Prevention, Obsessive-Compulsive Disorder, Meta Cognitive Therapy.*

TO STUDY ANXIETY AND ACHIEVEMENT MOTIVATION LEVEL AMONG THE ADOLESCENTS SUFFERING WITH AND WITHOUT AIDS

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Objectives: 1. To study the anxiety level in HIV/AIDS adolescents and healthy adolescents. 2. To study the achievement motivation level in HIV/AIDS adolescents and healthy adolescents. 3. To compare the anxiety and achievement motivation level in HIV/AIDS adolescents and healthy adolescents. **Method:** In present study between group design and purposive sampling method has been used. 1. The Revised Children's Manifest Anxiety Scale (RCMAS) and 2. Deo-Mohan Achievement Motivation Scale has been used. Total Sample size 60 (N=60, 30 normal and 30 clinical). It was hypothesize that the Level of Anxiety and Achievement Motivation level in HIV/AIDS adolescents is lower than health adolescents. **Results:** The mean difference for anxiety level between HIV/AIDS adolescents and healthy adolescents is found -4.99 which is significant and the mean difference for achievement motivation level between HIV/AIDS adolescents and healthy adolescents is found 1.31. **Conclusion:** It was found that anxiety level is lower in HIV/AIDS adolescents but achievement motivation level is higher in HIV/AIDS adolescents.

Keywords: *Adolescents, Anxiety, Achievement Motivation, HIV/AIDS.*

A STUDY OF BURDEN OF CAREGIVERS OF SCHIZOPHRENIA PATIENTS WITH REGARDS TO CERTAIN DEMOGRAPHIC VARIABLES

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Objectives: The main aim of the present research was to study the burden among the caregivers of schizophrenic patients. **Methodology:** Total sample of 120 caregivers of schizophrenic patients were taken randomly from a tertiary care teaching hospital psychiatry department in Vadodara. The Zarit Burden Interview (ZBI) schedule was used to collect data. After taking written informed consent the tool was administered in individual setting. On completion of the data collection responses of each respondent on ZBI were scored as per the scoring key of its manual. Data analysis was done by applying 't' test. **Results:** On analysis of data of 120 respondents, it was found that female caregivers have more burden than male caregivers, urban caregivers have more burden than rural caregivers, caregivers of nuclear family have more burden than caregivers of joint family, caregivers of lower socio economic status have more burden than caregivers of higher socio economic status, caregivers of below graduate have more burden than caregivers of above graduate. Significant difference did not exist between employed and unemployed caregivers of schizophrenic patients with regard to burden, significant difference also does not exist between spouse and parents of schizophrenic patients with regards to burden. **Conclusion:** The burden of care on caregivers of schizophrenia patients is severe and should be addressed on an ongoing basis for better outcome of illness.

Keywords: *Burden of Care, Schizophrenia, ZBI.*

MINDFULNESS IN EDUCATION: SCHOOL CURRICULUM FOR CHILDREN

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Existing interventions and benefits of mindfulness based programs in the field of education has been applied in schools worldwide. Interventions in the form of MBSR (Mindfulness Based Stress Reduction) and MBCT(Mindfulness Based Cognitive Therapy) aims to provide promising improvements in the measures of well-being, empathy, compassion, gratitude, awareness of emotions, attention, academic performance, happiness, anxiety, self-regulation, conflict resolution etc. which further allows benefits of introducing mindfulness in schools. Objective: Thus, the objective is to develop the mindfulness based curriculum which incorporates all essential elements to be implemented in schools. Method: Mindfulness based Programs (MBP) has been searched electronically using internet and online available research papers were studied. Development of curriculum required detailed analysis of existing mindfulness curriculum in schools for research purpose or on experiment basis. Results: The curriculum is reviewed by mindfulness practitioners and mentors available to make it more effective. Conclusion: This paper's aim is to support systematic development of effective Mindfulness based curriculum in educational setting for different levels of learners and further adding it to the process of implementation in the mainstream research.

Keywords: *Mindfulness Curriculum, Mindfulness Based Programs.*

NARCISSISM IN INTERNET USERS

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In last twenty centuries mankind witnessed big changes in the form of inventions, wars, global climate changes etc. which resulted in this generation to witness one of the greatest dynamic changes of our species- the invention of internet. Internet at first was used as an accessory tool for development by humans, slowly made them addict to it, by providing not only educational help but recreational and entertainment like social networking sites (Facebook, twitter, Instagram, YouTube). One of the negative effects of internet is narcissism which is defined as an excessive interest or admiration of oneself and one's physical appearance. Objective: The main objective was to see the significant difference between time usage on internet and narcissism and to know the significant difference between types of sites and narcissism. Method: Sample taken was 120 of age group 18-24 years from schools and colleges of Udaipur city. Purposive random sampling was used from 400 students by short interview for the time spend on internet and sites visited by them. After that narcissism test by Ames was conducted. 2X2 factorial design was taken. Independent variables were time spend on internet (mild usage and severe usage) and types of sites (educational and social networking sites) visited by the student. Dependent variable was narcissism. Results: Significant difference was there between the time spend on internet and narcissism. Social networking sites users were more narcissistic. Conclusion: Non-judicious use of internet has harmful effects.

Keywords: *Internet, Narcissism, Social Networking Site.*

SUICIDAL TENDENCY IN DIABETES PATIENTS

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The purpose of this study was to find out the Suicidal tendency in diabetes patients who have diabetes of their hereditary status. For this study 100 diabetes patients (N=50 Hereditary, N=50 Non-Hereditary) were selected purposely. “Suicidal Tendency Scale” by Dr. Dilip Bhatt & Dr. Rasik Meghnathi was used for data collection. For statistical analysis ‘t’ test was used. The result shows that there is no significant difference in diabetes patients who have hereditary diabetes and who have non hereditary diabetes.

Keywords: *Diabetes, Suicidal Tendency, Hereditary status.*

EFFECT OF FACEBOOK ON MENTAL HEALTH AMONG YOUTH

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Objective: To study the mental health among Facebook users and non-users youth. **Hypotheses:** 1. The mental health would be low in youth users Facebook than non-users of Facebook. 2. The mental health would be low in female subjects than male subjects. **Sample:** The present study was carried out among 40 Facebook users’ youth and 40 Facebook non-users youth from Mumbai city of Maharashtra, age ranging between 21 to 25 years and duration of users was 4 to 8 hours daily. **Tool:** Mental Health Battery developed by Arun Kumar Singh and Alpna Sen Gupta was used. **Statistical Analysis:** Mean, SD, and t test were used. **Results:** According to Hypothesis no. 1 there would be significant difference between mental health of youth Facebook users than Facebook non-users. Hence it is fulfilled that the mental health of Facebook users is low than Facebook non-users. According to Hypothesis no. 2 there is a significant difference found between female subjects of Facebook users and male subjects of Facebook users. The result point out that the mental health was low in female subject than male subjects. **Conclusion:** Facebook users had low mental health than Facebook non-users. Mental health found better in male subjects than female subjects.

Keywords: *Facebook, Mental Health, Youth.*

CONSTRUCTION OF EDUCATIONAL LEADERSHIP AMONG SCHOOL TEACHERS: TRACES OF SOCIAL IDENTITY

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Present study aimed to the traces of social identity based on school belongingness in the response obtained from secondary school teachers. Exploration was conducted in two phases, phase 1(N=100) and Phase 2 (N=100), where teachers were asked about the quality of ideally effective leader they would prefer. The study aimed to explore the construction of leadership in the urban school system of Sabarkantha. This study was completed in two phases. Teachers were selected

together from private and government schools. All teachers were graduate, trained and having teaching experience of more than 5 years. For the first phase of study, the number of teachers selected was 100 from different schools on the basis of availability. For the second phase of the study, the total number of teachers selected was 100 where a total of 100 (50 government school teachers and 50 private school teachers) responses were obtained. The obtained samples of qualities were thematically transformed into broader variable which were then factor analyzed. Under social identity traditions, leadership is not based on individual characteristics' but it is a group process. Based on this theoretical assumption, the present study examined the psychometric dimensions of leadership constructed among school teachers and questioned whether social-identity matters in the perception of leaders? Examining schools closely it is found that teacher's perception of ideal leader does not lie in the domain of traditional administrative skills but in bringing change and reforms in school system through mobilizing people for collective struggle by instigating their social identity. Theoretically, leaders were perceived from two perspectives broadly, namely, employee orientation and work orientation where much wider context was seen as out of the psychological analysis in Indian settings.

Keywords: *Leadership, Orientation Schools, Social Identity.*

JOB SATISFACTION OF GOVERNMENT AND PRIVATE AIDED HIGHER SECONDARY SCHOOL TEACHERS

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Teachers have always played vital roles in the reconstruction of the society. This study is intended to gain knowledge about Job Satisfaction of Male and Female teachers working in government and private aided higher Secondary schools. This problem has sociological, psychological and educational significance. For that purpose 180 Teachers were selected from different schools out of which 90 were taken government schools and the remaining 90 were taken from Private school. The Job Satisfaction Scales were administered on the selected sample to know their level of Job Satisfaction. Statistical 't'-test was applied to analyze the data. It was found that there is significant difference in the Job Satisfaction of male and female teachers. It was also found that there is significant difference in the Job Satisfaction of government and private aided school teachers.

Keywords: *Psychological Well-Being, Job Satisfaction, Types of School, Gender.*

SELF ESTEEM AND PSYCHOLOGICAL WELL-BEING AMONG PHYSICALLY CHALLENGED AND NORMAL ADOLESCENTS

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The interest in adolescence as a transitional developmental stage characterized by many important biological, psychological, and social changes is never-ending. An inclusive community is one that aims to remove exclusionary practices within the community and promote community systems that accept all people irrespective of their difference. Psychological well-being indicated physical and mental wellness and Self-esteem is the positive or negative evaluation of the self. The main aim of the present investigation was to study self-esteem and

psychological well-being of physically challenged and normal adolescent. A sample consisting of 60 participants age range between 13 to 18 years. To measure the psychological well-being scale developed by Sisodia, D.S. was used; similarly, Self-esteem was measured through scale developed by Kumar, A. to collect the data. To find out significant difference independent sample 't' test was used. Findings of the present study indicate that Normal adolescents have better psychological well-being and self-esteem as compared to physically challenged adolescents.

Keywords: *Physically Challenged Children, Psychological Well-Being, Self-Esteem.*

A STUDY OF OCCUPATIONAL STRESS AMONG PROFESSIONALS

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“Feeling stressed” is the refrain people often hear from professionals. So much so that it has become a given. Thanks to the changing lifestyle and technological disruptions, these days even government employees who have more or less secured tenure say the same about their level of stress. Objectives of the study: The primary objective of the study was to find out the level of occupational stress among people in different professions have. Method: The study adopted quantitative method. A survey of professionals from all across Ahmedabad city was conducted over a period of one month, using Occupational Stress Index by Prof. A.K.Srivastava and Prof. A.P.Singh. The inventory has 12 sub-scales (occupational stressors). The respondents were drawn from five professions: Anganwadi Worker, Traffic Police, Bank Clerk, Primary School Teacher and Nurse. The sample size was 150. These professionals had work experience ranging from two years to ten. Results: With a mean score of 125.6 primary school teachers were found to have the lowest level of occupational stress. The highest mean score (140.4) was reported by nursing staff. However, even the highest score fell in the range of moderate occupational stress. Conclusion: The five occupations studied are often seen as high stress ones by the common people. However, the study found that none of these professionals suffer from any significant level of occupational stress.

Keywords: *Anganwadi Worker, Bank Clerk, Nurse, Occupational Stress, Primary School Teacher Traffic Police.*

IMPULSE, EGO AND SUPER EGO AMONG CRIMINALS AND NON CRIMINALS

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Psychological theories have also been influential in shaping the way society thinks about crime and delinquency and in shaping policies that relate to these issues (Sampson & Laub, 2003). Crime is inevitable in any human society since some violation or the other of any code of conduct prescribed for the members of a society is bound to occur. Main objectives of the present research work are to assess the level of impulse, ego and superego among criminals and non-criminals. The measuring instrument is based on a psychoanalytic theory by *Dombrose* and

Morton S. Slobien (1958). It consists of 4 subtests. The incidental purposive sampling technique was used in the selection of the sample for the present study. In the present study, a sample of 100 male persons was taken – 50 criminals and 50 non-criminals. The age range of the subjects was 30-40 years. Findings of the present study indicate that the impulses are elevated among criminals on almost all the sub tests. On contrary, Ego and Superego scores are higher for non-criminals groups. It can be said that criminals have strong impulse regarding immediate gratification and while in process of achievements of their goals.

Keywords: *Impulses, Ego, Superego, Crime, Criminals, Criminal Bbehaviour.*

EFFICACY OF GENDER AND LOCALITY ON AGGRESSION AND PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS

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Aggression is an emotion felt by almost all human being in daily life. But in young adult age especially in student's life this emotion can be very harmful if not managed properly. Wellness comprises of contentment, happiness, satisfaction and sense of achievement. The objective of the present investigation was to know the impact of gender and locality on aggression and psychological well-being of adolescents. A sample consisting of 120 participant's age range between 16 to 19years (Mean = 17.44) has taken into consideration from Surat District. To measure the Psychological well-being a scale developed by Sisodia, D. S., and Choudhary, P. has used to collect primary data. To calculate and interpret the scores one-way ANOVA was used. Findings of the study revealed that Grrlshave ahigher level of psychological well-being as compared to boys, whereas, rural adolescents scored higher mean on psychological wellbeing than urban adolescents. Both male and female adolescents are equal on experiencing aggression. Urban adolescents have shown higher aggression in comparison of their counterparts.

Keywords: *Psychological Well-being, Efficacy, Aggression, Adolescents, Locality.*

A GENDER BASED COMPARATIVE STUDY OF OPTIMISTIC AND PESSIMISTIC ATTITUDE & SELF-CONCEPT AMONG COLLEGE STUDENTS

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The main objective of the study was to find out the differences in optimistic pessimistic attitude and self-Concept among male and female college students. This study was focused on the relationship between self-concept and optimistic pessimistic attitude. In the present study, a sample of one hundred and eighty students (105 females and 75 males) from undergraduate & postgraduate level was selected from Pune city(Maharashtra). The age group of sample was 18 to 25 years. For this study, Self-Concept Questionnaire by Dr. R. K. Saraswat and Optimistic-Pessimistic Attitude Scale by D.S. Parashartests were used for data collection. For studying the differences in optimistic pessimistic attitude and self-concept among male and female college students, 't' test, Mean, SD values were used. The 't' value for optimistic & pessimistic attitude

was 0.76 and for self-concept the “t” value was 1.49 respectively. These values were not significant at 0.05 level. The findings of the study revealed that no difference is found in obtained mean of optimistic and pessimistic attitude and self-concept of males and females. The study further reveals that there is positive but not significant correlation between self-concept and optimistic and pessimistic attitude of college students.

Keywords: *College students, Gender, Optimistic Pessimistic Attitude, Self-concept.*

CHALLENGES OF HEALTH STATUS AMONG TRIBALS IN JHARKHAND

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Health is an essential component of well-being and is a prerequisite for human development. The health status of any community is influenced by the attitude and beliefs, traditional customs, myths, practices related to health, health seeking and treatment behaviour. **Objectives:** The main objective of the study was to know the challenges of tribal health in Jharkhand. This included: Unscientific information about symptoms, etiology and treatment of health problems, Food habits, personal hygiene and sanitation behaviour, preventive health behaviour and health seeking behaviour of the tribals to proper health providers. **Method:** The sample of the study was selected by multistage sampling- Purposive and Random. Altogether 1000 head of the household were selected randomly from five scheduled and 5 primitive tribes. **Results:** About 51.10 % tribals had unscientific belief related to symptoms, etiology and treatment of health problems. Food intake was unbalanced. Personal hygiene and environmental sanitation practices were not conducive to health. Practicing preventive health behaviour were not conducive to health promotion. Preferences of health seeking behaviour were both -local health providers as well as medical practitioners. **Conclusion:** Several challenges were prevailing in the tribal community which was hindrance to their health promotion and maintenance. **Recommendation:** In order to enhance the health status of tribals, health education is urgently needed.

Keywords: *Food Intake, Health Behaviour, Personal Hygiene and Sanitation, Preventive Health, Tribal Health.*

EFFECT OF STRESS ON DELINQUENT BEHAVIOUR AMONG ADOLESCENTS

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Background: Stress has previously been founded to be closely connected to be adolescent delinquency, stress is the leading cause of most of the emotional and physical disorders and chronic illnesses like depression, anxiety, hypertension, anger etc. that results in to delinquent behavior. A thorough understanding of adolescence in society depends on information from various perspectives like psychologically, biologically; sociologically etc .With in all of these perspectives adolescence is viewed as transitional period between childhood and adulthood, whose cultural purpose is the preparation of children for adult roles. **Aim:** To investigate patterns of delinquent behavior according to stress among delinquent adolescents. **Method:** It was hypothesized that different level of stress would differ significantly in delinquent behavior

among the adolescents. In all 100 randomly selected adolescents (male 50 female 50) of higher secondary classes participated in the study. They were administered the psychological stress questionnaire (Srivastava, A.K, 1992) and delinquency proneness scale (Srivastava & Singh, 2003) **Results:** The descriptive and inferential statistics were use to analyze the data. The level of stress was closely related to delinquent behavior among adolescents. **Conclusion:** The results indicate that the higher level of stress, higher the chances of indulging in delinquent behavior of adolescents.

Keywords: *Adolescents, Delinquency, Stress.*

QUALITY OF LIFE AMONG PARENTS WITH INTELLECTUAL DISABLED CHILDREN AND NORMAL PARENTS

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Care giving and its related burden is considered to be an important aspect in determining the quality of life of parents. The limitations in functioning of children with intellectual disability can result in requirements for long term care far exceeding the usual needs of children as they develop, or the expectations of their families as a parent. Quality of Life as a concept has been increasingly accepted as an important outcome measure in patients. The main aim of this study to investigated Quality of life in parents of children with intellectual disability as compared to parents having normal children. In order to assess Quality of life, the Hindi version of the WHOQoL-BREF14 was used. The sample consisted of 60 parents (15 mothers and 15 fathers in each of the two groups) of 60 children having intellectual disabled children and normal healthy children. Analysis using two ways analysis of variance revealed that compared with parents of healthy children, parents in the intellectual disabled children group reported impairment in all the four domains of Quality of life. Gender difference in the quality of life was not reported.

Keywords: *Quality of life, Intellectual Disability, Parents.*

A STUDY ON STREET HARASSMENT AND ITS COPING AMONG COLLEGE WOMEN

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Objective: Street harassment is the most ubiquitous and insidious form of violence against women. It is happening at an alarming rate and has now become a part of women's daily experience. Women all around the world are affected by it. The present study aimed to examine the type of coping strategy adopted by women to deal with street harassment and also how the coping strategy is affected by the frequency of the street harassment. **Method:** The data was collected by 187 college-going women between the ages 18 to 30 years, studying in universities located in Delhi-NCR. The Stranger Harassment Index (SHI; Fairchild & Rudman, 2008) was used to measure the experiences of street harassment. Items from the Coping with Harassment Questionnaire (CHQ; Fitzgerald, 1990) pertaining to stranger harassment were used. There are four main coping strategies usually adopted in response to street harassment, namely, active, passive, benign, and self-blame. **Results:** The results indicated that there is a significant

difference between active, passive and self-blame strategies. **Conclusion:** The study contributes to the existing literature on street harassment which is a very under-researched topic, though that is changing gradually as each existing study shows that street harassment is a significant and prevalent problem faced by women. The present study suggests that street harassment is a remarkably common occurrence for most of the college-going women. There is a significant difference between the coping strategies adopted by women when they face street harassment and it depends on the frequency of the street harassment experienced. Passive and Self-Blame coping are mostly used when faced with constant and frequent harassment while Active coping is used when women are faced with medium harassment. Overall, the problem of street harassment must be addressed by more researchers and hence it is deserving of future research designed to more fully elaborate the experiences and its consequences.

Keywords: *Anxiety, Coping, Depression, Stress Street Harassment, Sexual Harassment.*

ROLE OF HEAD/PRINCIPAL SUPPORT IN MENTAL HEALTH OF DUAL CAREER TEACHER COUPLES

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The purpose of this paper was to explore the role of head/principal support in mental health of dual career teacher couples. Social support is a very important factor which determines the individual's mental health as well as physical health. Support may be of different type and will receive from different type of groups or persons. Head/support is also a type of social support and plays an important role in determining and promoting one's well-being. This study was conducted on 254 dual career couples from two cities of Uttar Pradesh i.e. Lucknow and Varanasi. Participants were taken from universities and their affiliated colleges situated in Varanasi and Lucknow. The results indicate that head/principal support was found to be positively correlated with mental health in both the genders. The results of t test reveal that mental health was found high in high head/principal support group as compared to low support group. Findings of this study will provide an empirical support that immediate officer must support their colleagues/juniors which will help in promoting wellbeing of dual career teacher couples and which in turn will enhance their performance.

Keywords: *Dual Career Teachers, Head/Principal Support, Mental Health .*

STRESS AMONG TEACHERS WORKING IN PRIVATE UNIVERSITY

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The present study was designed and conducted with the aim of appraising the relationship of Stress through Teachers, who are working in Private University. Total 100 Teachers were in several colleges of Ahmedabad city were selected by clustering multi-level random sampling. The Teacher Stress Inventory (TSI) was used for this study. I found that there is no significant difference in the stress among university teachers working in the technical and non-technical staff college as well as male and female teachers at 0.05 level.

Keywords: *Stress, Teachers, Private University.*

A JOB STRESS AMONG INTENSIVE CARE UNIT NURSING STAFF

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The present study was an attempt to find out Job stress among intensive care unit nursing staff of Surat in South Gujarat. To accomplish the objectives of the study, 62 staff nursing posted in intensive care unit were randomly drawn from the Surat government hospital. A cross-sectional design was followed and a one-time assessment of socio demographic and measurement of stress levels nurses working ICU service of a medical college was conducted. It was the descriptive, non-experimental studies in which staff nurses have been interviewed observed and were administered research tools for assessing the stress levels. The result of this study showed that work-related stress is common among intensive care unit nursing staff. In the intensive care unit, the staff nurses are overburdened. Staff nurses were most of the time busy in doing non-nursing activities, which increase their stress levels. Workplace stress is very common in the present days of highly demanding job which is beyond the coping capability. Stress in the workplace is a result of various parameters like the heavy workload, tight deadlines, long working hours, lack of motivation, no growth opportunities etc. Nursing has been identified as an occupation that has high levels of stress. Job stress brought about hazardous impacts not only on nurses' health but also on their abilities to cope with job demands.

Keywords: *Incentive, Motivation, Occupation, Overburdened, Stress.*

ONLINE COUNSELLING: A CONTEMPORARY INTERVENTION FOR BULIMIA

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There has been an increase in the incidence of eating disorders worldwide in recent times, particularly among adolescent girls. The primary cause for increasing cases of eating disorders in India could be the increasing globalisation and higher exposure to western media with 'thin' reflecting the western ideal of beauty. A psychological factor of individuals with bulimia is the shame and guilt associated with bingeing and purging. These cognitions could also cause individuals to refrain from seeking one-on-one professional help. Moreover, as bulimia is now well recognized as a medical illness rather than as a mental illness, it has attracted additional stigma. Thus the chances of individuals seeking professional treatment for bulimia are further compromised. The present study looks into the etiology of bulimia, its prevalence and clinical picture specifically in India, and explores online counselling platforms as the solution to this problem. Online counselling platforms appear to have more benefits and fewer limitations when compared to traditional one-on-one counselling, as they deliver the intervention directly to those who need it, at their fingertips and also at comparatively more affordable rates, besides having more surety of maintaining confidentiality due to its virtual nature. The therapeutic approaches possible as well as the country-specific challenges for online counselling are discussed.

Keywords: *Bulimia, Indian Setup, Online Counselling, Intervention.*

PAIN CATASTROPHIZING AS A PREDICTOR OF QUALITY OF LIFE AMONG END STAGE RENAL DISEASE PATIENTS

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The last few decades have witnessed a substantial growth in the interest for the evaluation of various factors which serve as determinants of Quality of Life (QoL). The End-Stage Renal Disease (ESRD) is a condition in which the kidneys are minimally functioning or not functioning at all. The current research aims to understand pain catastrophizing as an indicator of QoL for ESRD patients. A total sample of 100 patients of ESRD who had undergone renal transplant were selected through the purposive sampling technique from IKDRC in Ahmedabad, Gujarat state keeping in mind the demographic characteristics. The Pain Catastrophizing Scale by Michael JL Sullivan (2009) and Kidney Disease Quality of Life Scale – Short Form by Ron D. Hays *et al* (1997) were administered to the patients for data collection. The “Pre-Post and single group different measures design” were applied. The obtained data was statistically analysed by Wilcoxon signed ranks test, correlation and regression analysis. The following conclusions were derived. Computed z value for pain catastrophizing revealed that renal transplant surgery elicits a statistically significant reduction in experience of pain catastrophizing among the patients thus improving QoL of ESRD patients. Correlation analysis revealed a significant negative association with moderate strength of quality of life with pain catastrophizing and also with its elements. In regression analysis the overall pain Catastrophizing was verified as a significant predictor of ESRD patients’ QoL ($r = .683$, $r^2 = .467$, $b = -2.27$).

Keywords: *End Stage Renal Disease, Pain Catastrophizing, Quality of Life*

HEALTH ISSUES OF THE EMPLOYEES WORKING IN SERVICE SECTOR- THE MEDIATING ROLE OF ORGANIZATIONAL CITIZENSHIP BEHAVIOR

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An employee spends around one third of his/her time in office and official work. The workplace is one of numerous settings that affect worker physical and mental wellbeing. Numerous studies have shown that workplace stress is far and away the major source of bad physical and psychological health for Indian adults and that has escalated progressively over the past few decades. Expanded levels of employment worry as assessed by the perception of having little control but lots of demands have been demonstrated to be associated with increased rates of depression, anxiety, hypertension and other disorders. And also it is not only the job but also the person’s environment-fit, Superior and Peers relationship, role conflict etc. that matters the health of an employee. Organ & Ryan, 1995, “Organizational Citizenship Behavior refers to the individual contributions in the workplace that go beyond role requirements as stipulated in the job agreement. Organ’s dimensions which are classified as conscientiousness, altruism, courtesy, sportsmanship, and civic virtue.” OCB helps to strengthen and lubricate the social network relationship by establishing and maintaining strong interpersonal relationships within the organization. The study focused on the mediating role of the OCB in minimizing the physical

and psychological health issues of the employee. **Method:** The study is purely descriptive and based on secondary data. In depth review of journal and newspaper articles, books, case study etc. **Results:** The adaptation of OCB practices in the organizations can decrease the health issues of the employees. **Conclusions:** Employees who exhibit OCB in the organization could engender a smooth communication and subsequently induce a conducive, cooperative and interdependence working environment. Such environment elicits the feeling of happiness and harmony and thus enables employees working with a positive mood which led to good psychological health.

Keywords: *Organizational Citizenship Behavior, Physical health, Psychological Health & Service Sector.*

CHANGE TO CHALLENGE: MENTAL HEALTH & SOCIAL MEDIA USE

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Background: Every millennial as well as adult is using various social media platforms. Chronic and persistent social media use can induce psychological as well as physical health issues. The social media behaviour consist various networking activities which contributes mental health challenges. **Aim:** To assess the mental health issues due to social media use. **Material & method:** Semi structured interview of clients taking outpatient treatment in Suasth one step clinic, de-addiction & mental wellness centre at Mumbai. Diagnostic criteria according to ICD-10 is been used to assess the co-occurring conditions. **Result:** Most common metal health issues due to social media use are behavioural addictions, Anxiety & deviant sexual behaviours according to present study. Anxiety, stressful relationships, ill effects of behavioural addiction, moral conflict, apathetic behaviour lead to mental health issues like Cyberchondriasis, lack of self-esteem, Multi partner relationship, participation & watching pornography, lack of concentration, obsessive approval seeking, envy. All the subjects are from 16 to 45 years age group. **Conclusion:** Clinicians need to consider the ill-effects of social media use & psycho education about healthy media diet should be a part of intervention programs. The study indicates the need for careful assessment of social media use & co occurring conditions.

Keywords: *Co-occurring Conditions, Cyberchondriasis, Deviant Sexual Behaviour FOMO (Fear Of Missing Out), Mental Health, Phubbing, Substance & Behavioural Addiction, Social Media Use*

QUALITY OF LIFE OF COUPLES UNDERGOING THE TREATMENTS OF INFERTILITY

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Aim: To study the quality of life of couples undergoing the treatments of Intra Uterine Insemination and In Vitro Fertilization and to observe the difference in the quality of life between these two mode of treatments. **Material and Method:** 120 couples from Nova IVI Fertility, Ahmedabad, undergoing the treatment of IUI or IVF were selected using purposive sampling method. The tool used to measure the quality of life was Fertility Quality of Life (FertiQol, Boivinet, et al., 2011). The test consists of two models (Core and treatment) and four

domains (emotional, mind/body, relational and social). The data was collected after taking the consent of the couples. Statistical analysis was done using the student's t-test. **Results:** It was witnessed that husbands undergoing IUI ($t=3.06; p=.003$) or IVF ($t=1.99; p=.048$) have a better fertility quality of life compared to their wives. The same was observed for core fertiqol (IUI- $t=3.11; p=.002$; IVF- $t=2.46; p=.015$). Husbands had a better quality of life as far as emotional and mind-body domains are concerned irrespective of the mode of treatment. It was detected that couples undergoing IUI had a better quality of life as far as the core fertiqol ($t=2.10; p=.037$) and emotional ($t=2.72; p=.007$) and mind-body ($t=2.56; p=.011$) domains were concerned compared to IVF whereas no difference was found in the overt quality of life. Wives undergoing IUI had higher QoL in emotional domain than wives undergoing IVF ($t=2.04; p=.043$). **Conclusion:** When comparing IUI with IVF treatments, QOL was found to be similar in both the cases when whereas comparing the gender, husbands were found to have a better QOL.
Keywords: *Infertility, Intra Uterine Insemination, In Vitro Fertilization & Quality of Life.*

IMPACT OF HIGH-PERFORMANCE WORK PRACTICES ON ORGANIZATIONAL EFFECTIVENESS AND JOB SATISFACTION

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The aim of the present study was to examine the relationship of high-performance work practices (HPWPs) with organizational effectiveness and employee's job satisfaction. Study was conducted on a sample of 200 employees using different psychometric tools. Data was analysed and correlation and regression analysis was employed. Correlation analysis of HPWPs with job satisfaction and organizational effectiveness shows that each of the HPWPs significantly positively correlates with employees' job satisfaction, and perceived organizational effectiveness. Regression analysis indicates that participants' job satisfaction was significantly affected by the practices of 'selective hiring', 'transformational leadership' and 'decentralized decision making and low status discrimination' and that the practices of 'team working' and 'emphasis on high productivity and quality' predicted significant variance in organizational effectiveness.

Keywords: *HPWPs, Job satisfaction, Organizational effectiveness.*

RORSCHACH PROFILE OF THE PATIENTS WITH SCHIZOPHRENIA

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Objective: To compare Rorschach profile of the patients with schizophrenic and normal control subjects. **Method:** The sample of 150 individuals was selected on the basis of inclusion and exclusion criteria. Out of which 100 participants were in the group of both male and female schizophrenia and 50 participants were in the group of normal subjects. The tools applied on the subjects were socio-demographic data sheet, General Health Questionnaire-12 (GHQ) and Rorschach Inkblot Test. The tests were administered to subjects individually after sufficient rapport being established with the patients. A Rorschach psycho diagnostic test was used on individual patients' male as well as female patients with schizophrenia and was completed within a session. **Results:** Patients with schizophrenia showed delayed reaction time, narrowing of

perceptions, poorly adjusted, immature thinking, poor emotional control, poor reality contact, impaired interpersonal relationships, inability to conform to social norms and severe cognitive disturbances than normal control subjects. **Conclusion:** The Rorschach response pattern of male and female participants with schizophrenia appeared to be very similar in most of the variables chosen for study, except in few content variables and in affective ratio. Hence it can be concluded that patients of both gender has similar deficits pertaining to adjustment, perception, reality contact and interpersonal relationships.

Keywords: *Normal Subjects, Rorschach, Schizophrenia.*

PSYCHOLOGICAL IMPACT OF SOCIAL MEDIA USAGE WITH REFERENCE TO STRESS- A COMPARATIVE STUDY

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With the increase in use of different social media platforms like twitter, facebook, Instagram, people find it easier to express their emotions on social media (Lin, Jia, Nie, Shen, & Chua, 2016). Sharing their personal life on social platform has not only reduced the sense of privacy but has noticeably made people more vulnerable to higher level of stress, depression and anxiety. The objective of this paper focuses on careful analysis of data and how excess use of social media influences the human behavior. This research paper deals with the study based on the use of the psychological instrument DASS-21 (Depression Anxiety Stress Scales) and a self designed questionnaire supported by Meta analysis. The main aim of paper was to study the stress level amongst people using social media for and their level of internet addiction. The results predicted that people who used social media for excess duration were more psychologically disturbed then those who didn't. The findings of this paper could be used as a good tool to understand the amount of stress, depression and anxiety the person experiences so that under further guidance one could find ways to reduce it.

Keywords: *Addiction, Emotions, DASS-21, Social Media, Stress.*

EFFECT OF VIBRATING JOB (DRIVERS) ON THEIR PERCEIVED OCCUPATIONAL STRESS, COGNITIVE FAILURE, LIFE SATISFACTION AND HEALTH

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The effects of vibration and psychological shock on human beings have been known for a long time. Every day, people are exposed to vibrations from many sources, including vehicles and vibrating machines. Most people have a good idea of what vibration feels like, but not necessarily what vibration is or what kinds of physical consequences it can have. Other factors such as ergonomic design, damping, and resonance have a great effect on the exposure characteristics and intensity levels of vibration exposure experienced by drivers. On the line of present researches, main objective of this study is to find out the level of perceived occupational stress, cognitive failure, life satisfaction and health in drivers in comparison to same socio-economical level shop keepers. Total 58 in which 29 Drivers ($M_{age}=39.67$ Years) and 29

shopkeepers ($M_{age} = 39.77$ years) from Mirzapur up India were participated in this study. Results shows that perceived occupational stress was found higher on all dimension in drivers. Furthermore, Blunder, Memory and Name failure was found higher in drivers while, Blunders found lower in drivers in comparison to shopkeepers. Moreover, drivers were less satisfies from their life and poor perceived health. This study may useful to deal with mental health related issues in vibration related job (especially drivers).

Keywords: *Cognitive Failure, Life Satisfaction and Health, Stress Vibration Job.*

COGNITIVE DRILL THERAPY: A CASE STUDY OF SOCIAL ANXIETY DISORDER

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Background: Cognitive Drill Therapy (CDT) is a recent addition to the field of exposure therapies. Cognitive Drill Therapy (Kumar, 2017; Jain, 2016; Kumar et al., 2012) is based on verbal exposure to the phobic stimulus. The time perspective of the feared consequences which are mostly irrational in nature is changed from future to present. Among the anxiety disorders, social anxiety disorder has a very high prevalence. **Objective:** The present study aimed at testing the efficacy of CDT in the treatment of social anxiety. **Method:** The study is based on a single case study of a 34-year-old female who referred herself to the author with symptoms of social anxiety, primarily her fear of not being able to maintain her balance and falling down in the presence of others. Scores were obtained on Social Phobia Inventory (SPIN; Connor et al. 2000) and Sheehan Disability Scale (SDS; Sheehan, 1983) at base line and at the termination of CDT. **Results:** The post intervention scores on SPIN dropped below the cut off score of 19 which distinguish individuals with social phobia from those without social phobia. The score remained below the cut off score of 19 at the follow up taken three months after the intervention. The scores on SDS also came down to 4 at the time of post intervention from 9 at the time of pre intervention. Another follow up assessment shall be done at the completion of six months. **Conclusion:** CDT can prove to be an effective intervention for social anxiety disorder.

Keywords: *Cognitive Drill Therapy (CDT), Emotional Processing, Exposure and Response Prevention (ERP), Social Anxiety, Verbal Exposure.*

SELF-COMPASSION AS AN INTRAPERSONAL RESOURCE OF PERCEIVED POSITIVE MENTAL HEALTH OUTCOMES: A THEMATIC ANALYSIS

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Self-compassion, a construct of Buddhist, is a set of self-attitudes comprising self-kindness, self-judgment, common humanity, isolation, mindfulness and over-identification which appear at the time of failure, pain or adversity. It has been reported to be linked significantly with a variety of life outcomes. The efforts of the previous researchers have been confined largely to study of self-compassion by quantitative methods. **Objective:** The basic aim of the study was to explore the nature of self-compassion and its significance in positive mental health outcomes. **Method:** The study comprised of 10 male and female adults age ranging from 20 to 28 years. A qualitative research design was used to collect, process and analyze data. A semi-structured interview

protocol was prepared after the thorough scrutiny of the relevant research on self-compassion. The semi-structured interviews were audio taped followed by verbatim inscription of their contents. The inscriptions were analyzed by employing Thematic Analysis Method (Braun & Clarke, 2006) by three experts who came up with their independent themes and sub-themes regarding major antecedents and correlates of self-compassion followed by a conference to uproot inconsistencies and arrive at consensus in the decisions pertaining to its nature and role in the perceived positive mental health outcomes. **Results:** The findings evinced that self-compassion is a complex process that brings in cognitive, affective and behavioral resources for the individuals. Self-compassion also exhibited its efficacy in the achieving enhanced self-understanding, positive regard, forgiveness, self-efficacy, resilience, hope, optimism, well-being, perceived self-efficacy, autonomy, competence, intellectual and emotional potential, productivity, recurrence of positive emotions and decreased stresses. Moreover, self-compassion also catalyzed positive intrapersonal and interpersonal relationships. In essence, these attribute shaped the genesis, maintenance, consolidation and promotion of positive mental health of the participants. These positive mental health benefits of self-compassion were exhibited by the participants in the verbalizations. The self-compassion also evinced its role in impacting perceived significance for the various indices of performance, health and life functioning. **Conclusion:** The themes and sub-themes of the study explicitly evinced that self-compassion has remarkable potential to understand and promote positive mental health and life outcomes. The findings have been discussed in the light of extant theories and empirical findings of self-compassion. The findings have significant implications for various health professionals and researchers. The directions for future researchers and limitations have also been discussed. **Keywords:** *Life Outcomes, Mental Health, Self-compassion, Thematic Analysis Method.*

EFFECT OF HOLISTIC COUNSELING ON RELATIONSHIP ISSUES AMONG PATIENTS OF DEPRESSION

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Depression is very common and serious of all mental disorders. A primary cause of one's emotional and behavioral disturbances is the lack of significant relationship with the social and natural worlds. The aim of the study is to determine the effect of holistic counseling on relationship issues among patients of depression. Till now very few attempts have been made to explore the effectiveness of holistic counseling. The present paper with the help of previous literature proposes holistic counseling as an important tool which helps to replace unhealthy cognitive patterns or beliefs with those healthy spiritual beliefs of the client. A sample of 12 patients (ages 18-50) selected through the Psychiatric O.P.D were randomly assigned to a 6-week holistic approach and counseling intervention. All the subjects completed structured questionnaires on Depression/ Anxiety and spiritual well-being. The scales used in the study: Hamilton depression rating scale-D (HAM-D), Hamilton anxiety rating scale-A (HAM-A), WHO- Quality of Life-Brief (WHOQOL-BREF) and Functional assessment of chronic illness therapy-Spiritual well-being (FACIT-sp) (Webster, Cella & Yost, 2003). Measurements were obtained after comparing at baseline, at the 21- day follow-up and at the 42-day follow-up. Therefore, the findings of this study showed significant results in reducing depression and improving relationship and holistic health. These were indicated by scores and a qualitative

analysis of client's responses in counseling sessions. Thus, this intervention program indicates the effectiveness of holistic counseling to decrease depression, improve relationship and achievement of holistic health. Nevertheless, the knowledge gained through this study needs expansion through future studies.

Keywords: *Depression, Holistic Counseling, Holistic Health, Relationship Issues.*

IMPACT OF MUSIC THERAPY ON MINDFULNESS AND PSYCHOLOGICAL WELL-BEING AMONG THE PATIENTS OF HYPERTENSION

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Music influences human behaviour by affecting the cognition and subsequently over-all bodily structures. *Hypertension* also known as high blood pressure (HBP) is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. The release of stress and emotional or psychological distension helps to prevent elevations of our blood pressure. In this sense, music therapy has the ability to induce a relaxing sensation, benefitting overall psychological well-being and mindfulness. **Objective:** This research investigated upon the effect of music therapy on mindfulness and psychological well-being among hypertensive patients. **Method:** Keeping all the demographics in mind, a sample of 25 adults aged 18 to 60 years was selected through purposive sampling technique from various clinics and hospitals of Ahmedabad city, India. Tools used were Mindful Attention Awareness Scale and Psychological Well-being Scale along with Music Intervention which was demonstrated by listening to Instrumental music with Pre- post design method for 30 days. The results were statistically analyzed using students t test. **Conclusion:** Results indicated that hypertensive patients post music therapy coped better on the domains of psychological well-being as they were generally positive and mindful than pre-designed music intervention. On the other hand, patients were inattentive and showed high distractibility before the music therapy. The positive effects of music therapy, in these patients, were observed because of enhanced well-being and attention.

Keywords: *Hypertension, Mindfulness, Music Therapy, Psychological-wellbeing.*

PROMOTIVE MENTAL HEALTH PROGRAMS: IMPLEMENTATION AND CHALLENGES IN INDIA

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Rapid change in global environment, cultural values and life style of individual's is affecting mental health. According to national mental health survey report 2016 total 13.9 % population is suffering with mental illness problems which is significantly increased from 2001 survey report that 6.2% population was suffered from mental illness (Sharma & Singh, 2001). Indian government and non government organizations has initiated many mental health programs such as national mental health program, district mental health programs, community mental health program, school mental health programs etc. for reducing mental illness problems, related

stigmas discrimination and promoting of mental health. However, they are trying to control and reduce the incidence and prevalence rate of mental illness through these programs and most of the programs have been launched but due to many challenges such as financial budgets, infrastructures, manpower, lack of trained professionals, poor coordination between professionals, high dissatisfaction of professionals, lack of rules regulations and proper monitoring, lack of motivation on the part of stakeholder, strong cultural and religious beliefs in society, poor psychological sophistications etc. Lack of proper implementation of the programs it could not be delivered expected outcomes. Mental illness problems are increasing day by day. Hence, researchers, professionals and policy maker has need to take the issue and review the pros and cons of the schemes so that the obstacles could be remove and overcome to meet out the objectives of the programs in true scenes before it leaves the track and attraction of the target population.

Keywords: *Community Mental Health Programs, District Mental Health Program, National Mental Health Program.*

EXPLORING THE EFFECTS OF SCHOOL BASED MINDFULNESS TRAINING ON EARLY ADOLESCENTS' EMOTIONAL COMPETENCE AND ADJUSTMENT

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Objectives: Mindfulness based interventions are increasingly being incorporated in the school settings to promote the well-being of school children. Present study explored the effects of school-based mindfulness training program on early adolescent school children's emotional competence and adjustment. **Method:** In the present quasi experimental study, Pre-post -follow up design with waitlist control group was employed to assess the effects of mindfulness-based training program on early adolescents' emotional competence and adjustment. 54 students from grades 8th participated in the study (Experimental = 28, Control = 26). Experimental group participated in 10 sessions mindfulness-based training program which was conducted in school setting. Participants from experimental and control group were assessed on self-report measures of emotional competence (EC-scale) and adjustment inventory (AISS) before, after the training and at follow up (after three months). Results were analysed by mixed ANOVA across the variables. **Results:** Results indicated significant improvement in the emotional competence and adjustment (Emotional, educational, and overall) of experimental group as compared to control group at post and follow up assessment. No significant group difference was noted in the social adjustment. Qualitative analysis of participants' experiences suggested that mindfulness-based training program was perceived to be relevant and helpful by them **Conclusions:** The study findings provide the preliminary support for the argument that mindfulness-based training helps in the positive development of early adolescent school children by enhancing their emotional competence and by fostering better adjustment.

Keywords: *Adjustment, Early Adolescent, Emotional Competence, Mindfulness, School-Based Training Program.*

EFFECT OF MUSIC ON TIME OF RESPONSE

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Maintaining alertness for a prolonged period of time is very difficult for humans. Because, human vigilance tends to decline after a certain interval of time. This decrement of vigilance is shown by a decline in hits and an increase in false alarms. But what about reaction time? It's not crystal clear. Thus, what is the effect of music on reaction time in "SDT" paradigm is yet indistinct. Accordingly, the present study examined the effects of continuous music on vigilance task performance. A 2 (music and non music) x 4 (Time period: 4 Blocks of 10 min. each) mixed factorial design with repeated measures on the last two factors was used. Results revealed that the speed of response for correct detection (response time) was found higher in control than musical because the vigilance task produces great task-induced stress and requires an appropriate coping style and music provides coping assets. Thus, it's clear that music is useful for heavy attention required tasks because music facilitates coping with task-stress.

Keywords: *Music, SDT, Vigilance.*

RESILIENCE AND EMOTION REGULATION: A CONCEPTUAL FRAMEWORK

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Resilience involves an experience of significant adversity, regardless of whether it is examined as a trait or an outcome. This experience of adversity is inherently emotional. When considering the ability or outcome of "bouncing back" from a stressful or chronic event, one must recognize the emotional experience and consider how individuals may cope with their emotions. This said, there is a clear connection between resilience and emotion regulation. Emotion regulation is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience. **Conclusion:** Present article is a review article and by which it would be presented that how the different strategies of emotion regulation work as a protective factor for resilience.

Key words: *Emotion Regulation, Resilience.*

EFFECT OF EARLY AND LATE DIAGNOSIS OF HIV ON MENTAL HEALTH

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Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS) is a significant cause of death and disability, especially in low- and middle-income countries. Mental health and HIV/AIDS are closely interlinked with mental health problems and conversely some mental disorders. Aim of this study is to find out mental health status of Early diagnosis and Late diagnosis of HIV clients. Total 60 HIV positive clients, in which 30 late diagnosis (more than 6

month) and 30 early diagnosis (within 1 month) were participated in this study. Mental health was assessed by Mental Health Inventory, which have 6 dimensions. Results reveal that positive self-evaluation, integration of personality, group oriented attitude and environmental mastery show significant difference between early and late diagnosis clients. Moreover, perception of reality and autonomy was not showed any difference between early and late diagnosis clients. This study may helpful to understand more precisely to person having HIV positive.

Keywords: *Early and Late diagnosis, HIV/AIDS, Mental health.*

A BATTLE BETWEEN TUMMY AND TASTE: A STUDY OF FOOD HABITS AND TEMPERAMENT

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Human beings cannot be restricted to one taste so far as food habits are concerned. Normally, it is a mixture of all the *shad rasa*. One's temperament can be assessed if a deep study on the food habits of an individual is made. Temperament may not be idealistic in nature but can be governed by change in the food habits. Sattvic, Tamasic, or Rajasic food tastes can be proportionally balanced in order to control the temperament of a person. Purely sattvic or purely tamasic or rajasic cannot be a parameter to assess the nature or characteristic of an individual. But an admixture of more than one and its calculative division may draw certain authentic conclusion about a temperament of a person. Human being can never be fixed into a pigeon hole theory and generalization may not lead to any solid conclusion. This does not mean that the food habits can be ignored partially or absolutely while making a study about the temperament and its role in the life of a person vis-à-vis food habits. The saying "**Healthy mind in a healthy body**" is never untrue. Nutritious food habits govern the mind to a very large extent not only it balances the thought process but also controls the upsurge intruding the heart, mind and soul. The present paper focuses on the exploration of relationship between food habits and temperament by and large.

Keywords: *Food habits, Nutrition, Temperament.*

AGE DIFFERENCES IN WELLBEING: MEDIATING ROLE OF EMOTION REGULATION STRATEGIES OF YOUNGER AND OLDER PEOPLE

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Emotion regulation involves the ability of the individuals to manage their emotional reactions to materialize life outcomes and adaptability. It has been reported that age and cultural differences exist in the use and impacts of different emotion regulation strategies. The present study aims to explicate the role of suppression and reappraisal strategies in shaping the well-being of younger and older participants. Fifty participants age ranging from 20 years to 25 years ($M = 22.54$, $SD = 1.57$) constituted the younger group whereas fifty participants age spanning from 55 years to 65 years ($M = 61.25$, $SD = 2.14$) represented the older group. The findings of the study showed that the older participants exhibited higher level of reappraisal with lower level of emotional

suppression. Conversely, the younger adults carried higher level of emotional suppression with lower level of reappraisal. The two groups also differed significantly in their mean scores on well-being measure. The findings also indicated that the two emotion regulation strategies contributed well-being of the two groups in dissimilar fashion and mediated the relationship between age and well-beings of the participants. The findings have been discussed in the light of current theories and empirical findings of emotion regulation and well-being. These findings have significant implications of researchers, psychologists and educationists. The limitations and future directions have also been discussed.

Keywords: *Emotion Regulation, Emotional Suppression, Reappraisal, Well-Being.*

SELF-ESTEEM AMONG SOCIAL NETWORKING SITES USERS AND NON-USERS

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The present study investigates the self-esteem among social networking sites users and non-users. **Hypothesis:** The level of self-esteem would be high in social networking sites users then non-users. **Sample:** For the purpose of the present study, a sample consisting 80 individuals subjects those are using Social networking sites daily for 2 to 4 hours of Mumbai city in Maharashtra. There are two groups (40 users and 40 non-users) ranging age between 14 to 21 years. **Tools:** Self-esteem test is developed by Anukul Hyde, Sanjot Pethe, and Upinder Dhar. **Results:** Social networking sites users mean was 23.2, SD was 1.85 and second mean of Non- users was 20.1, SD was 1.78 and 't' value is 10.9. Both level (.01 and .05) are significant. Our hypothesis was accepted. **Conclusion:** The findings of the study reveal the high level of self-esteem of social networking sites users than social networking sites non-users.

Keywords: *Self-esteem, Social Networking Site Non-Users, Social Networking Sites Users.*

UNDERSTANDING THE IMPACT OF SPONTANEOUS SELF- AFFIRMATION ON RESILIENCE AND WELL-BEING

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It has been argued that self-affirmation effectively buffers the threat and facilitates the integration of self-resources to promote and consolidate short term and long term life outcomes. Moreover, it has been observed that only simple reminders of one's adequacy affirms self-integrity and reduce the defensiveness and stress of the individuals. In consonance with this line of findings, the present study aimed to underscore the effects of self-affirmation on the resilience and well-being of the sportspersons. Participants of the study were the 30 sportsperson of the Dr. Harisingh Gour Central University, Sagar, Madhya Pradesh. They were randomly allocated to two groups namely experimental and control groups. The experimental group was given a self-affirmation intervention and the control group was given no intervention. The findings of the study evinced that affirming core values promotes a positive self-image as it provides a means by which the individuals can secure a sense of being competent, good, and self-determining in the face of life's challenges. The findings also evinced that engaging in the acts of self-affirmation

was related to greater resilience among sportspersons. For well-being, the benefits of spontaneous self-affirmation were limited. The findings indicated that spontaneous self-affirmation was showed to have efficacious role for resilience while it did impacted well-being significantly. This may be due to the reason that any significant change in well-being requires multiple and systematic manipulation strategy extended over a period of time. Moreover, the findings also evinced that the mechanisms through which spontaneous self-affirmation impacts both the constructs may differ. The future researchers may unveil its effectiveness of self-affirmation as a positive psychology intervention.

Keywords: *Resilience, Self-Affirmation, Sportsperson, Well-Being.*

THE EFFECT OF SPIRITUAL COUNSELING ON NEGATIVE LIFE-EVENTS AMONG PATIENTS WITH DEPRESSION

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Though very limited efforts have been made to explore the effectiveness of spiritual counseling on depression, many positive outcomes have been identified. Therefore to further the field, the present paper with the help of previous literature proposes spiritual counseling as an extremely important tool which can results in decreasing symptoms of depression and leads to healthy individuals. The study focused on ten patients (age range 18-45 years) recruited through the Psychiatric O.P.D were randomly enrolled for a 6-week spiritual counseling intervention. All the subjects completed standardized questionnaires. Data were compared at three time points: at baseline, at the 21-day follow-up and at the 42-day follow-up. The scales used in the study: Hamilton depression rating scale-D (HAM-D), Hamilton anxiety rating scale-A (HAM-A), WHO-Quality of Life-Brief (WHOQOL-BREF) and Functional assessment of chronic illness therapy- Spiritual well-being (FACIT-Sp) (Webster, Cella & Yost, 2003). The results showed that spiritual counseling intervention reduced the level of depression. This standardized intervention program contributes positively to spiritual health. These kind of intervention can exert clinically relevant effects on several important dimensions in patients with depression specifically those who had experienced negative life-events. However, large randomized controlled studies of high caliber with longer follow-up are required to confirm the same.

Keywords: *Negative Life-Events, Depression, Spiritual Counseling.*

INTERNET USAGE AND ITS IMPACT ON PSYCHO-SOCIAL WELL BEING OF ADOLESCENTS

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Introduction: The aim of the study is to assess the behaviour among adolescents in the Internet usage and to identify possible differences in the purpose of Internet use among adolescents with respect to age subgroup also to evaluate the Internet usage and the level of addiction present among adolescents while using internet. The study also aims to understand the differences in usage pattern of males and females followed the review of literature and discussions with experienced researchers on Internet use. **Objective:** To evaluate the effect of internet usage on psychological well being and the level of addiction present among the adolescents with regard to

gender differences. **Method:** A sample of 100 adolescents were taken, out of which, 50 from the age group 11-16 years (25 males and 25 females) and 50 from age group 17-21 years (25 males and 25 females) were taken. Measure used was Questionnaire, Ryff 's Psychological Well being Scale (PWB) & Internet Addiction Assessment (H Cash, CD Rae, AH Steel, A Winkler). A statistical technique of Correlation i.e. quantitative method was used to evaluate the data. **Result:** A total of 100 interviews were analyzed. It was observed that subjects with higher levels of internet usage were more likely to be low in Psychological well being. Also males from the age group of 11 to 16 years (N=25) shown an inclination towards indecisive internet usage as compared to males of age group of 17 to 21 years (N=25). Also a significant difference was observed in the usage pattern of males and females, males spend more time surfing internet as compared to females. **Conclusion:** Psychological well-being of subjects are negatively affected by excessive usage of internet which further leads to internet Addiction. Hence, it is essential to develop strategies for prevention of internet addiction which is very important for promoting psychological well being of adolescence.

Keywords: *Well being, Adolescents, Social media, Addiction and Usage pattern.*

EFFECTIVENESS OF ZUMBA TRAINING ON SUBJECTIVE HAPPINESS AMONG ADOLESCENTS

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The study aimed at examining the effectiveness of Zumba training as an intervention to enhance subjective happiness among college going students. The sample of the study consisted of 60 participants who were further divided into two groups namely control group and experimental group each consisting of 30 participants. 18 Zumba sessions as a part of intervention were planned over a period of 6 weeks with 3 sessions per week by a certified Zumba instructor for the participants in the experimental group. Independent sample t-test was used to calculate mean differences in the pre and post intervention scores of both the groups. Results showed that Zumba training enhanced subjective happiness of the participants in the experimental group as compared to control group. Therefore based on the research findings it can be concluded that physical exercise & training like Zumba has an important role in positive youth development and their wellbeing and mental health. Zumba can be used as one of the intervention strategies for enhancing and elevating happiness levels among individuals.

Keywords: *Adolescents, Subjective Happiness, Zumba Training.*

ADHD REPORT

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The study compares the cognitive and motor impulsive control and executive functioning performance of children with ADHD and a typical child. A total of 8 participants were taken. It was found that ADHD child easily distracted, they understand the task after repeated instructions, they tried to imitate and they easily grasp the structured instructions given by female than male as compared to normal child.

Keywords: *ADHD, Motor functioning, Cognitive functioning.*

EMOTION RECOGNITION AS A UNITARY CONSTRUCT INDEPENDENT OF SENSORY MODALITY AND LEVEL OF PROCESSING: EVIDENCE FROM A NOVEL EMOTION RECOGNITION TEST BATTERY

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Emotions form a core component of our social life and the ability to recognise others' emotions not only fosters good interpersonal relationships but also determines one's overall health and personal growth. However, majority of the tests/tasks developed to assess emotion recognition ability in others were developed for experimental research purposes and were not evaluated as a psychometric tool to assess individual differences. Further, these test-batteries are limited by their poor ecological validity as they test emotion recognition in visual modality whereas in real-life emotions are also recognized in auditory sense modality and in cross-modal information. Similarly, such test-batteries tap only explicit emotion recognition ability whereas emotions are processed at implicit level also. Additionally, such batteries treat emotion recognition as a multidimensional construct, whereas the common brain structures involved in recognizing emotions across different tasks, modalities, etc. suggest that all the emotion tasks measure a unitary construct of emotion recognition. In the backdrop of the said theoretical issues and empirical gaps, the present study reports the development of a novel and ecologically more valid battery of six emotion recognition tasks that assesses the ability to recognize emotions at explicit as well as implicit level in different sense modalities (visual and auditory) as well as cross-modal situations (visual-auditory and auditory-visual). Psychometric evaluation revealed that all the six measures demonstrate satisfactory reliability and validity. Further, findings of exploratory and confirmatory factor analyses revealed that all the novel tasks reflect a single latent factor of emotion recognition. The clinical utility of this test was also demonstrated by the findings that these measures reliably differentiated the hypertensives from the normotensives. Findings suggest that this test battery may serve as a comprehensive test of emotion recognition ability of both normal and clinical population and may prove a potential tool for assessing individual differences in this ability.

Keywords: *Cross-Modal, Emotion Recognition, Explicit, Implicit, Visual, Auditory.*

STRESS AND SELF-ESTEEM AMONGST HINDU AND MUSLIM ADOLESCENTS

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The study highlights independent and interaction effects of 'religion' (Hindu and Muslim) and 'gender of adolescents' (boys and girls) on caste prejudices. A total of 200 adolescents, according to 2 x 2 factorial (2 religion x 2 gender of adolescents with 50 respondents in each) design, from higher secondary schools from Varanasi district of Uttar Pradesh (India) served as respondents. Singh Personal Stress Source Inventory (Singh, 2004) and Hindi adaptation of Canadian Self – Esteem Inventory (Pandey, 1993) were individually administered. 2 x 2 ANOVA (2 religion x 2 gender of adolescents) and post hoc mean comparisons revealed that

significantly higher scores in Muslim than in Hindu on stress and Self esteem. However, girls' showed significantly higher stress and low self esteem as compared to boys. The results have been discussed in the light of the psychosocial and cultural factors involved.

Keywords: *Adolescents, Hindu, Muslim, Stress and Self Esteem.*

PSYCHOLOGICAL DISTRESS AS A CORRELATE OF INTERNET ADDICTION AMONG ADOLESCENTS

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Today's generation, which we call the generation Z, is the generation of digital natives. They are the ones who have grown up in a world of Internet, smart phones, social media, latest technology and gadgets. These people who seem to be so hooked to the internet, are also a generation with their own sets of psychological woes and sufferings. Is there a correlation between their addiction to the internet and the psychological distress they suffer from? What are those elements of psychological distress that seem to be correlated with internet addiction among the adolescents? The present paper aims to find the answer to some of these questions. For this a sample of 300 school going adolescents was selected through stratified random sampling technique and they were administered the Internet Addiction Test by Dr. Kimberly S. Young (1996) and Psychological Distress Subscale of Mental Health Inventory by Veit and Ware (1983). Psychological Distress, as measured through the levels of anxiety, depression and loss of behavioral/ emotional control, was found to be positively correlated with Internet Addiction. The study recommends the need for assessment of internet usage among adolescents in the treatment of psychological problems. Similarly, for the treatment of Internet addicted adolescents, the evaluation of psychological distress, particularly depression and anxiety, must be considered. The study also recommends designing and implementing effective counselling and intervention programs for adolescents for teaching healthy, moderate and non-addictive internet use for improving the overall psychological well-being of the adolescents.

Keywords: *Adolescents Anxiety, Depression, Internet Addiction, Loss of Behavioural Control, Psychological Distress.*

DEVELOPING A MULTI-APPROACH MODEL OF COMMUNITY MENTAL HEALTH – AN ACTION RESEARCH STUDY

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Propagation of mental health as a whole, and not merely limited to pathology and their resolution through clinical treatments; has always been a challenge in a community where stigma and lack of awareness about mental health are rampant. The present action research study examines the development of a model of community mental health at the Institute for Psychological Health (IPH) in Pune. The objective of the present study was to understand and examine this model as it was developed, with its multiple approaches towards de-stigmatisation, opening multiple points of access and providing an array of services to the community and the effects of such an approach while working with a new population and newer issues in community mental health. It

also aimed to study the model in contrast with traditional approaches to community mental health. Results showed a marked increase in the number of clinical patients as well as in the participation in activities such as support groups and community volunteering and training sessions which are indicative of the increase in awareness as well as ease of access felt by the population. Feedback from the population showed a decrease in stigma that may be attributed to the multi-approach method which focuses on the developmental components of mental health. This model can further be used to guide the development of centres for community mental health, especially keeping in mind the Indian population to further the involvement of population in becoming champions for mental health in the community.

Keywords: *Community, De-Stigmatisation, Mental Health, Multi-Approach.*

KNOWLEDGE, ATTITUDE AND BEHAVIOUR OF YOUNG ADULTS TOWARDS ORGAN DONATION: AN APPLICATION OF THEORY OF PLANNED BEHAVIOUR

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The aim of this study is to knowledge, attitude and behaviour towards organ donation among young adults and its application into the theory of planned behaviour. The sample consisted of 80 students (48 male and 32 female) from University and Allahabad, Allahabad. Data were collected through a questionnaire, which tapped information pertaining to demographics as age, gender, income-levels and family background and scales such as knowledge, beliefs, self-efficacy and intention to donate organs. After the completion of questionnaire, organ donation cards to see the actual behaviour of the participant and to see the discrepancy between behavioural intention and actual behavior. Results showed that knowledge and attitude towards organ donation significantly predicted the behavioural intention to donate. Further, results revealed that attitudes and behavioural intention were found to be significant predictors of the actual behaviour of signing the donor cards. The implications of study would be discussed.

Keywords: *Attitude, Intention, Knowledge, Theory of Planed Behaviour and Organ Donation.*

THE EFFECTIVENESS OF GROUP THERAPY AS AN INTERVENTION IN THE MANAGEMENT OF DEPRESSION AMONG ADOLESCENTS: A COMPARATIVE STUDY

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The present study has tried to explore the effect of group therapy on depression among adolescents. “Depression is a mental health disorder that can affect the way you eat and sleep, the way you feel about yourself and the way you think about things. It is not a sign of personal weakness and it can’t be willed or wished away. (Lucy et.al, 2016).” The present study aims to explore depression in relation to group therapy (Progressive Muscular Relaxation Therapy & Self Management Therapy) among male and female and to explore the interaction of group therapy (PMRT & SMT), Conditions (Pre & Post test) and Gender (Male & Female) on depression among adolescents. For this data was collected from Kendriya Vidiyalaya, Lucknow,

U.P India, on 200 adolescents (100 Male, 100 Females). Beck Depression Inventory (1961) was utilized to measure Depression of the respondents. The intervention Program was divided into two groups. The groups which were decided to be treated by PMRT & SMT were given training for one month (thrice in a week). Each session consisted of 45 minutes. The results of present study revealed that SMT was found more effective technique than PMRT to reduce the level of depression among respondents, Females were having more depression than males and post conditions of both therapies (PMRT & SMT) were found to be more effective to reduce the level of Depression.

Keywords: *Adolescents, Depression, Progressive Muscular Relaxation Therapy (PMRT), Self Management Therapy (SMT).*

ANXIETY AMONG THE INTERNET ADDICTED COLLEGE STUDENTS

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The present research aimed to study the Anxiety among the internet addicted and non-addicted students. College students were selected for the present study. To assess anxiety, Sinha's Comprehensive Anxiety Test by Sinha (1983) and to find out the internet addicted and non-addicted student, "Internet Addiction Tendency Scale" by Young (1998) was used. Internet addicted students showed significantly higher level of anxiety than internet non-addicted student. According to gender wise comparison it was found that internet addicted boys students had significantly higher level of anxiety than internet addicted girls student.

Keywords: *Anxiety, Internet addiction and Internet non-addiction, Students.*

PERSONALITY DIMENSIONS AMONG HYPERTENSIVE AND NON HYPERTENSIVE INDIVIDUALS

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Hypertension in these is more of lifestyle related problem rather than age related problem. The object of the present study was to study and compare the personality dimensions of neuroticism, extraversion and social desirability among hypertensive and non hypertensive individuals. The Eysenck's Personality Questionnaire- Revised was designed by H.J. Eysenck and S.B.G Eysenck contains 90 items, was used to measure the personality dimensions. The data was collected from 60 individuals (30 non hypertensive and 30 suffering from hypertension) in age range 35-40 years in Nagpur city. To analyzed data t test was used. Conclusion: When we compared the overall scores of hypertensive and non hypertensive individuals it was found that hypertensive individual were significantly higher in dimensions of extraversion, neuroticism and social desirability. On the basis of the result the psychological interventions was introduce to hypertensive individuals.

Keywords: *Hypertension, Lifestyle Change, Personality Dimensions.*

A COMPARATIVE STUDY OF PSYCHOLOGICAL ADJUSTMENT AMONG TEACHERS AND PROFESSORS

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Aim of the research is to find out the psychological adjustment among teachers and professors, both groups have 120 teachers. In each group has 60 teachers and other one groups has 60 professors. Data were collected from Bhavnagar city. Scale was use for data collection is personal datasheet and psychological adjustment scale by “Bell” and its translated in Gujarati by ‘Bhatt (1994)’, 2x2 factorial designs was used and data were analysis by ANOVA test. Result show, there is no significant difference in teachers and professors. There is no significant interaction effect between type of job and sex. There is significant difference of psychological adjustment between male and female.

Keywords: *Psychological Adjustment, Teacher and Professors.*

EFFECTS OF YOGA ON MENTAL HEALTH: A REVIEW

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Objective: To know the effects of yoga on mental health. **Method:** To achieve this objective 10 review articles and 30 studies in the area of yoga and mental health in peer-reviewed medical literature was done. Results: results of reviews showed that yoga has a positive effect on mental health. Worldwide ‘Yoga’ is gaining popularity as an accessible, acceptable and cost-effective practice for body and mind. People are adapting yoga for mental health improvement because of preferences for: self-treatment as opposed to clinical intervention; perceived greater efficacy than medication; minimal side effects and is cost-effective in comparison with pharmacological treatments. **Conclusions:** By practice of Yoga’s we can improve physical fitness and encourages self-reliance. The evidence for yoga as a form of mental health promotion, illness prevention and treatment for stress and depression.

Keywords: *Depression, Mental health, Quality of life, Yoga.*

EFFECT OF PARENTAL INVOLVEMENT IN THE ACADEMIC ACHIEVEMENT OF JUNIOR COLLEGE STUDENTS

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The present research aims to explore the effect of parental involvement in the academic achievement of junior college student. The academic achievement score were based on their average aggregate marks obtains in class 10th. A total of 50 students both boys and girls of 11th class of junior college were taken as respondents. Six junior college students were selected through simple random sampling from each public and private junior college categories for equal representation of both boys and girls students in the sample. Survey questionnaire of Home

Environment Inventory was used as a tool for data collection and parametric statistics was used. Mean and standard deviation were calculated to check the normality of distribution. The data was further treated through correlation to study the strength of association between the variables namely: Control, protectiveness, conformity, social isolation, punishment, deprivation of privileges, nurturance, rejection, reward, and permissiveness of parental involvement. After the analysis of data, it was found that parental involvement has significant positive effect on academic performance of children. The present research proved that parental involvement enhanced the academic achievements of the children. Children are more likely to have a higher academic achievements levels and improved behaviour when families are involved in their education learning begins at home through interactions with one's family.

Keywords: *Academic Achievement, Parental care, Personality Dimensions*

A PSYCHOSOCIAL PROBE INTO PROACTIVE COPING AND SPIRITUALITY AMONG CANCER PATIENTS

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Objective: To examine whether patients suffering from cancer show any difference in spirituality and different dimensions of proactive coping when compared to normal controls.

Method: A total of 40 cancer patients (20 male and 20 females) were compared to 40 normal subjects (20 male and 20 female). Subjects were matched on the basis of educational qualification, socio- economic status, nationality and age range. All the cancer patients were having throat cancer. To attain the objectives of study Spirituality meaning scale developed by Mascara et al (2003) and Proactive coping scale developed by Greenglass et al (1999) were administered to the sample population to obtain data pertaining to the Spirituality and Proactive coping.

Results: The result obtained after t- test shows that cancer patients have significantly lower spirituality in comparison to normal counterpart. Cancer patients also found to have lesser use of proactive coping in when compared to normal. Significant t- difference was found in gender difference in case of spirituality but in proactive coping no such difference was found.

Conclusion: It can be concluded from the present study that cancer patients showed lower spirituality and lesser use of proactive coping along with its different dimensions in comparison to normal counterparts. This result can be because of severity of disease and uncertainty of life. Men show lower spirituality then women.

Keywords: *Cancer Patients, Proactive Coping, Spirituality.*

EFFICACY OF SECT AND GENDER ON THE VEDIC PERSONALITY OF INDIAN SAINTS

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Psychology, as per Greek origin, is study of the soul. However, with Wilhelm Wundt's first establishing of Psychology lab and from there on till date, psychologist have struggled to prove it as science for which they had been successful and, while trying to get empirical studies in the lab and negating the philosophical construct. Main objective of the present research work is to assess

the effect of sect and gender on the Vedic personality of Indian Saints. Methods Tri-dimensions of Gunas (Sattva, Rajas, Tamas)- A personality Classification –An Indian Approach. by Prof. Pathak N.S., Bhatt I.D., Sharma, R. researcher has initially selected 200 samples by Random Sampling method on pan India basis and regions include deep forests, *Kumbh mela* of Nashik 2015 and Ujjain 2016, and also various ashrams around India. Findings of the present research revealed that the role of sects and gender is concerned, with the two factors like *Rajas* and *Tamas* of saints whereas all four groups i.e. historical and new age saints or male and female saints have by and large similar level of *Sattvic* characteristics.

Keywords: *Historical & New Age Sects Rajas, Sattav, Tamas, Vedic Personality.*

PERSONALITY AS A CORRELATE OF GRATITUDE AMONGST ADOLESCENTS

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Introduction: An extreme sense of competition has started changing the structure of Indian society from collectivism to individualism. The consequent jealousy along with a heightened sense of materialism has led to a hunger for self satisfaction and practicality to such an extent that the individuals want to achieve their set goals at any cost. All this has reduces the virtues amongst the youth. Gratitude is one of such virtue. Personality plays a great role in the presence and absence of gratitude. Keeping in mind the application of this relationship for society.

Objectives: To study the correlation of personality and gratitude. **Method:** Sample consisted of 100 adolescents of the age of 14 years to 19 years. These adolescents were given NEO Five Factor Inventory by Costa and McCrae and the Gratitude Questionnaire-Six Items Form (GQ-6). Correlation method would be used to analyze the data. **Results:** The obtained results would be presented in this paper with their implications. **Conclusion:** Personality and gratitude are positively correlated. People with Extrovert personality tend to be more grateful than the people with introvert personality. Dimensions of personality also related to gratitude in the same way.

Keywords: *Adolescents, Correlation, Gratitude, Personality.*

MACHIAVELLIANISM AND SUBJECTIVE CAREER SUCCESS AMONG INDIAN LAWYERS

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Interestingly, certain careers reward manipulative behavior ensuing into becoming more Machiavellian, thus facilitating career success. Career satisfaction is one central indicator of subjective career success which is a key component of overall career success. The basic purpose of the current study is to investigate the relationship between Machiavellianism and subjective career success in lawyers. Data has been collected from 70 lawyers from Delhi/NCR region. The Machiavellian Personality Scale (MPS) is used to assess Machiavellianism and the Career

Satisfaction Scale (CSS) to assess subjective career success. The statistical analysis of the same is in progress and the result is awaited.

Keywords: *Career Satisfaction, Career Success Machiavellianism, Machiavellian, Subjective Career Success.*

SELF-ESTEEM, LONELINESS, ANXIETY AND MOBILE PHONE ADDICTION AMONG COLLEGE STUDENTS

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Objectives: The excessive and inappropriate use of mobile phone has caused many negative consequences. It has affected relationships, academic performance, productivity, and health of the users. Earlier studies have found that personality factors play an important role in mobile phone addiction. Thus, the objective of this study was to examine the relationship between self-esteem, loneliness, anxiety and mobile phone addiction and to find out the predictive power of these personality factors. **Method:** The total 441 students (49% boys and 51% girls) in the age group of 18 to 21 and using smart phone participated in the study. The tools used were Demographic and mobile phone usage data sheet, Coopersmith Self-Esteem Inventory, UCLA Loneliness Scale, State-trait Anxiety Inventory, and Problematic Use of Mobile Phone Scale. **Results:** Pearson correlation revealed that self-esteem was negatively ($r = -0.321, p < 0.01$), and loneliness ($r = 0.247, p < 0.01$) and anxiety ($r = 0.414, p < 0.01$) were positively correlated with mobile phone addiction. Multiple regression showed that anxiety could predict ($\beta = 0.258, p < 0.01$) mobile phone addiction whereas self-esteem and loneliness could not. Difference between the boys and girls on mobile phone addiction ($t = 1.364, p = 0.173$) was not significant. **Conclusion:** It was found that self-esteem was negatively whereas loneliness and anxiety were positively correlated with mobile phone addiction. Anxiety was found to be the predictor variable. There was no significant gender difference in mobile phone addiction.

Keywords: *Addiction, Anxiety, Loneliness, Mobile Phone, Self-Esteem, Smart Phone.*

WORKING MEMORY CAPACITY TRAINING EFFECTIVENESS ON STATE ANXIETY AND EXECUTIVE CONTROL: A PILOT STUDY

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Anxiety and negative mood state have been associated with poor cognitive control resulting due to reduced working memory capacity (WMC). It has been evident that training WMC improves attentional control, which is linked with fluid intelligence. In this context, present study was undertaken to investigate the effect of WMC training through adaptive digit span backward test on the executive control, fluid intelligence and reduction of state anxiety symptoms. The present study implemented experimental design comprised by control group (8 participants) and WMC training group (7 participants). The data were collected from participants (age ranges from 24 to 32 years) by using the task of executive control for category switching, colour Stroop task and trail making test, Spilberger state anxiety inventory, Raven's Advanced progressive matrices (APM) test. Each participant under training group underwent a five-day adaptive WMC training through digit span backward task and control group did not receive any intervention. Findings of

the study revealed that training the WMC was found effective in enhancing the cognitive executive control and reducing the state anxiety level. APM score found to improve after training, however, differences were not significant. Findings also revealed that the effect of WMC training was effective in enhancing the accuracy of the response, whereas, mostly response time found to be unaffected after such training.

Keywords: *Anxiety, Executive Control, Fluid Intelligence, Working Memory.*

EXPLORING THE DIFFERENCES AMONG ALCOHOLICS AND NON-ALCOHOLICS OF NASIK URBAN REGION WITH RELATION TO NEUROTICISM, CONSCIENTIOUSNESS, ANGER EXPRESSION, AND IMPULSIVITY

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Objectives: Present study is an attempt to see psychological aspects involved in addiction. Researcher tried to compare and correlate the influence of personality traits: neuroticism, conscientiousness, anger expression, and impulsivity on addictive behavior. **Method:** Tools such as NEO-FFI by Costa and McCrae, STAXI by Charles Spielberger and Impulsivity scale by Barrett was administered to a sample of 60 participants combined with clinical and non clinical group. Male participants within age group of 30 to 50 years were taken into consideration belonging to urban Nasik region. **Results:** The result showed that there is a significant difference between alcoholic group and non-alcoholic group on all the four dimensions: neuroticism ($t'=4.15$) conscientiousness ($t'=3.71$) anger expression ($t'=4.81$) and impulsivity ($t'=8.06$). As a part of correlational findings neuroticism and conscientiousness are negatively correlated with each other for alcoholic group with ($r'=-0.29$). **Conclusion:** Thus with an attempt to focus on psychological causal factors it has been significantly proved the difference and relationship though for the limited sample size and comparatively with smaller geographical area. This study may try to focus in near future on assessing and examining the remedies of intervention and rehabilitation as a major part of the society at present involved in alcohol dependence.

Keywords: *Alcoholism, Conscientiousness, Neuroticism.*

MUSIC & ITS PSYCHO-PHENOMENOLOGICAL EFFECT

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Music as adjunct remedy with relaxation plays very significant role in achieving sublime state of delightful experience. Interestingly listening music is elixir to life. Since ancient times there have been many legends about mystical power of music. It has been also widely accepted for therapeutic, healing purpose. The Medical science in their numerous studies has established evidences of mind body continuum. In modern competitive world most often, we found ourselves to be chasing our own shadows with times, and running around for earning our live hood. With hyper physical activities we are prone to get exhausted, drain out our physical and psychic energy. We are left hardly with little time to replenish. There is greater understanding of mind –Body continuum. A separate discipline, psycho- neuro-immunology is emerging. Music

creates phenomenal psychological affective (Mood or frame of reference) change along with physiological changes that affects in bio-chemistry as well. We need to explore new paradigm in mental health Care & Management. This paper presents some views, archetype about music and its aesthetic, clinical & practical therapeutic values.

Keywords: *Music, Relaxation, Trance state, Psycho-phenomenological Effect.*

GOAL ORIENTED HUMAN VALUE PREDICTION WITH PATH ORIENTED VALUES OF ADOLESCENT BOYS AND GIRLS

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Values are hierarchical expressions of worth, likes or dislikes concerning things, persons, principles etc. For health related decision making both patients and caregivers prioritize on values, the driving force of decision making. One's acceptance of health disorder and its prognosis depends on values. Similarly caregivers emotional support to patients and acceptance of their suggestion depend on value preferences, that vary with gender and sex (Basak and Dutta Roy, 2015). Dutta Roy and Bandopadhyay (2010) extracted 14 path and 14 goal oriented human values by analysing Rabindra sangeet. It is assumed that path-oriented values are instrumental to the goal-oriented values. Therefore path-oriented values may be considered as predictors. This study aims at predicting goal-oriented values with path oriented values of adolescent boys and girls. Data was collected with Rabindrik value scale (Dutta Roy and Basu, 2013) from 106 girls and 198 boys. One way ANOVA shows both groups differed in all the goal-oriented values except for peace. More differences are noted in self-respect, universalisation, salvation, significance in life and sense of accomplishment. Stepwise regression reveals differential prediction to goal-oriented values by boys and girls. Boys, in general, emphasized on the domains of Active, Free from fear of failure and Challenging, whereas, girls on No work family conflict, Non-insulting to self and Free from fear of failure. The findings are useful in changing the belief system of the adolescents thereby, improving their quality of life. The research findings will be explained with special reference to the concepts of adherence and compliance of Health Psychology.

Keywords: *Adherence, Compliance, Goal oriented values, Health disorder, Path oriented value, Prognosis, Rabindrik value scale.*

STUDY THE ROLE OF MENTAL HEALTH IN RELATION TO ACADEMIC ACHIEVEMENT OF ADOLESCENT STUDENTS

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Good mental health is the key of wellbeing of life. Each and every movement of life mental health do crucial role in success of life. The present study was conducted to study the role of mental health in relation to academic achievement of adolescent students. Researcher has selected the 100 sample of students by purposive sampling method, out of them 50 students from Arts, faculty, male 25 and 25 female students. And 50 students from science faculty 25 male and

25 female students, whose age range 16 to 18. The test used to assess the Mental Health Inventory by Jagdish and Shrivastav (1983). Data were analyzed with the help of Mean, SD, 't' test and Pearson Correlation. The result revealed that there is significant difference in mental health and academic achievement of arts and science faculty students. There is no significant gender difference in mental health. There is significant difference in academic achievement of male and female students. There is a positive correlation between mental health and academic achievement of adolescent students.

Keywords: *Academic Achievement, Adolescent Students, Mental Health.*

IMPACT OF PARENTING STYLE ON MENTAL HEALTH OF ADOLESCENTS

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Positive mental health is a key factor or important component of human health. The purpose of this study was to find out the influence of parenting styles on mental health of adolescents and to examine interaction effect between parenting style (permissive, authoritarian, authoritative) and phase of adolescents (middle phase – 15 to 17 age range, late phase – 18 to 21 age range). Total 240 adolescents (120 boys and 120 girls) were randomly selected as a sample, out of them 120 middle adolescences (age range 15 to 17 years) and 120 late adolescences (age range 18 to 21 years) in studying the attached high school and junior college of the Nashik city of Maharashtra (India). For this study parental authority questionnaire (PAQ) developed by Buri (1991) and mental health inventory (MHI) developed by Jagdish and Shrivastava (1983) were used. Mean, SD and two way ANOVA etc. statistics techniques were used for data analysis and interpreting. Results revealed that, parenting styles have significant influence over mental health of the adolescents in self-evaluation, perception, personality, competence and total mental health. Late phase adolescent's expressed more self-evaluation, perception and personality than middle phase adolescents.

Keywords: *Parenting style: Mental health, Adolescents.*

SANITATION AND ITS IMPACT ON HEALTH STATUS IN URBAN INDIA

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The urban India is facing perennial problem of managing sanitation and health due to congested slums, overcrowded population, poor infrastructure and inadequate waste management. Unsafe water, poor hygiene practices and inadequate sanitation causes high incidence of diarrhoeal diseases as well as significant contributing factor in under-five mortality (pneumonia, neonatal disorders and under nutrition). It is also noted that diarrhoea, cholera, typhoid and other diseases can easily be prevented with cheap and proven interventions such as use of pit latrines and hand-washing with soap (UNICEF, 2016). According to Swachhta Status report (2016), 22.6% Indians who had a toilet at home but did not use, which compel the government to drive attention

towards awareness and public consciousness during construction of toilets in a campaign mode. 11 states and 1,846 (42%) Indian cities have declared themselves open-defecation-free (ODF) by January, 2018. However, 58% cities still report open defecation, which is a real challenge. Out of 6.6 million targeted individual household toilets, 4.2 million (64%) were constructed across Indian cities. Additionally, 92% of the 17,193 targeted community toilets were constructed. The Mission also aims to achieve 100% garbage collection and disposal. India generates 145,626 tonnes of solid waste every day and only 23% of this is being processed. Though Swachh Bharat Abhiyan has taken a great lead in political and public domain through its campaign in media, schools, colleges, government departments and NGOs. However, focus should be given towards change in attitude and behaviour of people to improve the sanitation practices. Now it is the time to come together to increase sanitation and create safe and healthy environment for our future generation.

Keywords: *Attitude and Behaviour, Open-Defecation-Free, Sanitation, Swachh Bharat Mission, Waste Management.*

ATTITUDES OF PARENTS AND HIGH SCHOOL STUDENTS IN GOA TOWARDS COUNSELLING

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The Goa Education Development Corporation has appointed counsellors in high Schools and higher secondary schools, under the Student Counselling Scheme, in order to overcome problems faced by students. The present study attempted to study the attitudes held by parents and High School students in Goa towards these counselling services.

Objectives:

1. To study attitudes towards counselling held by parents and students in Goa.
2. To examine the influence of gender on attitude towards counselling.

METHOD:

Hypotheses:

1. There is no difference in the attitudes held by parents and students in Goa towards counselling.
2. Gender has no influence on attitudes held towards counselling.

Sample: Parents and High School students from Porvorim and Girim were administered a questionnaire on attitude towards counselling. Fifty parents (25 males and 25 females) and eighty students (40 boys and 40 girls) were interviewed. **Instruments used:** An adapted version of the Attitude Towards Guidance and Counselling Inventory (ATGCI) developed by Salami (1996) was used to collect the data for the study. The questionnaire is scored such that higher the score obtained on the ATGCI, the more favourable the respondent's attitude. **Results:** It is gratifying to note that both parents and students who served as respondents of the present study viewed counselling favourably. Both parents and students held a favourable attitude towards counselling, with no significant difference in their scores. In case of both parents and students, gender had no significant influence on attitude towards counselling. **Conclusion:** Respondents of the study displayed favourable attitude towards counselling.

Keywords: *Attitude, Counselling, Parents Student*

ADJUSTMENT PROBLEMS IN STUDENTS RELATION TO THEIR EDUCATIONAL STREAM

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In the age of materialization and modernization, youth are facing more adjustment problems as compared to their earlier generations. Educational Stream may be associated with student's adjustment. To study the impact of Educational Stream in adjustment among Students, the present study was planned. The objectives of the study are to examine the relationship between measures of adjustment and educational stream. The present study was planned to find out the relationship among educational stream and adjustment problems among students. The total sample of the study involved 120 Students. Student's adjustment was assessed using Bell's Adjustment Inventory. The data were analyzed by using ANOVA (One Way) technique. The results revealed that there was significant difference in adjustment problems in relation to educational stream among students.

Keywords: *Adjustment Problems, Educational Stream, Students*

SOCIAL COMPETENCE AMONG ADOLESCENTS

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The present study "Social competence among adolescents." was aimed to find the difference in social competence of male and female adolescents. Data for the study were collected using social competence scale by (SCS) by Sharma L. and Punita R. (2013). The investigator used simple random sampling technique for selecting the sample. The sample consists of 441 junior college students of Ahmednagar city. For analyzing data "t" test were used. Computed 't' score indicates significant difference in personal adequacy ('t' = 2.65) of male and female adolescents. Whereas no significant difference were found on interpersonal adequacy ('t' = 0.10), communication ('t' = 1.13) and social competence ('t' = 1.53) of male and female adolescents.

Keywords: *Adolescents, Interpersonal Adequacy Personal Adequacy, Social Competence.*

BUDDHIST PSYCHOLOGY: A JOURNEY WELL TRAVELLED

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Buddhist Psychology has its origin over 2500 years ago. Siddharth Gautama (*Gautam Buddha*), the enlightened one, has given us many psychological constructs and interventions which are quite relevant today. Broadly, Buddha path encompasses three elements: ethics, contemplation and wisdom. Buddhist practice starts with four noble truths – (1) suffering (*Dukkha*) is universal and inevitable, (2) there exist causes of suffering (*Dukkha-samudaya*), (3) cessation of suffering is possible (*Dukkha-nirodha*), and (4) the eight noble paths to liberate from suffering (*Dukkha-nirodha-marga*). Buddhism is chiefly a method of cultivating the mind – a way of the training of the mind. Buddhist teachings do have interlinks with psychoanalytic psychology, humanistic psychology, positive psychology, health psychology, cognitive psychology, phenomenological

psychology and existential psychology. Nearly two decades ago, focus of psychologists got shifted from the ill-being to the well-being. This trend has opened scope of emphasizing on strengths, virtues and character- preferring Strengths Mind set over a Deficit Mindset. Psychologists and therapists grew interest on Buddhist psychology since 1950 towards Buddha teachings – concepts. This paper discusses about linkage of Buddhist psychology with western psychology and its utility for making the lives of people fulfilled and contented. This paper discusses about linkage of Buddhist psychology with western psychology and its utility for making the lives of people fulfilled and contented.

Keywords: *Abhidhamma, Buddha teachings, Health psychology, Mindfulness, Suffering.*

STUDY OF OPENNESS TO EXPERIENCE AMONG VIOLENT AND NON-VIOLENT OFFENDERS

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Present study was conducted to compare the openness to experience variable between two groups of offender's i.e. violent group and non-violent group. The hypothesis of the study was Non-violent offenders would be more on openness to experience variable than violent offenders. Simple random sampling method was adopted to select the sample from Prison. The psychological test used for the study is NEO Five Factor Inventory (Costa and McCrea, 1992). The results of the study showed that the obtained F value (0.08; p = NS) for the data based on openness to experience is statistically not significant. It means that the Mean score of violent offenders (M = 25.79, SD = 4.34) is almost equal to Mean score of non-violent offenders (M = 25.62, SD = 4.61). Hence the conclusion of the study is, the openness to experience is almost equal between groups of violent and non-violent offenders.

Keywords: *Openness to experience, Violent offenders, Non-violent offenders.*

QUALITY OF LIFE AND SOCIAL SUPPORT AMONG PULMONARY TUBERCULOSIS PATIENTS IN INDIA

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The present study aims to measure quality of life and perceived social support among pulmonary tuberculosis patients. In this study, hundred clinically diagnosed pulmonary tuberculosis patients (50 male and 50 female) and 100 healthy (non pulmonary tuberculosis) individuals (50 males and 50 females) were sampled through purposive sampling method, age range of 21 to 40 years from district Tuberculosis Shiv Prasad Gupte Hospital, Kabir Chura Varanasi, Department of T.B. and Respiratory Diseases, Institute of Medical Science, B.H.U. Varanasi, DOTS Clinic Lucknow, Rajendra Nager, Lucknow and Delhi Tuberculosis Association, Lodhi Road, New Delhi. WHO Quality of Life -BREF Hindi (Saxsena, 1996) and Hindi adaptation of P.G.I. Social Support Questionnaire (Nehra, Kulhara & Verma, 1998) were individually administered. The

statistical analysis of 2 x 2 ANOVA (2 groups x 2 gender) and mean comparisons revealed that pulmonary tuberculosis patients exhibit significantly lower quality of life as compared to the healthy (non-pulmonary tuberculosis) respondents. Moreover, the quality of life of male is significantly lower than female. Pulmonary tuberculosis patients revealed significantly lower social support as compared to the healthy (non-pulmonary tuberculosis) respondents and the perceived social support of male is significantly lower than female.

Keywords: *Quality of life, Social Support, Pulmonary tuberculosis.*

MOBILE PHONE USE AND PSYCHOLOGICAL HEALTH OF PATIENTS WITH LONG TERM DISEASES

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Objective: To compare psychological health of patients with long term diseases (LTD) using mobile phone to those not using mobile phone. **Method:** Cross sectional design was employed. Using purposive sampling technique, data were collected from 90 in-patients from Oncology, Pathology, and Cardiology units in Government Medical College and Hospital, Jammu. Age range of the participants was 40 years to 70 years with mean age 52.97 years. The patients living with cancer (n=30), diabetes (n=30), and cardiovascular diseases (n=30) having spent at least one week in the hospital were considered. Mobile phone use was determined on the basis of self report by the patients with LTD. Standardized and brief questionnaires were administered to assess subjective vitality and flourishing. Mean, SD, and t test were applied to find out the differences. **Results:** There was significant difference in patients reported to be using mobile phone and not using mobile phone with respect to level of subjective vitality and flourishing. The patients using mobile phone have been found to possess better psychological health. **Conclusion:** Using mobile phone helps in remaining connected with family and friends. This provides social support to the patients experiencing crisis. As the admitted patients are not with their family members all the time and are likely to feel lonely, the use of mobile phone keep them busy and divert their attention away from the doomed feelings. Further in depth research is needed to ascertain the benefits of use of mobile phone for the patients.

Keywords: *Mobile phone use, Psychological Health, Long term diseases.*

COMPARISON OF FRUSTRATION AND HOPELESSNESS OF RESIDENTIAL AND NON-RESIDENTIAL SCHOOL GOING ADOLESCENTS

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Objective: (1) To compare frustration and hopelessness of residential and non-residential school going adolescent. (2) To compare frustration and hopelessness of residential and non-residential school going girls and boys. **Method:** Total 100 participants were comprised for this study, 50 were selected from residential schools and 50 from non-residential schools. Each group of students further bifurcated into gender of adolescent; 25 girls and 25 boys. Data was collected from Roorkee, Haridwar and Dehradun district of Uttarakhand state. **Results:** Results revealed

that residential adolescents found to be more frustrated on the mode of resignation reaction to frustration and on hopelessness. Regarding gender boys of residential also showed the same trend on the same mode of frustration and on the variable of hopelessness. **Conclusion:** Adolescents, who are going to school from their house have better mental health, more optimistic attitude and less frustration as compare to residential adolescents.

Keywords: *Adolescents, Frustration, Hopelessness, Residential & non-residential schools.*

YOGA' A DISCIPLINED WAY OF LIFE

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At present we are living in the age of technology, industrialization and urbanization. The world is becoming very competitive. For healthy development of the individual and society self-control and discipline are very important. Without it the negative feelings like possessiveness, arrogance, aggressiveness, anger, hatred and intolerance etc. take precedence. All these cause stress and strain resulting in many diseases like high blood pressure, insomnia, diabetes and heart attack. The remedy to deal with the stress and strain does not lie in taking drugs or alcohol. These are not solutions but may affect adversely. All this happens mainly because we are not in control of our faculties. In the modern world man becomes mentally tired, physically exhausted and disappointingly frustrated. These are the causes of the stress and strain inability to understand and adjust with the changing ambience of the world and circumstances around him. For this, yoga provides a conclusive and a practical answer. The Yoga way of life is an integrated approach to the changing physical, mental, vital and emotional personality of an individual. Regular practice of yoga is implicated in the healthy development of the body, mind, and spirit, leading to a more fulfilling life. **Definitions of Yoga:** 'citta-vrtti-nirodhah' defined by Pathanjali Maharishi. When rightly understood it is the process of reuniting our finite Microcosmic individual self with the Infinite, Absolute, Pure, Macrocosmic Consciousness. **Aims and objectives of yoga:** Yoga improves posture, increases the intake of oxygen, and enhances the functioning of the respiratory, digestive, endocrine, reproductive and excretory systems. Its effects on the emotions are equally beneficial by calming the mind, attuning us to the environment and diminishing insomnia caused by mental restlessness. **The concept of yoga:** Yoga is the gift of our Rishi culture. It is a science and art of pure life style. Yoga offers man a conscious process to solve his problems. Yoga helps the man to evoke the hidden potentialities of man in a systematic and scientific way. Astanga yoga is the yoga of eight limbs, referring to eight parts into which it is divided. This method of Yogic practice finally leads to the stage of Samadhi, the super conscious state. Here the yogi realizes himself, the knowledge of Atma and finally merges it with the supreme self, Paramatma. The eight limbs of Astanga yoga are: 1. Yama, 2. Niyama, 3. Asana, 4. Pranayama, 5. Pratyahara, 6. Dharana, 7. Dhyana, 8. Samadhi. A balanced diet according to Yoga, is that diet which restores balance at all levels. Such diets could aid in a Holistic Way of Living. **Conclusion:** Yoga as a comprehensive health system offers the most suitable solution to stress and tension. Thus yoga gives an image and shape for better society consisting of best men with moral behavior, social adjustment and reciprocity for welfare of others. Salutations to the great saint his Holiness Pathanjali maharishi.

Keywords: *Yoga, Pathanjali, Health.*

A STUDY OF STRESS PROBLEMS OF INDIAN ADOLESCENTS IN 21ST CENTURY

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The days of 21st century are stressful for students. The requirements of person reflect on their life. Person has to fight with his requirements, anticipation, family structure, and personal demands due to less ability to understand himself or herself. Conflict between person and his environment becomes more problematic. No one is ready to solve it or provide support for them. Parents –Child and Student –Teacher relationship are divine and it is the force of Youth development. Teachers getting scores for success with the entire students. Maladjustment may be cause of conflict between two person and require help from expert counselor. On ground of Positive way, Cognitive behavior therapy is one of the best effective therapy among all other therapies. Thousands of students have much problems of misunderstandings in which they does not express their feeling with actual meaning in front of others due to faulty child development. As relation to students from the various background of families and from various area , they have clusters of problems which damage mental health. Role model should be created for students. Youth is the power of country and positive youth development can be leads to empower with enlighten.

Keywords: *Cognitive Therapy, Empowerment, Positive way, Role Model, Stress.*

IMPLICIT EMOTIONAL REACTIVITY IN INDIVIDUALS WITH ELEVATED BLOOD PRESSURE

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Recent researches have shown that elevated blood pressure (BP), in normal and clinical range, is related with reduced accuracy of explicit emotion recognition (or emotional dampening). However, it is not yet clear whether elevation in BP dampens emotional responsiveness at a relatively earlier or involuntary level of processing emotions. Therefore, our aim in the present study was to explore implicit emotional reactivity in elevated blood pressure conditions using the Approach-Avoidance Task. Low (N=28) and High BP (N=30) participants were presented Happy or Angry faces and were either required to pull the joystick towards themselves on viewing Happy faces or push it away on viewing Angry faces ('congruent' condition-making approach response to positive and avoidance response to negative emotions). The opposite was expected from them (i.e., pulling joystick on Angry faces and pushing on Happy faces) in the 'incongruent' condition. Findings revealed that irrespective of their BP status, participants in general took longer to respond to incongruent than congruent trials. However, the most interesting finding was that BP status moderated the response time for different emotional valence. Irrespective of condition, Low BP group took significantly longer to respond to Angry than Happy faces while High BP group showed a marginally significant reverse pattern. Thus, these findings suggest an implicit cognitive-affective sensitivity or implicit emotional reactivity to negative emotions among individuals with elevated BP. Findings imply that such emotional

sensitivity may lead to anxiety, misperception of social signals, and further elevation in BP, and therefore needs to be targeted in psychotherapeutic interventions.

Keywords: Approach-avoidance, Attentional bias, Blood pressure, Emotional reactivity, Implicit

CLASSICAL DANCE PRACTICE INTERVENTION AMONG OBESITY PEOPLE IN RELATION WITH PHYSICAL SELF-PERCEPTION AND PSYCHOLOGICAL WELLBEING

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Nowadays obesity is a condition where the individual accumulates so much body fat that it might have a negative effect on physical self-perception, physical image along with psychological well-being. The purpose of the present study was to examine classical dance practice intervention among obese people in relation with physical self-perception and psychological well-being. Forty (40) subjects with age ranging from 18-50 years were randomly selected from Odisha State in India, who met the criteria of medically manifested Obesity. The experimental study design was adopted and the data were collected by using physical self-perception profile (Fox and Corbin, 1989) and Ryff scale of Psychological Wellbeing (1989) comprising of two phases; pre-test and post-test with equally dividing the participants in experimental group (N=20) and Control group (N=20). The SPSS-20 was used for statistical data analysis. The results revealed that there was a significant difference in physical self-perception and Psychological wellbeing between pre-test and post-test group of experimental and control group of Obesity participants. The results observed that the Classical Dance Practice intervention (*12 sessions followed by per session 5 days and per day 2 hours*) had significant effect on physical self-perception and psychological well-being in obese participants. Also the results elucidated that the physical self-perception and demographic Profile: age, length of experience, years of being obese significantly accounted for psychological well-being. The results were discussed keeping in mind the socio-cultural context of India.

Keywords: Obesity, Physical Self-perception, Psychological Well being.

INTERNET ADDICTION AND LONELINESS AMONG LATE ADOLESCENTS

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Introduction: Now days, internet has become a necessity. Every information, marketing, news, study, shopping etc. is available on internet. Its access has become very easy and even affordable. In this age of nuclear families, particularly when both the parents are working, children make use of this facility while being alone at home. Sometimes adolescents try to find friends in their virtual life on fb and Instagram and slowly they become addicted which further deprives these adolescents from socialisation. **Objectives:** To study the relationship of internet addiction and loneliness amongst late adolescents. **Method:** Correlational method was used to study the data. Sample consisted of 300 late adolescents (Male and female). The selection of group was based on the score of the subjects on the Internet addiction test by Kimberly Young (1998). These students were given UCLA loneliness Scale by Resull (1996). **Results:** The value

of correlation was found to be .765 which is significant at 0.01 levels. The result shows that there is a positive correlation among internet addiction and loneliness. **Conclusion:** Internet addiction and loneliness are positively correlated. In other words higher the internet addiction higher the loneliness. Therefore, it is important that family and psychologists should create an environment that can check and prevent the internet addiction. However loneliness brings with it many psychological issues that deteriorate the mental health.

Keywords: *Adolescents, Internet addiction, Loneliness*

INFLUENCE OF TYPE OF FAMILY (JOINT/NUCLEAR) ON STRESS, SOCIAL SUPPORT, MENTAL HEALTH AND QUALITY OF LIFE OF 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 type of family (Joint/Nuclear) on 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:** The findings suggested that Significant difference was observed between Mental Health, Stress and Quality of Life indicating that the patients of joint families perceived better Mental Health and had higher levels of Stress in comparison to the patients of nuclear families whereas the patients of nuclear families perceived better Social Support and Quality of Life in comparison to the patients of joint families. **Conclusion:** It was concluded that family support plays an important role in the recovery of the patients suffering from long term neurotic illness. Implications and limitations of the study were stated.

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

MENTAL HEALTH OF YOGA PRACTITIONER AND NON-PRACTITIONER PERSONS

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Main purpose of this study was to compare the mental health of Yoga practitioner persons and non-Yoga practitioner persons, and second was to examine interaction effect between Yoga practitioner and non-Yoga practitioner persons according to practice of Yoga (practitioner and non-practitioner of Yoga) and their type of occupation (intellectual employees and workers). Sample of 200 persons (100 Yoga practitioners and 100 non-Yoga practitioners) were selected through simple random sampling method in Pathardi city - Ahmednagar of Maharashtra state

(India). General Health Questionnaire - 28 (GHQ-28, Hindi version) developed by Goldberg (1978) was used to measure the mental health of the participants. Mean, SD, and two way ANOVA etc. statistics techniques were used for data analysis and interpreting. The findings of the results show that Yoga practitioners are found more mentally healthier than non-Yoga practitioners, and Yoga is more benefited for intellectual employees than workers especially in terms of their mental health. The results further show that significant difference is found between the intellectual employees and workers in terms of their mental health. Mental health difference due to occupation difference was noted in both Yoga practitioners and non-Yoga practitioners.

Keywords: *Yoga and Mental health*

COALESCING LEARNING STYLES OF STUDENTS AS TEACHING STRATEGY AND STUDENT'S WELLBEING & ACHIEVEMENT MOTIVATION

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The key feature of the study was to get to know the students in terms of their learning outcomes. Individual differences do impact learning and students learn in different ways is an established fact and one must pay attention to the factors that can impact student success and as well the different teaching techniques which can refine their teaching to this end while developing their teaching activities. One of the key factors that can impact academic success or the academic well being of the student in class is their learning style. This has been recognized that students have personal preferences pertaining to gaining their knowledge and informational processes and can be taken as learning styles of the students Learning styles play an important role in students being able to structure information successfully. The study was carried out in order to measure the effect of learning styles on the academic success of the secondary school students of Shimla City. Using pre – post test design and the observation was analyzed statistically. The results showed the significant difference between experimental and control group on their post test scores after the intervention in natural setting.

Keywords: *Learning styles, Wellbeing, Achievement motivation.*

PARENTAL STRESS, AND FAMILY ENVIRONMENT AMONG PARENTS OF CHILDREN WITH SPECIFIC LEARNING DISABILITY

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Specific Learning Disability (SLD) manifest as persistent difficulties in learning to efficiently read, write or perform mathematical operations despite normal intelligence, conventional schooling, intact sensory system, adequate motivation and learning opportunity. SLD not only affects child's academic skills but also leads to emotional turmoil. Raising a child with disability is not so easy. It becomes difficult for parents to accept the disability (SLD) which is invisible in nature. Parents of children with SLD experience significant stress which may have adverse impact on their parenting style and family environment. The present study aimed to explore

parental stress, and family environment among parents of children with SLD. For this purpose, parenting stress and family environment of parents of SLD was compared with control group. Sample consisted of 30 parents in both group. Parents in the clinical group were selected from OPD of Child Guidance Clinic (IHBAS), Delhi. The control group comprised of parents of children with no disability. Measures included – Parents Stress Index (PSI), Parenting and Family Environment Scale. Results of the study indicated that parents of children with SLD experienced greater stress in comparison to parents of normal children. Significant difference was observed on the domains of family environment. Parenting stress was found to be negatively correlated with family environment. Findings of the present study suggest that learning disability of the child may have negative impact on parental well being and family environment.

Keywords: *Specific Learning Disability (SLD), Intelligence, Parenting stress, Family environment.*

Marital Adjustment, Stress & Depression among Working and Non-Working Women: A Comparative Study

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Objectives: This study aimed at finding out the relationship (if any) between marital adjustment, stress and depression and also finds out a comparison on marital adjustment, stress and depression among working and non working women. **Method:** The sample for the present study consisted of 80 married women (40 working and 40 non-working women) from Guwahati (Assam). The sample was selected based on the convenience sampling technique. The age ranged between 25-50 years. Working women were teachers, professors and bank employees. Dyadic Adjustment Scale (DAS; Spanier, 1976), Perceived Stress Scale (PSS; Cohen, et al. 1983) and Beck Depression Inventory II (Beck, 1996) were administered on the sample. Marital Adjustment, Stress & Depression served as the variables for the present study. **Results:** The results showed a negative significant correlation between marital adjustment and depression and also between marital adjustment and perceived stress (.01 levels of significance respectively). Moreover, the t-test revealed a significant difference between working and non-working married women on the variables of Marital Adjustment, Stress & Depression at .01 level of significance. The level of marital adjustment was found to be lower in working women as compared to non-working women. Moreover, stress and depression was found to be significantly higher in married working women as compared to married non-working women. The above results would be explained & discussed in light of the available literature. **Conclusion & Implications:** The present study has aided in understanding the fact that the working married women have to face more difficulties in their married lives. They tend to face more adjustment problems as compared to the non-working married women. Perceived stress levels are higher in the working women. There is a greater likelihood of working married women to experience higher levels of stress and depression because of multiple roles and responsibilities to cater to. The findings will encourage the health practitioners to take steps and to improve the psychological health of the working married women through various workshops, counselling sessions, rehabilitation programs at their workplace so as to address their vulnerabilities.

Keywords: *working women, non working women, marital adjustment, perceived stress, depression*

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

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Objectives: The present investigation investigation was to assess the depression level of three groups viz; Type-2 diabetic, pre- diabetic and control group. The impact of the cognitive behavior therapy, intervention on depression level of pre-diabetic and diabetic type-2 persons. **Method:** The sample of the present research consisted of 75 Type-2 diabetic and 75 diabetic persons. The sample was selected by purposive sampling technique. The tools employed for present research were Hindi adaptation of Beck Depression scale by L.N Singh et al. The scale prepared for the administration to these subjects was administered individually. In pre-test assessment, Beck depression scale was administered to assess depression level of pre- diabetic and diabetic Type-2 group individually. In the intervention program, 12 intervention of CBT in an interval of 15 days (Total 6 months) was given to pre-diabetic and diabetic Typa-2 group individually in which client was called. After completion of 12 intervention of CBT (6 months) post-test intervention assessment of depression was done by administration of Beck depression Inventory to pre-diabetic and diabetic Type-2 group individually. **Result:** The results revealed that, pre-diabetic persons exhibit high level of depression as compared to control group; Diabetic Type-2 persons exhibit high level of depression as compared to control group; Diabetic Type-2 person exhibit high level of depression as compared to Pre- diabetic group. **Conclusion:** The present research provide that 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.

LIFE-SATISFACTION, STRESS & DYADIC ADJUSTMENT: A COMPARATIVE STUDY BETWEEN SINGLE EARNER & DUAL EARNER MARRIED COUPLES

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Objective: The purpose of this study is to evaluate the level of satisfaction with life, stress and dyadic adjustment in married single earner and dual earner couples from Guwahati and observe to what extent level of satisfaction with life and stress determine dyadic adjustment among married couples. **Method:** This particular research is a comparative study based on empirical analysis of the data obtained from a total sample size of 80 (N=80) by the method of random sampling on the dimensions of satisfaction with life, stress and dyadic adjustment. The years of marriage for both the groups ranges from 5 to 20 years and all the couples are educated belonging from urban middle class society. Standardized scales like Diener's Satisfaction With Life Scale (1985), Cohen et al.'s Scale of Stress (1988) and Spanier's Dyadic Adjustment Scale (1989) were used to measure the variables. **Results:** Pearson's Product Moment Correlation and t-test was used to analyse the obtained data. Results indicate that there exists a significant

difference between single earner and dual earner couples in the dimensions of satisfaction with life, stress and dyadic adjustment with single earners being higher on satisfaction with life and dual earners being higher on stress and dyadic adjustment. Dyadic adjustment is found to be positively correlated with satisfaction with life and negatively correlated with stress. **Conclusion:** Thus, the study revealed a relationship between the variables and also portrayed the difference amongst the two categories of married couples with respect to the mentioned variables. The implications of the present study have also been discussed.

Keywords: *Dual Earner Couples, Dyadic Adjustment, Level Of Satisfaction With Life, Single Earner Couples, Stress.*

EFFECT OF MENSTRUATION CYCLE ON MOOD, AFFECTION, MENTAL HEALTH AND VALENCE

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Menstruation is a natural phenomenon experienced universally. In developing countries like India there is very little research on the said phenomenon and those accessible use maximum done in medical sciences. Female adolescence consider menstruation as a problematic issues. The aim of the study is to see the effect of menstruation cycle on mood, affection, mental health and valence. 30 participants has randomly selected during time and normal time (after 12-15 days). A 2X2 (condition X time) factorial design with repeated measures on best factor was used in this study. Participants were selected on the first day of menstruation. The result shows that menstruation cycle alter mood, affection, mental health and valence. These results may be used in women health issue.

Keywords: *Menstruation, Mood, Affection, Valence.*

RELATIONSHIP BETWEEN DEPRESSION AND PSYCHOLOGICAL WELLBEING OF WIDOWED INDIVIDUALS

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Objective: The death of a spouse is a stressful life event, that can lead an individual to experience intense feelings of grief and despair, when prolonged might result in depression. The stage of widowhood brings transitions in the social role for the surviving partner, along with financial strain, loss of an important social support system, poor management, all of which impacts psychological well-being. The main objective of the present research is to study the relationship between depression and psychological wellbeing of widowed individuals. **Method:** The sample consisted of 100 widowed individuals (50 males and 50 females) from Guwahati (Assam) in the age range of 35-55 years. The sampling technique used was purposive sampling. For this , two scales were administered on the subjects, namely, Beck Depression Inventory (Beck, A.T,1996) that studied depression level based on the scores and Ryff's Psychological wellbeing Scale, that focuses on measuring multiple facets of psychological wellbeing. **Results:** The data analysis was done using the Pearson's Product Moment Correlation and the t-test.

Results showed that with increasing age, self acceptance increases among both males and females and they gradually adjust to widowhood, however early widows were seen to be more prone to depression and was found to have poorer psychological wellbeing. A significant negative correlation was also obtained between the variables of depression and psychological well-being. Significant gender difference was also observed on the variables mentioned. **Conclusion:** The present research threw light on a very important aspect of widowhood and how solitude due to loss of a significant other can lead to consequences like depression and affect the psychological well-being of the widowed individual. The implications of the findings have also been discussed in our paper.

Keywords: *Depression, Psychological wellbeing, Widowed Individuals.*

LIFE SATISFACTION AND PSYCHOLOGICAL WELL-BEING OF MILITARY WIVES VIS-A-VIS CIVILIAN WIVES: A COMPARATIVE STUDY

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Introduction: A woman's life changes drastically after she ties the marital knot. Her priorities and routine change overnight. She often leaves her own career and personal life aside to keep pace with the man she married. And it's a huge challenge if she is married to a military man. Wife of a military man is expected to adopt a demanding lifestyle; they come across various pros and cons as well. **Objective:** This paper, is a comparative study about the psychological well-being, and life satisfaction with the lifestyle of a military person's wife (who are residing with their husband) vis-a-vis a civilian's wife. **Method:** Satisfaction with life scale developed by Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin (1985) and Warwick-Edinburgh Mental Well-Being Scales developed by Stewart-Brown, Weich, Clarke and others (WEMWBS) (2005) to collect the data from a sample of 50 military wives and 50 civilian wives based in Guwahati (Assam). Convenience sampling technique was used to draw the sample from the population. **Result:** As a result it was observed that there is a significant difference in psychological well being and life satisfaction between military wife's and the civilian wife. A positive significant correlation between life satisfaction and psychological well being was also found. **Conclusion:** The research has provided a good understanding of the life satisfaction and psychological well being of army wives and civilian wives. Implication of the study has also been discussed.

Keywords: *Adjustment, Civil Wife, Life Satisfaction, Military Wife, Psychological Well-Being.*

COMPARISON OF ANXIETY LEVEL BETWEEN TEAM GAMES AND INDIVIDUAL GAME PLAYERS OF BELAPUR

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It is the purpose of the study to make comparison of anxiety between the team game players and individual game players. The sample is taken from ACC Belapur. In the sample example, 50 players are selected randomly and among them 25 are team game players and 25 are individual

game players. The average age of these students is between 18 to 25. For the study, the anxiety was assessed with the help of State Trait Anxiety Inventory developed by Charles D. Spielberger, Reichard L. Gorusch, Robert E. Lushene. To study the level of anxiety between team game players and individual game players, descriptive statistics i.e. mean, standard deviation and t-test are used. The significance level was set as 0.05 level. Thus the significant deference was found between team game and individual game players in relation to anxiety, because the t-value 6.47 was also P-value was lesser than 0.05 level of significant Team game players have greater anxiety than the individual game players.

Keywords: Anxiety, team, game, individual game.

WELL-BEING OF THE EMPLOYED WOMEN AND HOUSE WIVES

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Research Background: Generally the level of well-being is associated with our nature of professions. Nature of work and its condition influences on well-being. That's why the study is been done on employed women and house wives in their level of well-being. **Objectives:** The objective was, to study the well-being of employed women and house wives. Other, objective was to study the dimensions of well-being, i. e. physical, psychological, social, happiness, spiritual, cultural and religious, active life style, positivity, economical independency, self-awareness, family relations, environmental adjustment of employed women and house wives.

Procedure: Purposive sampling technique was used for the selection of the sample. Eighty samples were selected for this study from Ahmednagar district (State Maharashtra). Out of eighty, forty were employed women and forty were house wives. Employed women and house wives were independent variable and well-being was dependent variables. General well-being Scale (GWBS) developed by Dr. Vijay Laxmi Chauhan and Ravi Kirti Didwania has been used.

Conclusions: It is concluded that no significant difference is found in well-being of the employed women and house wives. Another finding is, no significant difference exists in physical, psychological, social, happiness, spiritual, cultural and religious, active life style, positivity, family relations of the employed women and house wives. But, employed women have high level economical independency, self-awareness, environmental adjustment than house wives. **Implications:** It will be helpful and beneficial for improvement in the level of well-being of the women as well as member of society. The findings will be useful for prevention of disease and growing holistic health of public. This study will be helpful to understand and increase level of well-being and its dimensions of everybody member of the society. The present study findings can be beneficial for society, psychologists, research scholars, counselors for holistic health of public.

Keywords: Well-being, Employed women, House wives.

MENTAL HEALTH AND LIFE SATISFACTION AMONG WOMEN

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Objective: The present study is investigating the difference of working and non-working women in mental health and life satisfaction. **Method:** The sample consisted of 100 subjects selected through the random sampling method. The sample further consists of includes two groups i.e. 50 working and 50 non-working women. The educational status and nativity of the subjects will be controlled to a certain extent i.e., educational status + Graduation, age range between 25-45, and all women of urban population. For the purpose of this study two psychological tests are used. Mental Health Inventory developed by Dr. Jagdish and Dr. A.K. Srivastava and The Satisfaction with Life Scale for children (SWLS) developed by Ed Diener and colleagues are used for this study. For the Statistical analysis t test is employed. **Results:** The difference between two mean on mental health is significant at the level of 0.05 ($t' = 2.29$, $df = 98$). The mean and t score of the working and non-working women on life satisfaction is highly significant at the level of 0.01 ($t' = 2.89$, $df = 98$). **Conclusion:** There is significant difference between working and non-working women on dependent variable mental health and life satisfaction.

Keywords: *Mental Health, Life Satisfaction, Women.*



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