



*Souvenir*



# 6<sup>TH</sup> INTERNATIONAL CONFERENCE OF INDIAN ACADEMY OF HEALTH PSYCHOLOGY

**ICIAHP-2021**

Clinical Health Psychology: Training, Practice and Licensing

**Department of Psychology and Mental Health**

**Gautam Buddha University**

Greater Noida, Gautam Budh Nagar, U.P. -201312

**6<sup>TH</sup> INTERNATIONAL CONFERENCE OF INDIAN ACADEMY OF HEALTH PSYCHOLOGY  
(ICIAHP-2021)  
Scientific Program (DAY-1)  
26<sup>th</sup> November, 2021**

TIME	EVENTS				VENUE	HALL COORDINATORS
07:30-09:30 A.M.	BREAKFAST				CAFETERIA	
08:00-09:30 A.M.	REGISTRATION & KITBAG DISTRIBUTION				FOYER, GBU AUDITORIUM	
<b>INAUGURAL CEREMONY</b>						
09:30-10:00 A.M.	ASSEMBLY OF DELEGATES AND ARRIVAL OF ALL DIGNITARIES				<b>Auditorium No.3</b>	<b>Faculty coordinator:</b> Dr. Shivani Pandey (9450179826) Ms. Aakriti Varshney (8447133318) <b>IAHP coordinator:</b> Dr. Vismita (8058073000) Ms. Kajal (8335884635)  <b>Student Coordinator:</b> Ms. Aayushi Sharma (9871823757) Ms. Anisha (8447301999)
10:00-10:20 A.M.	WELCOME OF DIGNITARIES BY BOUQUET AND BADGE TAGGING, LAMP LIGHTING & PRAYER					
10:20-10:28 A.M.	WELCOME ADDRESS BY CONFERENCE DIRECTOR, DR. A.P. SINGH (HEAD, DEPT OF PSYCHOLOGY & MENTAL HEALTH)					
10:28-10:36 A.M.	ADDRESS BY PATRON, DR. NEETI RANA (DEAN, USHSS, GBU)					
10:36-10:44 A.M.	ADDRESS BY CONFERENCE CHAIRPERSON, PROF. ANAND KUMAR (PRESIDENT, INDIAN ACADEMY OF HEALTH PSYCHOLOGY)					
10:44-10:50 A.M.	ADDRESS BY GUEST OF HONOR, BRIG. (DR.) RAKESH GUPTA (DIRECTOR, GIIMS, GR. NOIDA)					
10:50-11:05 A.M.	ADDRESS BY CHIEF PATRON, SH. SURENDRA SINGH, IAS (HON'BLE VICE-CHANCELLOR, GBU)					
11:05-11:10 A.M.	SOUVENIR AND BOOK RELEASE					
11:10-11:15 A.M.	FELICITATION OF LIFE TIME ACHIEVEMENT AWARD BY CHIEF GUEST					
11:15-11:40 A.M.	ADDRESS BY CHIEF GUEST, PROF. (DR.) RANDEEP GULERIA (DIRECTOR, AIIMS, NEW DELHI)					
11:40-11:45 A.M.	FELICITATION OF DIGNITARIES BY MEMENTO					
11:45-11:50 A.M.	VOTE OF THANKS BY PATRON DR VISHWAS TRIPATHI (REGISTRAR, GBU)					
11:50-12:00 P.M.	HIGH TEA				CAFETERIA	
<b>DAY-1 (SESSION-1)</b>						
TIME SLOT	PROGRAMME & THEME	RESOURCE PERSONS/ SPEAKERS/ AWARDEE	TITLE OF THE PRESENTATION	CHAIR PERSONS/ MODERATORS	VENUE	HALL COORDINATORS
12:00-01:00 P.M.	ICONIC AWARD	ICONIC AWARDS TO STALWARTS IN HEALTH PSYCHOLOGY	-	1. PROF. ANAND KUMAR 2. DR. ANAND PRATAP SINGH	Auditorium No.3	<b>Faculty coordinator:</b> Dr. Shivani Pandey (9450179826) Ms. Aakriti Varshney (8447133318)
01:00-02:00 P.M.	LUNCH BREAK				CAFETERIA	
<b>DAY-1 (SESSION-2)</b>						
02:00-02:45 P.M.	KEY NOTE	PROF. JITENDRA MOHAN	GESTALT HEALTH: THE BIOPSYCHOSOCIAL-SPIRITUAL SPECTRUM	<b>Chair-1:</b> PROF. N. K. CHADHA  <b>Chair-2:</b> PROF. C.P.KHOKHAR	Auditorium No.3	<b>Faculty coordinator:</b> Dr. Pankaj Kaushik (9996884763) <b>Student Coordinator:</b> Ms. Pragati (9582797476)
02:45-03:30 P.M.	MANJU THAKUR ORATION AWARD	PROF. N. K. SAKSENA	DEVELOPING PSYCHOLOGICAL IMMUNE SYSTEM: A NEWPERSPECTIVE IN HEALTH PSYCHOLOGY	<b>Chair-1:</b> PROF. ANAND KUMAR  <b>Chair-2:</b> ARCHANA THAKUR	Auditorium No.3	<b>Faculty coordinator:</b> Ms. Aakriti Varshney (8447133318) <b>Student Coordinator:</b> Ms. Aayushi Sharma (9871823757)
03:30-04:30 P.M.	INNOVATIVE SCIENTIST AWARD	1. DR. ANAND P. SINGH 2. DR. TUSHAR SINGH	BRAIN FINGERPRINTING PSYCHOSOCIAL COPING	EXPERTS PANEL	Auditorium No.3	<b>Faculty coordinator:</b> Dr. Shivani Pandey (9450179826) <b>Student Coordinator:</b> Ms. Anisha (8447301999)
04:30-04:45 P.M.	TEA BREAK				CAFETERIA	
04:45-05:45 P.M.	PLENARY SESSION: INVITED SPEECH	1. PROF. G. P. THAKUR 2. PROF. N. K. CHADHA	HEALTH PSYCHOLOGY: EXPANDING HORIZONS  JOY CARE AND WELL-BEING: A POSITIVE PARADIGM	<b>Chair-1:</b> PROF. A.V.S.MADNAWAT  <b>Chair-2:</b> PROF. ZOKAITLUANGI	Auditorium No.3	<b>Faculty coordinator:</b> Dr. Pankaj Kaushik (9996884763)  <b>Student Coordinator:</b> Ms. Pragati (9582797476)
05:45-06:30 P.M.	BREAK				FOYER, GBU AUDITORIUM	
06:30-08:30 P.M.	CULTURAL PROGRAMME				AUDITORIUM NO.3	
08:30-10:30 P.M.	WELCOME DINNER				FIRST FLOOR BALCONY	

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(ICIAHP-2021)  
Scientific Program (DAY-2)  
27<sup>th</sup> November, 2021**

TIME		EVENTS			VENUE	
07:00-09:00 A.M.		BREAKFAST			CAFETERIA	
9:00-9:30 A.M.		ASSEMBLY OF CONFERENCE DELEGATES, CHAIRPERSONS AND RESOURCE PERSONS IN THE RESPECTIVE HALLS				
<b>DAY-2 (SESSION-1)</b>						
TIME SLOT	PROGRAMME & THEME	RESOURCE PERSONS/ SPEAKERS	TITLE OF THE PRESENTATION	CHAIR PERSONS/ MODERATORS	VENUE	HALL COORDINATOR
09:30-11:00 A.M.	<b>PANEL DISCUSSION</b>	PROF. AMOOL R. SINGH PROF. RAKESH JAIN PROF. K. S. SENGAR PROF. SUJATHA SATAPATHY	TRAINING AND CAREER IN CLINICAL HEALTH PSYCHOLOGY	Chair : PROF. ANAND KUMAR	<b>Auditorium No.3</b>	<b>Faculty coordinator:</b> Ms. Gokila (9622319876) <b>Student Coordinator:</b> Ms. Gargi (9313966333)
09:30-11:00 A.M.	<b>PARALLEL SCIENTIFIC SESSION-1</b>	Ansha Pradhan & Anjali Samal Anushka Singh, Oshmita Bhattacharya & Riya Yadav Aaesh Ahsan & Shivi Snigdha Aakanksha Upadhyay, Srija Halder, Mainak Ghosh & Ashish Sharma Aastha Singh & Anand Anchal Agarwal & Kamyani Mathur Ankita Ojha & Dhananjay Kumar Avani Ratan & Navin Kumar Geeta Kumari Khusboo Kumari & Gauri Shankar Ram	Role of Communicative Devices in Palliative Care (MND Patients) Impact of Social Media on Body-Image, Psychological well-being and Life Satisfaction of Adolescents during the times of Pandemic Suicidal Ideation among the Job Aspirants belonging to different SES: A Comparative study A Psychological Analysis of Sexual Satisfaction, Body Image and Perceived Partner Support in Females with PCOD and Females without PCOD Effect of Health Behaviour among Alcohol Dependent Individuals Rethinking improvement in Health-related Quality of Life post Percutaneous Coronary Intervention: A comparative analysis Chronic Endocrine Diseases and Chronic Fatigue Syndrome in Females with Body Dissatisfaction: Does Body Mirrors State of Mind? Self-Esteem, Quality of life and Ways of coping with stress among gender non-confirming adolescents and young adults Self-Efficacy and Type-A Behavior Pattern of Migraine Patients Effect of Home Environment on Aggression among School Going Children	<b>Chair-1:</b> PROF. MEENA SEHGAL, CHANDIGARH <b>Chair-2:</b> PROF. DHANANJAY KUMAR, GORAKHPUR	<b>Auditorium No. 4</b>	<b>Faculty coordinator:</b> Dr. Gulfisha (8941840760) <b>Student Coordinator:</b> Ms. Somya (7011988871)
09:30-11:00 A.M.	<b>PARALLEL SCIENTIFIC SESSION-2</b>	Neha Raza Niharika Arora & Uday K. Sinha Paawani & Gulfisha Pragyendu & Rishika Agarwal Ranjeet Kumar Ranjan & Amita Dubey Ranjeet Kumar Ranjan & Bikash Kumar	A Study of Effect of Religiosity on Psychological Well-being among the University Students with Respect to Gender Self Esteem, Well-Being and Happiness among Transgender People Emotional Competence and Psychological Resilience as predictors of mental health among college students The Role of Movies in Creating Mental Health Awareness Relationship between Academic Anxiety, Academic Resilience with Mental Health among Higher Secondary School Students A Study on Psychological Well-Being and Academic Resilience among University Students of Bihar	<b>Chair-1:</b> PROF. C. P. KHOKHAR, HARIDWAR <b>Chair-2:</b> DR. MITHILESH SINGH, VARANASI	<b>Auditorium No. 5</b>	<b>Faculty coordinator:</b> Dr. Ashfia Nishat (8475861660) <b>Student Coordinator:</b> Ms. Tanushree (9560408779)

		Richa Chaudhary & Neelam Pandey	Health, Happiness and Life Satisfaction Pertaining to Life Towards Successful Ageing among Older Adults			
		Roohi Mittal & Arun Kumar	Recent Advances in the Psychological Treatment of Chronic Fatigue Syndrome			
		Rukhsar Samreen & Rahul Raman	Effect of Interpersonal Relationship and Age on Suicidal Ideation among Job Aspirants: An Analytical Study			
		Satya Gopal	Mediating role of emotional intelligence on relationship between childhood emotional abuse and subjective happiness			
09:30-11:00 A.M.	<b>PARALLEL SCIENTIFIC SESSION-3</b>	Sheo Sagar Prasad & Raushan Kumar	A Study on Psychological Well-Being in Relation to Caste Category among Civil Service Aspirants of Bihar	<b>Chair-1:</b> DR. B.C.KAR, AFSB, ALLAHABAD  <b>Chair-2:</b> DR. INDER SINGH, DIPR, DELHI	<b>Conference Room</b>	<b>Faculty Coordinator:</b> Mr. Vinay Kumar (8299120924)  <b>Student Coordinator:</b> Ms. Kirti Solanki (9810083035)
		Shivani R. Joshi & Kamyani Mathur	Examining Affective Factors of the Phenomenon of Bereavement: A Comparative Study between Bereaved and Non-Bereaved Individuals			
		Shubhangi Gupta & Maneesh	Role of Resilience, Religiosity and Locus of Control on the Anti-social Behavior of Young Adults			
		Somya Singh & Aakriti Varshney	Relevance of Post Disaster Community Mental Health Services			
		Sonal Chadha, Rani Srivastava & Manoj Panday	Effect of Growth Oriented Processes and Dysfunctional Attitude on Emotional Distress in Emerging Adults			
		Sujeet Kumar Dubey	A Comparative Study of Subjective Well-being in College Students with respect of Emotional Intelligence			
		Swarnika Kashyap & Sheo Sagar Prasad	Effect of Infertility on Psychological Well-Being of Women			
		Twisha Oza & Kamyani Mathur	Impact of Pain on the Level of Self-Efficacy among the Patients			
		Viqar Alam, Rani Srivastava, Jyoti Batra & Tripta Bhagat	of Rheumatoid Arthritis Psychological & Biochemical Correlation of Stress and Anxiety among Medical Professionals & its Management through Psychological Intervention			
		Aarushi Dewan & Arun Kumar	Review of Recent Advances in Management of Oppositional Defiant and Conduct Disorder			
<b>11:00-11:30 A.M.</b>	<b>TEA BREAK</b>				<b>CAFETERIA</b>	
11:30-01:00 P.M.	<b>PLENARY SESSION-1</b>	1. PROF. WAHEEDA KHAN  2. PROF. PROMILA BATRA  3. PROF. KAMAYANI MATHUR	UNDERSTANDING HEALTH AND WELL-BEING ON A CONTINUUM FROM POSITIVE TO NEGATIVE: REFLECTIONS AND CRITICAL EVALUATION  IMPROVING FAMILY WELL-BEING: TOWARDS GROWTH MODEL OF COMMUNITY HEALTH  IMPACT OF INSTRUMENTAL MUSIC THERAPY ON MINDFULNESS, MOOD AND PSYCHOLOGICAL WELLNESS AMONG PSYCHOLOGICALLY DISTRESSED PATIENTS: A HEALTH PSYCHOLOGY PERSPECTIVE	<b>Chair-1:</b> PROF.P.K.RAI, SAUGAR  <b>Chair-2:</b> PROF. SANDEEP SINGH RANA	<b>Auditorium No. 2</b>	<b>Faculty coordinator:</b> Ms. Gokila (9622319876)  <b>Student Coordinator:</b> Ms. Karuna (9873807987)
11:30-01:00 P.M.	<b>INVITED TALK IN VIRTUAL MODE</b>	1.DR. ANDREAS KRAFFT  2. DR. ALENA SLEZACKOVA  3. DR. MARDAN BASNET		<b>Chair-1:</b> DR. FRANCOIS GERLAND  <b>Chair-2:</b> PROF. MOHD. ALI KHALID	<b>Auditorium No. 3</b>	<b>Faculty coordinator:</b> Dr. Shivani Pandey (9450179826)  <b>Student Coordinator:</b> Anisha (8447301999)

11:30-01:00 P.M.	<b>PARALLEL SCIENTIFIC SESSION-4</b>	Anand Mohan, Alpana Aggrwal, Rani Srivastava, Abdul Salam & Parul Gairola	Depression among Couples Undergoing Treatment for Infertility- A Clinic Based Study from Kerala	<b>Chair-1:</b> PROF. MEERA JAISWAL, RANCHI  <b>Chair-2:</b> PROF. POORNIMA BHOLA, NIMHANS	<b>Auditorium No. 4</b>	<b>Faculty coordinator:</b> Dr. Gulfisha (8941840760)  <b>Student Coordinator:</b> Ms. Vijyeta (9013858853)
		Anoop Peter, Rani Srivastava, Anand Pratap Singh & Alka Agarwal	The Effect of Mindfulness Based Cognitive Therapy on Anxiety and Resilience of the School Going Early Adolescents			
		Anupriya Naruka, Bhuvan Pratap Singh Shekhawat, Pranjal Surana & Neharshi Srivastava	Role of Alternative Therapies on Insomnia			
		Charu & Dhananjay Kumar	Relation of Mindfulness Practices with Romantic Relationship Satisfaction: Implication in Marital Counselling			
		Deoshree Akhouri & Hamza	Having OCD is not fun; Acceptance and Commitment Therapy as an Intervention for patients with OCD			
		Gadade Kavita Shankar & Vijendra Nath Pathak	Efficacy of Positive Therapy on Fear of Recurrence in Head and Neck Cancer Patients			
		Harleen Kaur & Tushar Singh	Does Gym Workout Aid in Smoking Cessation through Escalation of Metacognitive Awareness			
		Kajal Vishwakarma	Pain Locus of Control among Angina Pectoris Patients			
		Kanchan Pant, Shobit Garg & Preeti Mishra	Socio-Demographic Correlates of Persons with Schizophrenia Seeking Care at Hospital: A Cross Sectional Study			
		Kanchan Pant, Shobit Garg & Preeti Mishra	Cognitive Behavior Therapy-Insomnia: Neuropsychological aspects in Schizophrenia			
11:30-01:00 P.M.	<b>PARALLEL SCIENTIFIC SESSION-5</b>	Mahima Gupta, Aakriti Varshney & Anand P. Singh	Development of Psychosocial Rehabilitation Module for Juvenile Delinquents: Reformative Approach.	<b>Chair-1:</b> PROF. O.P. SHARMA, JAIPUR  <b>Chair-2:</b> DR. CHANDRA SHEKHAR, JAMMU	<b>Auditorium No. 5</b>	<b>Faculty coordinator:</b> Dr. Ashfia Nishat (8475861660)
		Manasvee Dubey & O.P. Sharma	Depression and Psychosomatic Pain Experience among Senior Citizens in Jaipur City			
		Nikita Vashisht & Shivani Pandey	Access Bars : A Review			<b>Student Coordinator:</b> Ms. Paawani (9910841155)
		Nishita Alagh, N.K. Chadha, Lehar Malhotra & Rakesh Sarin	Joy-Care, Sleep and Exercise- An Interventional Approach			
		Nishtha Kumar & Amool R. Singh	Assessment of Specific Learning Disability in Children: A pilot study			
		Osheen Saxena, M. Thomas Kishore, Ajay Kumar, K. John Vijay Sagar & B. Binukumar	Pilot Study on Effectiveness of Cutting-Down Programme for Managing Non-Suicidal Self-Injury among Adolescents			
		Palak Maheshwari	Role of Trauma and Intolerance of Uncertainty in Obsessive Compulsive Disorder			
		Pragati Ganotra & Anand P. Singh	New-Age Teratogens and their Impact on the Health of Pregnant Mothers and Fetus: A Review.			
		Pranjali Agarwal & Arun Kumar	Recent Advances in the Psychological Treatment of Separation Anxiety Disorder			
		Ravi Shankar Kumar & Das Ambika Bharti	Systematic Review of Different Factors Addressing Internet Gaming Disorders (IGD)			
11:30-01:00 P.M.	<b>PARALLEL SCIENTIFIC SESSION-6</b>	Richa Sharma, Rani Srivastava & Sadananda Unni	Psychopathological Sensitivity among Offspring of Parents with Mental Illness	<b>Chair-1:</b> PROF. SHYAM LATA JUYAL, HARIDWAR  <b>Chair-2:</b> PROF. AKBAR HUSSAIN, JAMIA MILLIA, DELHI	<b>Conference Room</b>	<b>Coordinator:</b> Mr. Vinay Kumar (8299120924)  <b>Student Coordinator:</b> Ms. Shreshtha Rawat (7838055437)
		Sajda farheen & Masoor Jahan	Efficacy of Intervention Module of Self-esteem and Quality of Life in Adolescents with Depression			
		Sanya Kataria & Arun Kumar	Recent Advances and Challenges in the Psychological Management of Attention Deficit Hyperactivity Disorder			
		Shaifila Ladhani	Therapy in India: A look into the History of Indian Psyche and Re-understanding Therapy			
		Shubham Singhal & Rajbir Singh	Efficacy of Video Induction Method to Induce Positive Affect among Young Adults			
		Vismita Paliwal & Yagya Chaturvedi	A qualitative analysis on impulsivity, optimism,			

			hopelessness, aggression and resilience among neurotic patients			
		Aastha Dhingra & Waheeda Khan	Impact of Positive Psychological Interventions (PPIs) on the Elderly Population during a Pandemic			
		Aditi Solanki & Arun Kumar Yadav	Impact of Stress, Anxiety & Depression on Mental Health Patients and General Population's Well-Being during Covid-19			
		Ananya Vats & Khushboo	Peer Pressure and Self-Esteem among Adolescents during Corona Pandemic: An Analytical Study			
		Arun Kumar Gunjan Mantri & Yashashvi Sharma	To Measure the Impact of Covid-19 Stress on Psychosomatic Symptoms			
<b>01:00-02:00 P.M.</b>	<b>LUNCH</b>				<b>CAFETERIA</b>	
	<b>DAY-2 (SESSION-2)</b>					
02:00-03:30 PM	<b>PLENARY SESSION-2</b>	1. DR. NAVIN KUMAR 2. DR. BHASI 3. DR. RAJENDRA SINGH RAJPUT	MASS MEDIA AND ALIENATION: A PSYCHOSOCIAL PERSPECTIVE  NEUROPSYCHOLOGICAL PROFILES OF NEUROCOVID	<b>Chair-1:</b> PROF. SHEFALI THAKRAL, KURUKSHETRA <b>Chair-2:</b> PROF. SAMIR PATEL	<b>Auditorium No. 2</b>	<b>Faculty coordinator:</b> Ms. Gokila (9622319876) <b>Student Coordinator:</b> Navya (7234926921)
02:00-03:30 PM	<b>PARALLEL SCIENTIFIC SESSION-7</b>	Arun Kumar Yadav & Kavya Mukhija Dushyant Raghav  Harleen Kaur Chawla & Waheeda Khan	Fear of Covid-19 & Cultural Variance: A Correlational Study A Study of comparison between Perceived Psychological Crisis between Psychology and Non Psychology Students during Covid-19 Pandemic Psychological Capital, Organizational Commitment in Relation to Socio-Demographic	<b>Chair-1:</b> DR. SATYA GOPAL, VARANASI <b>Chair-2:</b> DR. ANITA MORAL, MEERUT	<b>Auditorium No. 4</b>	<b>Faculty coordinator:</b> Dr. Gulfisha (8941840760) <b>Student Coordinator:</b> Ms. Tanu Mittal (9899312754)
			Variables: An Exploratory Study of Employees Working from Home			
		Jahanvi Tiwari, Anisha Batra & Nilesh Tiwari	Effect of Environmental Control Posed by the Covid-19 Lockdown on Individuals with Alcohol Use Disorders			
		Karuna Sehrawat, Aakriti Varshney & Anand P. Singh	Impact of COVID-19 Pandemic on Patients with Pre-existing Psychiatric Conditions			
		Khusboo & Meenakshi Bajpai	Health of Caregivers of Children with Special Needs during Covid-19 Pandemic			
		Komal Kumari	Impact of Resilience on Occupational Stress and Quality of Life among Medical Health Workers during Covid-19			
		Marjana E.	The Quality of Life and Psychological Distress among Wayanad Inhabitants during Covid-19 Pandemic			
		Meenakshi Kumari	Impact of Covid 19 Pandemic and Psychosocial Crisis on Covid Patient in Muzaffarpur, Bihar			
		Meenu Aggarwal & Alpana Mohan	Psychological Challenges faced by the Society during Covid-19 Pandemic and Coping Strategies			
02:00-03:30 PM	<b>PARALLEL SCIENTIFIC SESSION -8</b>	Mudasir Aziz & Waheeda Khan Navya Mishra & Aakriti Varshney Nishtha Kumar & Amool Ranjan Singh Olivia Kakat & Navin Kumar Poonam S Bajpai & Pragna	To Study the Influence of 'Fear of Covid-19' on Life Satisfaction amongst Drug Abuser: Mediating Role of Psychological Stress A Study Of Relationship between Stressful Life Events, Sexual Functioning and Relationship Satisfaction among Adults during Covid-19 Pandemic Agony of Pandemic- The Untold Tail of Psychological Experience of Inpatients Media Usage and Psychosocial Alienation among Students during COVID-19 Pandemic Impact of the Covid-19 Pandemic	<b>Chair-1:</b> DR. KRISHN SONI, PGIMER, CHANDIGARH <b>Chair-2:</b> DR. TOSHENDRA DWIVEDI, AMITY, NOIDA	<b>Auditorium No. 5</b>	<b>Faculty coordinator:</b> Dr. Ashfia Nishat (8475861660) <b>Student Coordinator:</b> Ms. Sonam (8375023576)

		J. Parikh	on Mental Health and Quality of Life the Employees of Government and Private Sector			
		Prerna Verma & Avinash Kumar	Exploring the Psycho-Socio-Economical Dynamics of the Impact of Covid-19			
		Priyanka Pathak, Kukreti, V. & Bhatt, P. D.	Belief in God and Covid-19 Lockdown Phase: In Pursuit of Respite or Adherence to Faith?			
		Ranjeet Kumar Ranjan & Akanksha Sharma	Relationship between Psychological Hardiness and Psychological Resilience with Mental Health Workers during Covid-19			
		Sana Afreen & Karnika Rai	A Study of Self-Efficacy and Stress among Orphan Children of Patna during Covid-19			
		Sarwang Shekhar Dwivedi & Jasmine Pawar	Implication of COVID-19 Pandemic on the Psychosocial Well-being of Young Adults			
02:00-03:30 PM	<b>PARELLEL SCIENTIFIC SESSION-9</b>	Saumya Chauhan & Nidhi Verma	Psychosocial Intervention of Covid-19 Pandemic: Challenges and Coping Strategies	<b>Chair-1:</b> DR. JIGAR PARIKH, AHMEDABAD  <b>Chair-2:</b> DR. MEENAKSHI BAJPAI, VARANASI	<b>Conference Room</b>	<b>Coordinator:</b> Mr. Vinay Kumar (8299120924)  <b>Student Coordinator:</b> Ms. Riddhi (8958609258)
		Siddharth A. & Kamyani Mathur	Impact of Academic Resilience of Online Learning during the Period of Covid-19 on Academic Achievement among Adolescents			
		Stella Yangzee Sherpa & Abhishek Khatri	Stress and Empathy among Healthcare Professionals during Covid-19 Pandemic			
		Sudeesh P. M.	Children and Covid-19 : A Study of "Kutty Desk" by the Children and for the Children			
		Sudha Singh	An Exploratory Study about Psychological Effect on Brain Dysfunction among COVID Recovered Patients			
		Uday Shankar & Saba Farheen	A Study of Relationship between Religiosity and Insomnia among Persons with Post Covid Symptoms			
		Vimanshi Solanki & Navin Kumar	Understanding the Role of Family in Crisis Management during Covid-19 Global Pandemic			
		Vismita Paliwal & Mandi Tyagi	The study of emotional intelligence and Psychological capital among college students During covid-19			
		Yukti Sharma & Poonam Devdutt	Impact of Covid-19 Pandemic in Relation to Social Media Usage among Adolescents			
		Yashika & Ashfia Nishat	Perceived Parenting Styles and Emotional Intelligence among Late Adolescence			
03:30-04:30 P.M.	<b>GENERAL BODY MEETING</b>					<b>Auditorium No. 3</b>
4:30-5:00 P.M.	<b>TEA BREAK</b>					<b>CAFETERIA</b>
5:00 P.M. ONWARDS	<b>CITY TOUR FOLLOWED BY SPECIAL DINNER ORGANIZED BY PRASAD PSYCHO PVT. LTD AT CHOWKI HAVELI , NOIDA HATT, NOIDA</b>					

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07:00-09:00 A.M.	BREAKFAST	CAFETERIA
09:00-09:30 A.M.	ASSEMBLY OF CONFERENCE DELEGATES, CHAIRPERSONS AND RESOURCE PERSONS IN THE RESPECTIVE HALLS	

**DAY-3  
(Session-1)**

TIME SLOT	PROGRAMME & THEME	RESOURCE PERSONS/ SPEAKERS	TITLE OF THE PRESENTATION	CHAIR PERSONS /MODERATORS	VENUE	HALL COORDINATORS
09:30-11:00 A.M.	<b>PLENARY SESSION</b>	1. DR. RUSHI NAZ 2. DR. PRATIBHA A. SINGH 3. MS. SALONY PRIYA	WOMEN AND GLOBAL MENTAL HEALTH: VULNERABILITY AND ENHANCEMENT  WOMEN EMPOWERMENT AND IMPACT ON MENTAL HEALTH  HEALTH PSYCHOLOGY SPECTRUM: POST COVID-PREVENTIVE INTERVENTIONS FOR ADOLESCENTS	<b>Chair-1:</b> PROF. BHASI, S.  <b>Chair-2:</b> DR. VIBHA SHARMA	<b>Auditorium No.2</b>	<b>Faculty coordinator:</b> Ms. Gokila (9622319876)  <b>Student Coordinator:</b> Ms. Karuna (9873807987) Ms. Gargi (9313966333)
09:30-11:00 A.M.	<b>PARALLEL SCIENTIFIC SESSION-1</b>	Anisha Batra, Aakriti Varshney & Anand Pratap Singh Deeksha Sharma & Kamayani Mathur Gaurav Tewari Ragini & Rani Srivastava Sahebjeet Kaur & Arun Kumar Shubham Sanket &	Effectiveness of Alpha and Theta Audio- Visual Neural Entrainment on Mood State and Sleep Quality among Alcohol use Patients To analyze the Higher Mental Ability in Science and Reasoning Ability among Adolescents in Relation to Gender and State Novel Design and Evaluation of wearable Microstrip Patch Antenna for Brain Tumor and Brain Cancer detection using a six layered EBG based human head phantom model at ISM Band. Autism-Symptoms & Intervention: Case Study Approach Review on Parental Burden and its Management of Parents of Children with Intellectual Disability (Neuro Developmental Disorder) Human Rights Awareness among male and	<b>Chair-1:</b> DR. KATHIKA, CHATERJEE  <b>Chair-2:</b> DR. VISMITA PALIWAL	<b>Auditorium No.4</b>	<b>Faculty coordinator:</b> Dr. Gulfisha (8941840760)  <b>Student Coordinator:</b> Ms. Somya (7011988871)
		Ravi Raj Sibin Raj K. Suramya Srivastava & Dhananjay Kumar Tripti Singh & Kamayani Mathur Varghese Mathew, Anil Kumar Nair, Jaseer J. & Rani Srivastava	female college students: A Comparative Study The Recursive Mind: Mentalizing To Mental Time Travel Subjective Memory Complaints, Internal Mentation and Challenging Behaviors in Aged People: Implications for Counselling An Evaluative Study of Carers' Quality of Life among Elderly Patients of Neurocognitive Disorders Cognitive Measure As Key Indicator For Learning Disorder			
9:30 -11:00 A.M.	<b>PARALLEL SCIENTIFIC SESSION-2</b>	Aastha Rudra & Waheeda Khan Aayushi Sharma & Anand P. Singh Advita Singh Ajit Kumar Singh, Gyanesh Kumar Tiwari & Pramod Kumar Rai Anamika Sharan & Gulfisha Anamika Singh & Sheo Sagar Prasad Bhavika Bhagyesh Lad & Atish Taukari Deepmala Gautam Dhanushi Mayank Surana & Kamayani Mathur Himani Goyal & Sheema Aleem	Feminist Perspective in Relation to Perceived Parenting Style among Young Adults Construction and Validation of Affective and Cognitive Decision Making Inventory: Its Application in Indian Work Setting Subjective Happiness: A Comparative Study amongst Teenager and Adults Present State of Unforgiveness Research: A Thematic Review Effect of Internet Addiction on Social Connectedness among Young Adults Effect of Music Preference on Quality of Life among Adults Ghosting and Psychological Well Being A Comparative and Solution Based Study of the Occupational Stress among the Professionals of Public Sector Bank and Cooperative Bank A Comparative Study on Sexual Attitude Concerning Marital Status and Gender among Indian Population Confirmatory Factor Analysis and Psychometric Validation of Healthy Lifestyle Choices and Personal Control Questionnaire among the Indian Population.	<b>Chair-1:</b> : PROF. SHAH ALAM  <b>Chair-2:</b> DR. RANJEET KUMAR RANJAN	<b>Auditorium No.5</b>	<b>Faculty coordinator:</b> Dr. Ashfia Nishat (8475861660)  <b>Student Coordinator:</b> Ms. Sonam (8375023576)



9:30 -11:00 A.M.	<b>PARALLEL SCIENTIFIC SESSION-3</b>	Harmeet Singh & Chandra Shekhar	Aggressive Behavior in Young Adults and Parents Psychological Control	<b>Chair-1</b> DR. ASHUTOSH SRIVASTAVA <b>Chair-2:</b> SHIKHA SRIVASTAVA	<b>Conference Room</b>	<b>Coordinator:</b> Mr. Vinay Kumar (8299120924)  <b>Student Coordinator:</b> Ms. Shreshtha Rawat (7838055437)
		Iftekhar Hoosain & Ranjeet Kumar Ranjan	A Study On Stress Coping Technique Among Rural And Urban Sub-Inspectors Of Police In Bihar			
		Jigyasa & Aakriti Varshney	A Study of Relationship between Romantic Love and Psychological Wellbeing among Young Adults			
		Kajal Adhana & Ashfia Nishat	Effect of Mindfulness on Psychological Well-being among Adults			
		Mahwish Zaman	General Self-Efficacy and Resilience in Optimists & Pessimists			
		Neha Juneja & Aakriti Varshney	Study of Relationship between Self-Esteem, Sexual Desirability and Narcissistic Personality Traits			
		Nehal N. Dhankani & Kamayani Mathur	Impact of Psyche on Forgiveness among Adults Using Graphology: An Exploratory Study			
		Neha Sharma	A Comparative Study of Effect of Planned Behavior on Subjective Well Being among Adults			
		Prachi Sharma & Shreya Singh	Allied and Healthcare Professionals Act, 2021.			
		Priyanka Kumari & Saloni kumari	A Comparative Study of Social Networking Addiction between Rural and Urban High Secondary School Students			
<b>11:00-11:30 A.M.</b>	<b>TEA BREAK</b>				<b>CAFETERIA</b>	
11:30-01:00 P.M.	<b>SYMPOSIUM</b>	1. MR. RAQIB ALI 2. DR. MEDHA KAPOOR 3. DR. ASHUTOSH SRIVASTAV	<b>NUTRITION AND MENTAL HEALTH</b>	<b>Chair-1:</b> Dr. NAVEEN KUMAR  <b>Chair-2:</b> Dr. K..S. SENGAR	<b>Auditorium No. 2</b>	<b>Faculty coordinator:</b> Ms. Gokila (9622319876)  <b>Student Coordinator:</b> Ms. Karuna (9873807987) Ms. Navya (7234926921)

11:30-01:00 P.M.	<b>PARALLEL SCIENTIFIC SESSION-4</b>	Pooja Bhatia, Prashant Jain & Aastha Dhingra	Organizational commitment, Work-life Balance and Teachers' Effectiveness in School Teachers	<b>Chair-1:</b> DR. PRATIBHA A. SINGH  <b>Chair-2:</b> DR. NEHARSHI	<b>Auditorium No. 4</b>	<b>Faculty coordinator:</b> Dr. Gulfisha (8941840760)  <b>Student Coordinator:</b> Ms. Vijyeta (9013858853)
		Priyadarshini Narain & Anupriya	Relationship of Academic Stress with Caste Category among Female College Students of Bihar			
		Parul Gairola & Rani Srivastava	Addressing Mental Health Assessment Need of Medical Students in India			
		Priyanka Kumari & Sugandha	A Comparative Study on Academic Procrastination Between Public and Private High School Students			
		Priyanka Priya & Akash Kumar	A Comparative Study of Marital Adjustment among Working and Homemaker Women			
		Puja Prasad, Dharmendra Kumar Singh & Chetna Jaiswal	Study of Psychological Capital and Operational Police Stress: A Preliminary Study			
		Ranjeet Kumar Ranjan & Shaumya Shriya	Impact of Academic Resilience on Academic Stress Among Higher Secondary School Students of Bihar			
		Varnica & Bhagat Singh	Socio-demographic Predictors of Academic Burnout and Academic Self-Efficacy			
Sonam Chaudhary & Gulfisha	Effect of Burnout and Organizational Climate on Attrition Rate among Male and Female Employees					
11:30-01:00 P.M.	<b>PARALLEL SCIENTIFIC SESSION-5</b>	Somya Dinkar & Gulfisha	Stalking Experience among College and Office Going Females in Relation to their Age	<b>Chair-1:</b> DR. RUSHI NAZ  <b>Chair-2:</b> DR. NIDHI VERMA	<b>Auditorium No. 5</b>	
		Sucheta & Sheo Sagar Prasad	Effect of Forgiveness on Life Satisfaction among Adults			
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		Utkarsha Priyadarshini & Gulfisha	Effect of Social Intelligence on Perceived Stress among Young Adults			
		Sakshi Sharma & Aakriti Varshney	Mental Health Policies in India: A neglected concern			
		Vijeyata Chauhan	Exploring the Mind-Body Connection in Human Psyche			

		Shreyansh Joshi & Aakriti Varshney	Relationship between Social Media Usage, Self-Presentation and Personality Traits among Young Adults				
11:30-01:00 P.M.	<b>ONLINE PARALLEL SCIENTIFIC SESSION-6</b>	Titiksha Paul, & Aakriti Varshney	Clinical Application of P300 and N200 Event Related Potential in Neuropsychiatric Conditions: A Systematic Review	<b>Chair-1:</b> DR. RANI SRIVASTAVA  <b>Chair-2:</b> DR. UDAY SHANKAR	<b>Conference Room</b>	<b>Coordinator:</b> Mr. Vinay Kumar (8299120924)  <b>Student Coordinator:</b> Ms. Riddhi (8958609258)	
		Sharmistha Chakroborty & Nutan Vohra	Relationship Between Social Safeness and Resilience amongst College Students: An Empirical Study				
		Debasmita Jena	Academic Stress Develops Suicidal Tendency among Adolescents				
		On Spot Speakers	Free Sessions				
<b>01:00-02:00 P.M.</b>	<b>LUNCH</b>				<b>CAFETERIA</b>		
<b>VALEDICTORY FUNCTION</b>							
02:30-02:45 P.M.	ASSEMBLY & ARRIVAL OF DIGNITARIES					<b>Auditorium No.3</b>	<b>Faculty coordinator:</b> Dr. Shivani Pandey (9450179826) Ms. Aakriti Varshney (8447133318) <b>Student Coordinator:</b> Ms. Anisha (8447301999)
02:45-03:00 P.M.	FELICITATION OF DIGNITARIES BY BOUQUET						
03:00-03:10 P.M.	WELCOME ADDRESS						
03:10-03:20 P.M.	CONFERENCE REPORT						
03:20-03:30 P.M.	ADDRESS BY GUEST OF HONOUR						
03:30-03:50 P.M.	ADDRESS BY CHIEF GUEST						
03:50-04:00 P.M.	ADDRESS BY CHAIRPERSON						
04:00-4:10 P.M.	FELICITATION OF DIGNITARIES BY MEMENTO						
04:10-04:15 P.M.	VOTE OF THANKS						
<b>04:15 P.M. ONWARDS</b>	<b>HIGH TEA &amp; DISBURSAL</b>				<b>CAFETERIA</b>		



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DEPARTMENT OF PSYCHOLOGY AND MENTAL HEALTH

University School of Humanities and Social Sciences,

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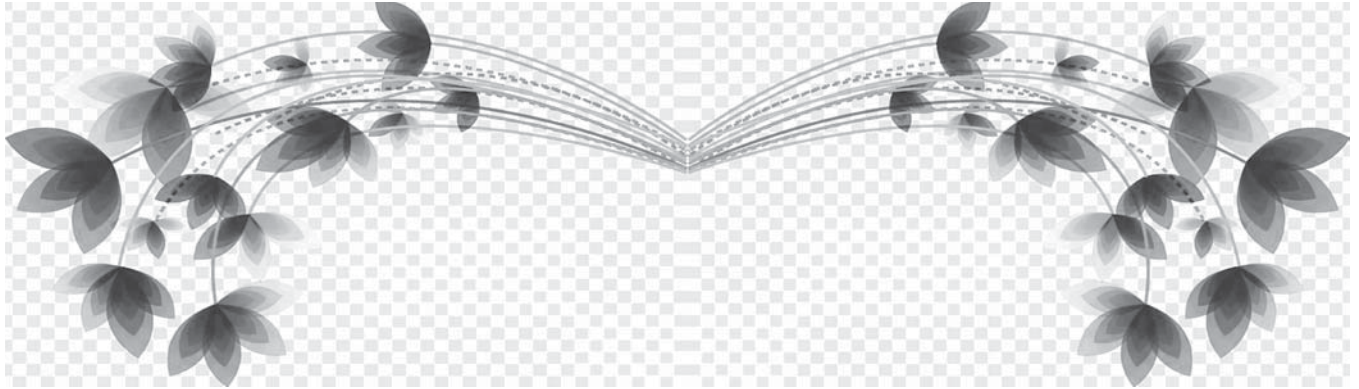


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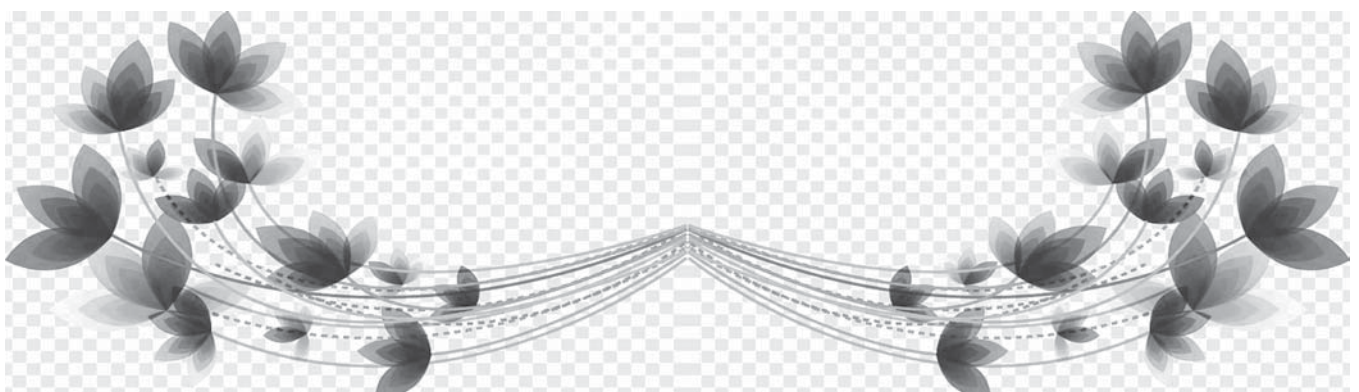
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# SECTION-A

## PLENARY SESSION









## PRESIDENTIAL ADDRESS

*Professor Anand Kumar*

**President: Indian Academy of Health Psychology**

*Former Head, Department of Psychology,  
Mahatma Gandhi Kashi Vidyapith, Varanasi*

I am delighted that Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida is organizing the 6<sup>th</sup> International Conference of Indian Academy of Health Psychology from 26 to 28 November, 2021. The focal theme of the conference (**Clinical Health Psychology: Training, Practice and Licensing**) is the most significant and important subject of contemporary world. The role of the Clinical Health Psychologist is to identify, assess and assist in the management of patients with medical and behavioral health problems. Health psychologists work in a wide variety of settings including hospitals, health care clinics, private corporations, and universities. Many health psychologists work in government settings, often administering community health programs or influencing public policy.

Health psychology focuses **on how biological, social and psychological factors influence health and illness**. Health psychologists study how patients handle illness, why some people don't follow medical advice and the most effective ways to control pain or change poor health habits.

Promoting holistic health and well-being is a much needed and well deserved aspect in today's society. We can understand the fundamental aspects of health from bio-psycho-social model and various sub-themes of this conference focus on various positive aspects of health and well-being.

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 achieve optimal mental health. The ancient healing traditions of India have developed many psychological techniques and there is rapidly growing interest in the Indian system of maintaining mental health. Healthy life style is now viewed in terms of challenges and opportunities. A dynamic view of new holistic approach has enlarged the scope of optimal mental health and well-being. The issues and challenges of 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 aspects among socially deprived groups.
- \* Updating health care system of our country for meeting mental health care demands and needs.
- \* Understanding various intervention skills to prevent suicide ideation and internet/ mobile addiction which is most detrimental to present society.

**We need to implement several action plans for enhancing health and well-being of the contemporary society:**

1. We need better collaboration between mental health professionals and health care providers to 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 to provide information about new developments in achieving optimal health and wellbeing.

Indian Academy of Health Psychology (IAHP) is a professional organization, established in January, 2015 committed to the development of professional aspects of health psychology for achieving optimal quality of life and well-being 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 .

IAHP is comprises 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.

**IAHP has so far conducted following activities:**

1. First International Conference, University of Jammu, 6-8 December 2015.
2. Second International Conference, Gautam Buddha University, Greater Noida, 16-18 December 2016.
3. Third International Conference, National PG College, Lucknow 12-14 November 2017
4. Fourth International Conference, MVP Samaj's Arts, Commerce and Science College, Nasik, November 23-25, 2018
5. Fifth International Conference, M.G. Kashi Vidyapith, Varanasi, October 20-22, 2019
6. Sixth International Conference, Gautam Buddha University, Greater Noida, November, 26-28, 2021
7. Pre-conference Workshop on Application of Somatic Inkblot Series by Prof. B.L. Dubey, Gautam Buddha University, Greater Noida, 15 December 2016
8. On the occasion of celebrating a Mental Health week, on September 10th, 2017 at Smt. Sadguna C U Arts College for Girls, Nashik had arranged a student oriented one day seminar titled 'MENTAL HEALTH & POSITIVITY' with the collaboration of Indian Academy of Health Psychology
9. Two Days Workshop on Cognitive Drill Therapy & Hypnosis by Prof. Rakesh Jain, in Collaboration with Department of Psychology, University of Jammu, 6-7 October 2017.
10. On the occasion of celebrating a Mental Health and suicidal prevention week, 10th October 2017 at JIVAN ASTHA help line for suicidal prevention center ñ A project initiative by Police department of Gujarat arranged a one day seminar with the collaboration of Shri P H G Municipal Arts & Science college
11. Pre-conference Workshop on Cognitive Drill therapy and Hypnosis by Prof. Rakesh Jain, National P.G. College, Lucknow on 11 November, 2017
12. Pre-conference Workshop on Data Visualization by Prof. DD Roy, National PG College, Lucknow 11 November 2017
13. Pre-conference workshop on Mindfulness Based Meditation by Prof. M.P. Sharma, MVP Samaj's Arts, Commerce and Science College, Nasik, November 22, 2018
14. Pre-conference workshop on Cognitive Drill Therapy by Prof. Rakesh Jain, MVP Samaj's Arts, Commerce and Science College, Nasik, November 22, 2018
15. workshop was organized by Dr. Tushar Singh on Research Methodology at Rajasthan University, Jaipur from 8 -10 June, 2019.
16. Pre-conference workshop on Mindfulness Based Meditation by Prof. M.P. Sharma, M.G. Kashi Vidyapith, Varanasi, October 20-22, 2019
17. Pre-conference workshop on The Art of Writing a Scientific Research Paper by Dr. Tushar Singh, Gautam Buddha University, Greater Noida, November, 25, 2021
18. A 15-hour state-level workshop on 'Concepts and Application of Statistical Techniques in Psychological Research' organized at the Department of Psychology, Gujarat University, in collaboration with IAHP, from 13th-15th September 2021
19. A State-level Workshop themed 'Paradigms of Talk Therapy' was organized at the Department of Psychology, Gujarat University, in collaboration with IAHP, .from 15th March-20th March 2021.



20. IAHP is a collaborator in Dhaka International Conference on Stress, Health and Psycho-social Well-being to be held inform 24- 25 February, 2022.

**IAHP Activities during Pandemic:**

- i. IAHP launched 24x7 psychological helpline. In the challenging time of covid-19 pandemic, . A task force comprising of 291 experienced/trained psychologists from 25 states of India came under leadership OF IAHP to provide free psychological aid and counselling to the general public.
  - ii. E-academy of IAHP was launched in April 2020. The e-academy organized 20 webinars of experts from India and abroad which are uploaded on YouTube Channel of IAHP.
21. Punarvika Foundation and IAHP jointly organized a webinar on Tele- Counseling (In the context of COVID 19) on 15/5/20

**Membership Strength:** IAHP has about 380 Life Members within a short span of only 6 years.

**AWARDS OF IAHP:** IAHP has been conferring following awards:

1. Life Time Achievement Award
2. Innovative Scientist Award
3. Memorial Awards
4. Best Paper Awards
5. Young Scientist Award

**FUTURE PRGRAMS:**

1. We are moving towards promoting Clinical Health Psychology as a regulated profession in India.
2. We intend to promote professional courses in clinical health psychology in Medical Institutes.
3. Apart from full time long term professional courses, IAHP has plans to initiate short term courses on various aspects of health psychology.
4. We are also planning to start an International Journal of health psychology.
5. For career growth we are looking forward for encouraging jobs in health psychology in India.
6. In coming years, we shall develop more and more overseas academic and professional collaborations in health psychology
7. There is a definite proposal to bring out an edited Handbook of Health Psychology by Indian Authors.

IAHP is indebted to its life members, executive council, office bearers, National Co-ordinators, organizers of conferences & workshops and all others for devoting their time and energy in furtherance of the objectives of the academy. I gratefully acknowledge the contribution of each and every member and looking forward to see the phenomenal growth of health psychology in India

I hope that this conference will provide opportunity for health professionals, scholars and researchers to learn and exchange their views and experiences on the emerging trends of health psychology as applied aspects of health and well-being.

## Gestalt Health: The Bio-psychosocial-Spiritual Spectrum

Jitendra Mohan\*

*\*Professor Emeritus of Psychology, Panjab University, Chandigarh; President: Asian Pacific Association of Psychology;  
Former President: International Society of Mental Training for Excellence*

*With our thoughts, we make the world.*

*-Gautam Buddha*

Health and wellbeing mean a pyramid of a foundation of Physical health, psychological wellbeing, social harmony, financial sustainable development, optimization of skills and productivity, cultural enhancement and above all spiritual enhancement. Since its inception, World Health Organization has included mental wellbeing in the definition of health to highlight the interconnectedness of all the aspects of human life. World Health Organization (WHO) famously defines health as, a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (WHO, 2001). Three ideas central to the improvement of health follow from this definition: mental health is an integral part of health, mental health is more than the absence of mental illness, and mental health is intimately connected with physical health and behaviour. Hence, mental health is the foundation for wellbeing and effective functioning for an individual and for a community.

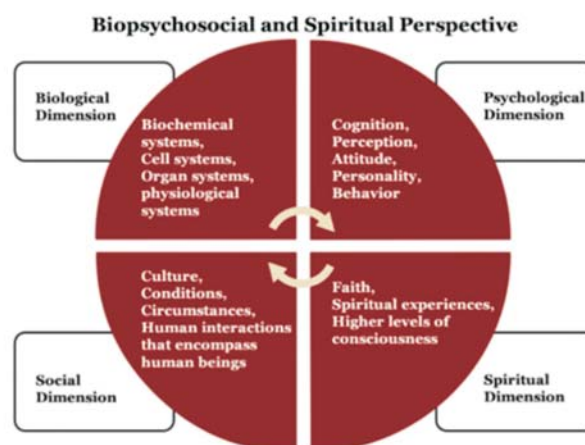
### The Bio-psychosocial-Spiritual Model

In health sciences, the bio-psychosocial model is a modern humanistic and holistic view of the human being. It considers health and illness to be the consequence of a complex interaction of biological (genetic predisposition), behavioural (lifestyle, stress, and health attitudes), and social factors (e.g. cultural influences, family relationships and social support). According to the model, the benefits of this viewpoint are found in its holistic nature, which takes into account all levels of nature as well as the inclusion of a wide range of viewpoints. However, in recent decades, the humanization of medicine and patient empowerment have steadily increased by taking into account the patient's subjective experience, particularly the spiritual dimension, in order to comprehend and address the whole of the patient's relational existence. As a result, a meaningful paradigm shift is predicted only when the human spiritual component is fully grasped and incorporated into medical practise, which is a constant process of revisions of applied notions.

### Relevance of the Spiritual Dimension in the Bio-psychosocial Model

The current pandemic has juxtaposed the human ability to sustain and flourish. In this time, ensuring healthy lives and promoting well-being at all ages is essential to sustainable development. The global health crisis of COVID-19 is unlike any other and is spreading human suffering, destabilizing the global economy and upending the lives of billions of people around the globe on one end and on the other showcasing examples of mental strength, resilience and opportunity of capacity building and growth.

As a holistic approach, the bio-psychosocial-spiritual model emphasises the connection between physical, psychological, social, and spiritual components of patient treatment and well-being (Beng, 2004). In order for



*Note: From Mental Health and Spirituality: The Bio-psychosocial Spiritual Model by L. Fischer, 2021.*



healthcare to truly work with and improve every aspect of human experiences, there is an absolute need to explore further the implications spiritual health has on the wellbeing and subjective health.

Thus, addressing the person as a whole is the key to the bio-psychosocial- spiritual practice, and hence, it plays a major role in understanding the concept of health and illness. Therefore, it's a new way of thinking about health and illness which acknowledges and address the biological, psychological, social, and spiritual factors present in a person's life simultaneously and the improvements in any of the aspects of human being tend to have an upward spiral effect. This complex interaction presents a new way of thinking about health and illness by highlighting the fact that people can lower their risk of acquiring significant medical problems, obtain more effective treatment, and rehabilitate themselves (Wahass, 2005).

## Manju Thakur Memorial Oration Developing Psychological Immune System: A New Perspective in Health Psychology

N. K. Saksena\*

*\*Former Principal and HOD Psychology, P.P.N. College, (CSJM University), Kanpur*

I am deeply humbled to have been invited to deliver Professor Manju Thakur Memorial Lecture at the 6<sup>th</sup> International Conference of Indian Academy of Health Psychology (ICIAHP) which is being held at this beautiful campus of Gautam Buddha University. Our physiological or biological immune system help us in fighting with the ailments. Those who have a stronger physiological immune system face diseases effectively and get cured easily as compared to their counterparts who have weaker physiological immune system. The review of several recent studies evinces that Psychological Immune System (PIS) also plays an equally important role in facing diseases. Besides this Psychological Immune System is also important in facing challenges of life. Studies also evince that people who have negativity in their personality pattern have a weaker psychological immune system as compared to those who have positivity in their personality. When we experience negative events we also experience negative emotions. Although these emotions can be very powerful, we tend to overestimate how intentionally and for how long we will experience them, a phenomenon referred to as implicit bias (Wilson and Gilbard, 2005). According to these authors negative events and emotions activate our unconscious psychological immune systems which help us to make sense of events in a self-protective fashion. Our psychological immune system to focus on other positive events which can help to facilitate the positive emotions.

According to Rachman (2016), the Psychological Immune System has two main properties: Defensive and Healing. It encompasses a good amount of health-related phenomena that is out of the scope of behavioral model or biological immune system. Evidence pertaining to the psychological immune system includes meta-analyses of the associations between psychological variables such as positive affect/ well-being and disease and mortality, and associations between well-being and positive health. The results of long term prospective studies are consistent with the conclusions drawn from the meta-analyses.

Rachman further states that laboratory investigations on the biological immune system show that negative affect can slow wound-healing, and positive affect can enhance resistance to infections.

The highlights of the findings of Rachman's studies are:

- ï The explanatory value of the behavioral immune system is expended by adding a cognitive construal.
- ï Cognitive appraisals can affect lifelong health behavior.
- ï A large amount of health-related evidence is encompassed by the psychological immune system.
- ï High levels of subjective well-being can add four to ten years of life.

Olah (2005) developed a tool to measure psychological immunity (Psychological Immune System Inventory;



PISI). Olah conceptualized three Sub-systems: Monitoring Approaching System (MAS) having seven Sub-scales ñ Positive Thinking, Sense of Control, Sense of Coherence, Sense of Self-growth, Change and Challenge Orientation, Social Monitoring, and Goal Orientation; Creating Executive Sub-system (CES) having five Sub-scales: Creative Self-concept, Self-efficacy, Social Mobilizing Capacity, and Social Creating Capacity; Self Regulating Sub-system (SRS) having four Sub-scales : Synchronicity, Impulse Control, Emotional Control, and Irritability Control. Thus, there are three Sub-systems and sixteen Sub-scales.

Psychological Immune System appears to be based on the assumptions that persons with flourishing mindset have a better capability to fight the diseases than those who have languishing mindset. Besides, the 16 parameters conceptualized by Olah, some parameters like Resilience, courage and ego-strength may be added to develop psychological immune system.

Parents and schools can play a vital role in developing this immune system. Positive parenting and positive schooling may prove to be very effective in this direction. Parents who are stressed, frustrated and having orientation need counselling in the skill of positive parenting. Teachers and school administrators also need to be skilled in positive schooling.

CASEL (Collaborative Academic Social Emotional Learning) programmes if designed prudently may prove to be effective creating and developing psychological immune system. The process of creating and developing PIS needs to be initiated during early years of childhood to be more effective.

The skills which have been discussed above are very necessary for enhancing psychological immune system to fight the ailments. Besides, these skills positive personality traits like Hope, Optimism, Happiness, and Resilience are also very important in enhancing psychological immune system. Hope is a driving force. Hope and Optimism are related variables but they differ in one aspect ñ hope is both cognitive and affective levels whereas optimism is at cognitive level only. Persons who high on hope and optimism face challenges posed by ailments in more effective way than those who are low on them. I am reminded of Sir Winston Churchill's comment I quote 'A pessimist sees difficulties in opportunity, an optimist sees opportunity in difficulties'.

Happiness is also necessary for creating and developing psychological immunity system. Noddings(2000) remarked that happy people are rarely mean. It is true that happy persons are not crooked and cunning. Persons who are unhappy are likely to be disgruntled, frustratervengeful and may exhibit undesirable behavior.

Kaur, T;Som, RR(2020), published a paper entitled 'The Predictive Role of Resilience in Psychological Immunity: A Theoretical Review'. The finding suggests that the factors influencing resilience have useful equivalents within the psychological immune system model, implying that resilience is a key factor promoting psychological immunity.

For enhancing psychological immune system there are two models: Clinic Model and Growth Model. Persons who are low on PIS (Psychological Immune System) as identified by PISI or other methods, can be given counselling sessions and interventions like behavior modification for enhancing their PIS. However, the best method of strengthening psychological immune system is through Growth Model where early interventions during infancy, babyhood and early childhood through positive parenting. Findings of many studies suggest that most of the negative traits like anxiety, stress, depression or caused by faulty parenting. Parents who are over expecting, over protecting, and who indulge in sibling comparisons are greatly responsible for developing negative personality traits. Therefore, positive parenting and also positive schooling help the child in developing positive traits like hope, optimism, happiness and well-being, resilience and courage which are so crucial in developing psychological immune system. Therefore, School Family Partnerships through CASEL model is very important in the development of psychological immune system.



## Joy Care and Wellbeing: A Positive Paradigm

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Psychological well-being is a core feature of mental health, and may be defined as including hedonic (enjoyment, pleasure) and eudemonic (meaning, fulfillment) happiness, as well as resilience (coping, emotion regulation, healthy problem solving). The importance of mental health has been increasingly emphasized in recent decades as public awareness and understanding grow. Mental health is now understood to involve both the absence of mental illness and the presence of psychological well-being. Psychological well-being is a complex construct that concerns optimal psychological functioning and experience. [Gross and Munoz, 1995; Ryff, 1995; Ryan and Deci, 2001; Community Translational Science Team (CTST), 2016; NIH Report, 2018]. Elements of psychological well-being include a sense of balance in emotion, thoughts, social relationships, and pursuits, which necessitates active engagement of self-control processes such as emotion regulation.

Joy care is our way of gauging the state of one's emotions. It is defined as a state of psychological health that includes favourable perception of self and outlook towards life, an appetite for growth, robust relationships and a pleasant emotional experience. Research indicates that psychological and emotional aspects of life satisfaction, relationship health and others that joy care assessment measures can influence overall wellness, especially the development and progression of chronic diseases. There is evidence of psychological wellness helping slow down disease progression and improving prognosis in people who have some chronic conditions such as diabetics, hypertension, among others.

A growing literature supports the idea that there is an important relationship between psychological well-being and mental and physical health in both adolescents and adults (Ong et al., 2011; DeSteno et al., 2013). Future work should explore the interaction between self-control and reward systems that improve and optimize psychological well-being and mental and physical health. Moreover, different interventions may target different brain networks, and it is important to understand how different types of training programs differentially impact different brain systems and how different people might preferentially benefit from one type of intervention vs. another (Tang et al., 2015, 2016).

## Understanding Health and Well-being on a Continuum from Positive to Negative: Reflections and Critical Evaluation

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It is emphasized that in order to reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities (Ottawa Charter for Health Promotion. WHO, Geneva, 1986). More recently, mental health was defined as the emotional and spiritual resilience which allows us to enjoy life and to survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own and others' dignity and worth (Myers, McCollam, & Woodhouse, 2005).

In addition to providing a wider definition of health and incorporating the study of positive factors associated to health and well-being, the last two decades have started to reveal that positive psychological states are not



only an integral part of health, but also influence the onset of illnesses and physical problems as well as the recovery processes. Observers of the human condition have long held that positive states of mind may lead not only to a more profound sense of life but also to a healthier existence. And what is even more important from the perspective of positive health that very state of well-being is going to make it possible to achieve a greater psychological, social and community development (Fredrickson, 2009). This paper focuses on how clinical and positive psychology perspectives may help in improving the health and well-being of the people in a holistic way.

Although clinical psychology is one of the earliest extensions of mainstream psychology that helped humans live a better life (Magyar-Moe, Owens, & Conoley, 2015; Friedman, 2008). However, positive psychology as a specific perspective looks at human functioning in terms of positive experiences, positive individual traits, and the institutions that facilitate their development. Having a good physical or mental state should not only consist in not having an illness or disorder, but also in enjoying a series of resources or abilities that allow for coping with adversities (Almedom & Glandon, 2007). Despite having prominent contrasts, clinical psychology and positive psychology does not oppose each other. Both the fields target human welfare and well-being. What we need now is a conscious shift of focus to acknowledge positive framework for existence (Waterman, 2014). It is not a question of clinical psychology vs. positive psychology, but rather an open mind to incorporate positive interventions in clinical therapies, and vice versa (Churchill, 2014).

To compliment this point of view, research on positive psychology interventions has expanded dramatically in recent years. Positive psychological interventions are effective for individuals with specific clinical pathology or the general public who want to bring the best in themselves. The positive psychological interventions capture positive emotions and engage clients to integrate positive and negative feelings (Rashid, 2008). Positive psychology has opened a new way of looking into problems. It recognizes happiness and well-being as an essential human skill (Davidson, Sells, Songster, & O'Connell, 2005).

Moreover, both address the question of how do people lastingly change their lives for the better? Although mainstream psychotherapy has made huge strides in treating symptoms and disorders, but it has largely overlooked happiness as a therapeutic goal. Studies have shown that the effect of positive psychology interventions last longer and produce more happiness than traditional psychotherapies. A web-based survey on positive psychotherapy in treating major depression revealed that individuals responded sooner and showed signs of recovery with positive interventions (Seligman, Rashid, & Parks, 2006). Therefore, positive psychology perspective does not contradict or contrast traditional mental health practices but rather complements them by changing our thoughts and actions for the better (Ben-Shahar, 2007).

Thus, positive psychology is contributing to a more precise definition of the outline of human well-being and is fully incorporating studies on positive elements (strengths and positive emotions) that are without doubt amplifying the framework of research and conduct of psychology, in particular that of clinical psychology and health psychology. Accordingly, clinicians should be encouraged to incorporate positive psychology techniques into their clinical work.

However, the efficacy of this new focus in improving the human condition remains to be examined further. There is a need for development of rigorous methodological procedures, including longitudinal studies, adequate measuring instruments and the necessary mechanisms to control biological and psychosocial influences, then it would be possible to empirically demonstrate the validity of these ideas (Taylor et al., 2000). During Covid-19 pandemic era, can we think of building a *positive clinical psychology*, in doing so we must adopt not only a new approach and set of values but also a new language for understanding human behaviour.





## Improving Family Well-being: Towards Growth Model of Community Health

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Health psychology addresses individual and population-level issues across four domains: clinical, public, community, and critical (social justice). Though all these aspects are crucial to be attended for the promotion of good health, yet public and community health have captured more attention in the recent years. With an advent of positive psychology, the focus in these areas is now shifting towards the growth model of health, i.e., prevention and promotion. Prevention and promotion of physical, psychological and social community health has not only attracted the community psychologists and counsellors, but also the clinical psychologists, and the policy makers in many nations, because prevention is definitely better than cure.

The goal of good government is not just the alleviating of misery but the building of wellbeing, says Seligman. Each psychologist would agree that developing flourishing individuals, who are conditioned to make the best of themselves and their circumstances should be an important goal. So promotion and prevention of health are now universally accepted goals. Of various routes towards promotion of health, family well-being is pivotal in improving the community health. The statement is not merely a postulate but has a strong research-based evidence and rationale behind.

Seligman defines wellbeing as what non-suffering, non-oppressed people choose to do, while Family well-being is the sense of wellbeing of the family, collectively and subjectively defined and informed by its members, in which *individual and family-level needs interact*. (Zuna et al., 2010). In other words, achieving family well-being requires understanding the needs and interests of each other and fulfilling these individual interests of each one in the family, through *collective efforts*, where no one is oppressed or suppressed; thus, developing a win-win situation where the happiness and team spirit along with many virtues are expected to flow. In view of the spill over theory, such a flow in family would lead to positive and joyous relationship at work. Further in view of biopsychosocial model of health the psychological immunity developed this way is going to definitely lead towards overall healthy communities. It may sound like Skinnerian utopian society, but a little serious effort can definitely turn the hope into reality.

## Impact of Instrumental Music Therapy on Mindfulness, Mood and Psychological Wellness among Psychologically Distressed Patients: A Health Psychology Perspective

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Healing with sound is believed to date back to ancient Greece when music was used to attempt to cure mental disorders. As indicated by scientists, listening to music and its rhythm significantly affects our disposition and feelings in light of the brain dopamine regulation – a neurotransmitter that is unequivocally engaged with passionate conduct and mindset for mood regulation. Music therapy has the ability to induce a relaxing sensation benefitting overall psychological wellbeing. The objective of the present research was to study the significance of the instrumental music therapy (IMT) of clinical patients with psychological distress (PD) for mindfulness, mood & psychological wellbeing. Mindfulness helps us to get mindful of undesirable musings and feelings that emerge during testing



circumstances. Mood is an emotional state that may last any place from a couple of moments to a little while. Psychological wellness alludes to an ideal degree of wellbeing and wellness that permits a person to work effectively and completely over physical, emotional, and social issues. The current investigation was carried out on a sample of 240 clinical patients comprising of a control group and four experimental groups that is, hypertension, stress, anxiety, and depression through purposive sampling technique taking care of all the demographic characteristics. Appropriate psychological tests were administered to the patients by using a pre and a post design. IMT was introduced to the experimental groups and not to the control group. The obtained data was statistically analysed. The results indicated that the patients with PD were found to be characterized with symptoms of high anxiety, depression and stress. Stress and depression were high among the age group of below 40 years. Hypertension and anxiety were higher among 40 years and above. These patients were reported poorer on their mindfulness state. The mood status of these clinical patients declined towards unpleasant and psychological wellness was inferior. Thus, the efficacy of IMT was established as significant to reduce the psychological distress for anxiety, depression, and stress among patients of PD, to enhance the status of the mind, yield mood status towards more pleasant direction and to enhance psychological wellness for clinical patients with PD.

## Mass Media and Alienation: A Psycho-Social Perspective

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In this era of globalisation, technology and media have become synonymous to daily living. Media which is the plural of medium has become a way of life. Mass media refers to those means of communication that can reach large, widely dispersed audiences simultaneously. Though all forms of mass media are almost equally consumed, five major elements of the mass media are especially significant in Indian households today: television, the Internet, newspapers, radio, and magazines. The media today has become an ubiquitous source of information. As to beliefs, mass media changes our ways of thinking and living, it also promotes the transformation of personality and the formation of new beliefs through the supervision of education, dissemination of knowledge and other ways. In that sense, it has a positive influence. On the flip side, the indiscriminate opening of doors to new experiences and impressions by the media sometimes alienates people from their own culture. For many people, their conception of reality is obscured or distorted by messages conveyed by the media.

Alienation refers to a theoretical concept developed by Karl Marx that describes the isolating, dehumanizing, and disenchanting effects of working within a capitalist system of production. As posited by Marx, its cause is the economic system itself. Culture in the developed world is spread through mass media channels. Just as society forms and is formed in part by messages in the mass media, so it goes with culture. Cultural products and their popularity can influence which media channels people prefer. The psychological reality of contemporary experience is that of alienation. Marcuse has referred to this profound alienation as the one-dimensional character of mass culture. Virtually all possible experiences are leveled to the common denominator of the status quo which in turn becomes the norm with which individuals identify and in terms of which they seek fulfillment. Romanyshyn's phenomenological interpretation of psychological life, as a reality of lived reflection, provides the basis for an analysis of the dynamics of this alienation as it is cultivated by the mass media, specifically television and the internet. The constellation of television conditioned imagination and consumption-oriented lifestyles results in a forgery of genuine psychological experience in which the self is disfigured and its transcendent possibilities are repressed.



## Neuropsychological Profiles in Neurocovid

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The neurological and neuropsychiatric complications associated with COVID 19 have been well documented (Butler et al, 2020, Banerjee and Vishwanathan, 2020, Varatharaj et al, 2020, Hahn et al 2021). Clinical syndromes were defined as a cerebrovascular event, altered mental status, peripheral neurology, or as other. Emerging evidence shows neural spread of the novel coronavirus with delirium, encephalopathy, olfactory disturbances, acute behavioral changes, headache and cerebrovascular accidents being common neuropsychiatric complications. Increases in peripheral immunological markers, severity of infection and case fatality rate are directly linked to these.

Fotuhi (2000) introduced a basic 3 stage classification system for Neurocovid, to categorize patients based on the neurological effects of the virus. **NeuroCovid Stage 1:** Viral damage is limited to epithelial cells of the nose and mouth with main symptoms including transient loss of smell and taste. **NeuroCovid Stage 2:** Inflammation, called cytokine storms, floods the body, starting in the lungs and moving to all other body organs through the blood stream. The cytokine storm leads to blood clots that prompt small and large strokes. **NeuroCovid Stage 3:** The cytokine storm level is explosive, damaging the blood-brain barrier. This damage allows blood, inflammatory markers, and viral particles to infiltrate the brain. Patients develop seizures, confusion, coma, and encephalopathy.

The importance of understanding and assessing potential COVID-19 neuropsychological outcomes has been emphasized (Cothran et al, 2020). The probability of the major neurological and psychiatric outcomes in patients diagnosed with COVID-19 has been documented, with higher risk present in patients requiring hospitalization, and more in those who had required ITU admission or had developed encephalopathy (Taquet et al, 2021). The necessity for standardized neuropsychological assessment to ascertain whether the neuropsychiatric and cognitive deficits are a result of structural anomalies in the brain or due to the psychological response to the stress, both physical and mental, of recovering from Covid 19 has also been highlighted.

## Health Psychology Spectrum: A Post Covid Preventive Interventions for Adolescents

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During COVID-19 epidemic the interventions to provide treatment, more than ever before established need for counselling support and community advocacy to achieve wellness complimenting medical treatment. The focus of attaining healthy life style, was on teaching self-management techniques for handling health related issues as obesity, diabetes, digital and substance addiction, eating disorders, stress prone personality traits, protection from cybercrimes, excessive destructive gaming, gambling, conscious choices of nutritional eating, smoking cessation, coping with grief, anxiety & suicidal ideation etc.

### Primary Prevention in Adolescence

The goal of primary prevention is to alter risk factors prior to the onset of disease, thus preventing the disease process from beginning or greatly diminishing the severity of subsequent disease. In particular, smoking, alcohol use, dietary habits, and sedentary lifestyle are key risk factors. In addition, sexual behavior is typically initiated in adolescence given that HIV and AIDS are now leading causes of morbidity and mortality in young adults (Centers



for Disease Control, 1996) and that unintended pregnancy is a leading cause of morbidity among adolescent females (Holden & Nitz, 1995).

### Secondary Prevention in Adolescence

The focus of secondary prevention is on the early identification and treatment of health problems before significant progression has occurred. Secondary prevention efforts are also aimed at altering negative health behaviours after their initiation (e.g., smoking cessation). In general, successful secondary prevention requires adequate documentation of the health problems that are unique to adolescence, as well as a firm understanding of which problems will have negative health trajectories into adulthood.

It is to be emphasized that successful intervention at any level of health and illness with adolescents requires a sound understanding of normal adolescent development. Because there are so many unique aspects to adolescent development, and because the manner in which the transition from childhood to adulthood is negotiated may affect lifelong health, we believe that a focus on adolescence in health psychology is the need of the hour.

## Creating Happy and Healthy Schools

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Good mental health is critical to children's happiness and success in school life. It has been proven through research that students who receive social-emotional and mental health support achieve better academically. Health Promoting Schools are schools which display and support the commitment of enhancing the emotional, social, physical and mental wellbeing of their school community (WHO). A Mental Health Promoting School is a progressive setting where education and health promotion programs create a wellbeing environment that helps to enrich learning for every student. The WHO (2016) report on mental health estimates nearly 20% of children and adolescents are suffering from disabling mental illnesses worldwide. Suicide rates and self-harm attempts of Indian adolescents are one of the highest in the world, accounting for 25% of deaths in boys and 50-75% of deaths in girls aged 10-19 years. Therefore, in the context of changing times it is imperative that an appraisal be made of the psychosocial needs and its influence on the children and adolescents who are facing many new interpersonal, social, and academic demands.

Over the years we have received enough scientific evidence, which strongly propagates the view that there has to be a consistent strong linkage between education and mental health so that schools become a medium for promoting mental health. Schools are most impactful agents of change when it concerns the mental health and well-being of the students as these are the critical periods of student's lives childhood and adolescence. Childhood and adolescence are a time when rapid changes take place in terms of career choices, relationships, attitudes, roles and responsibilities. All these have a bearing on the overall functioning and mental health conditions among school children.

A comprehensive approach to explore and establish the mental health support system in school, envisages; 1) the promotion of mental health and well-being and prevention of mental illness, impairment, and disability; 2) early identification, early detection and to envisage early interventional plans/ strategies for mental health / related disabilities for such students; 3) training teachers in regular school settings in the area of Mental Health first aid to enhance their abilities to identify mental health issues at early stages of development.



## Women Empowerment in Present Context: Vulnerabilities, Misconceptions & Implications for Mental Health

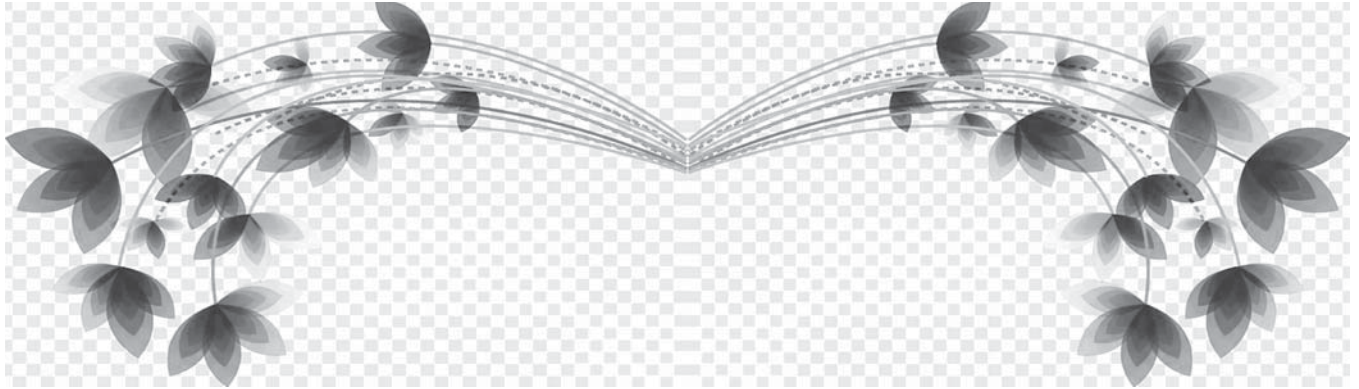
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Women Empowerment and promoting women's rights have emerged as part of a major global concern and has continued to gain momentum in the last about five decades. Empowerment among women is neither a unitary concept nor is there a single globally agreed upon definition to it. It still needs exploration and evaluation at various levels to understand whether empowerment among women is a completely psychological construct or it actually does stand for any tangible aspects or rights in the real world. In fact, improving the conceptualization and measurement of women's empowerment has been regularly identified as an important research priority for policy makers, government agencies and women welfare organizations. The present research paper focuses on conceptualization of empowerment as a psycho-socio-cultural concept that has often been largely misinterpreted by women in different parts of the world especially youth. It highlights how this concept has been misused by many women to rationalize their maladaptive choices and behaviours that have various mental health implications and may even lead to clinical depression or anxiety disorders. The paper discusses various factors as education, literacy, financial independence or being able to independently exercise free choices known to stand for empowerment are the real determinants of empowerment or something else contributes to it. The paper concludes by explicating virtues like mindful and value based living, resilience and the valour to stand forth against real subjugation and mistreatment despite socially infused fears, social reactivity and handicaps in legal frameworks that justly connote the term empowerment in today's context.

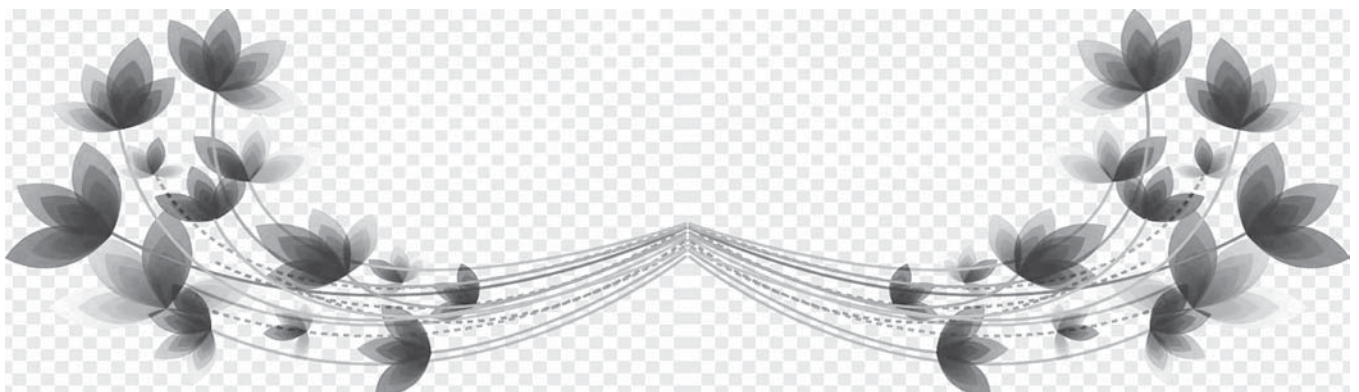
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# SECTION-B

# SCIENTIFIC SESSIONS









## Suicidal Ideation among the Job Aspirants Belonging to Different SES: A Comparative Study

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**Background:** Suicide is a public health concern as well as a key marker of serious mental illness thereby, understanding risk factors for suicidal thoughts is of primary focus for public health. **Objective:** The present research aimed to assess the level of suicidal ideation among job aspirants belonging from different SES. Also, to find out the comparative analysis of suicidal ideation among job aspirants of High, Middle, and Low Socio-Economic Status. **Method:** The sample was 100 job aspiring students in the age group of 20-30 years. Among them, 33 students were from High SES, 34 were from Middle SES, and 33 were from Low SES. Suicidal ideation scale by Dr. Devendra Singh Sisodia and Dr. Vibhuti Bhatnagar was used in this study. **Results:** The job aspirants of Patna district have shown average level of suicidal ideation. Subjects from Middle SES have demonstrated the highest level of suicidal ideation in comparison with High and Low SES groups. Whereas, the subjects from High and Low SES groups have shown the equal level of suicidal ideation. **Conclusion:** From the findings of the study, it can be said that socio-economic status of the job aspiring students is a factor in developing suicidal ideation among them.

**Keywords:** Suicidal ideation; Socio-economic status; Job aspirants

## A Psychological Analysis of Sexual Satisfaction, Body Image and Perceived Partner Support in Females with PCOD and Females without PCOD

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**Background:** Poly-cystic Ovarian Syndrome (PCOS) is a condition characterized by chronic ovulation, obesity, body image issues and problems with sexual functioning. **Objective:** Since sexual functioning plays a vital role in a healthy and happy adult life, the research attempted to find out if adults with PCOD experience lesser satisfaction in sex, have issues with their body image and if the participants with PCOD receive lesser support in intimate relationships or not. **Method:** The present paper employed snowball sampling as it was very difficult to collect data during the COVID period. The present study recruited 34 females between the age range of 20 to 34 years (M= 22.91 years) of which 19 females reported suffering from PCOD (experimental group) whereas 15 females reported not suffering from PCOD (control group). Body Image, Sexual Satisfaction and support in intimate relationships of the participants were assessed using three different questionnaires. Mean differences were computed using Mann-Whitney U test. **Results:** The results revealed no significant differences in body image and sexual satisfaction of participants suffering from PCOD and those not suffering from PCOD. **Conclusion:** The Support in intimate relationship scale showed no significant differences on domains of support through information and intangible support but significant differences were found between the two groups on physical support and emotional support domains. Thus, the comparison of both the groups through the quantitative findings has led to a conclusion.



However, further areas of research in the similar context have been discussed in the paper.

**Keywords:** PCOD, Body image, Sexual Satisfaction

## Effect of Health Behavior Practices on Harm Reduction among Alcohol Dependent Individuals.

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**Background:** Alcohol use and addiction are a major public health concern that is increasingly expanding across the world, affecting consumers, their communities and their environments causing psychological and economic problems for health and crippling societies, with a growing decrease in consumer age. The health belief practices based on the health belief model (HBM) which has been widely used to predict whether individuals are likely to engage in risk reduction/disease prevention, thus leading to harm reduction. **Objective:** The present study reviewed the usage of health belief practices in the area of substance abuse which can contribute to a minimization of health risks within a harm reduction approach, and if it provides any positive impact on health as well. **Method:** A systematic review of 20 studies were done from the database Scopus, Science direct, JSTOR, Pubmed and Google Scholar using the keywords such as 'health belief model', 'harm reduction', 'alcohol dependence' and 'health belief practices' in order to review the health belief practices on harm reduction among alcohol dependent young adults. **Result:** The review findings emphasised on the importance and benefits of early interventions and initial screening resulting in effective harm reduction activities. **Conclusion:** Since most of the work done in the sector of harm reduction and health belief model is not done in the area of Alcohol Abuse particularly, this review provides scope for future investigation. Additional resources and further suggestions for a comprehensive prevention effort could be explored.

**Keywords:** Alcohol Dependence, Harm Reduction, Health Belief Model

## Rethinking Improvement in Health-Related Quality of Life Post Percutaneous Coronary Intervention: A Comparative Analysis

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**Background:** Coronary Heart Disease (CHD) has become a global concern due to the increased rate of mortality and compromised quality of life (QOL) among people suffering from this illness. There are many dimensions that influence cardiac patients' QOL and still the amount of research done in India on this topic, especially post Percutaneous Coronary Intervention (PCI), is meagre. **Objective:** The present study aimed at evaluating health related quality of life (HR-QOL) among cardiac patients at one-month follow-up after coronary angioplasty and those who have not been through the intervention alongside a healthy control group. **Method:** Purposive sampling technique was used to select a sample of 65 participants, which included 23 patients visiting at one-month follow-up after coronary angioplasty treatment, 17 cardiac patients who had undergone angiography assessment and 25 healthy controls. EQ-5D-3L by EuroQol Research Foundation (2018)

was used as a research tool to collect data. Administration, scoring and interpretation were done as per the test manual. Kruskal Wallis H-test was used to statistically analyze the data. **Results:** The results revealed that there is a significant difference between the three groups  $H(2) = 7.672, p = .022$  with regards to the index value of their HR-QOL. Furthermore, mobility as a domain was found to be most significant  $H(2) = 7.599, p = .022$  in contributing to the difference between these three groups. **Conclusion:** Thus, it can be construed that cardiac rehabilitation can be remarkably beneficial for improving cardiac patients' HR-QOL by engaging them in activities that increase their mobility.

**Keywords:** Coronary angioplasty, EQ-5D-3L, Health-related Quality of Life

### Chronic Endocrine Diseases and Chronic Fatigue Syndrome in Females with Body Dissatisfaction: Does Body Mirrors State of Mind?

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**Background:** A rise in the cases of endocrine disease and chronic fatigue syndrome is also attributed to psychosocial and environmental factors under biopsychosocial approach. Polycystic ovarian syndrome, endometriosis, thyroid, cystic fibrosis are some chronic endocrine diseases. Polycystic Ovarian Syndrome (PCOS) characterized by amenorrhea, oligomenorrhea and irregular cycles with hirsutism, acne, alopecia, infertility and obesity. Endometriosis is the presence of endometrial glands and stroma outside the uterus, resulting in an estrogen-dependent chronic inflammatory response associated with dysmenorrhea, dyspareunia, gastrointestinal problems, fatigue, headaches, deep pelvic pain and lower abdominal pain. Chronic Fatigue Syndrome (CFS) includes fatigue and exhaustibility, muscle pain, muscle weakness, headache, impaired memory, concentration difficulties and sleep disorder. Body image dissatisfaction refers to cognitive, affective, and behavioral dimensions related to body image or appearance-related concerns and evaluations. **Objective:** Present paper examined the relationship among PCOS, endometriosis, chronic fatigue syndrome and fibromyalgia with body dissatisfaction. **Method:** A review made through papers published during 2003 to 2020 located through google scholar, PubMed, academia and publish and perish. **Results:** Body dissatisfaction was related with chronic fatigue syndrome. Women with PCOS reported greater body dissatisfaction, higher body uneasiness and body image distress. Endometriosis was also related to body image. Endometriosis and PCOS were also found to be related with chronic fatigue syndrome. **Conclusion:** Findings indicated having possible psychosomatic origins of these physical conditions as the source or triggering factors among biologically vulnerable females. This understanding has implications in psychological counseling and in different therapeutic practices to deal with these problems during sessions in clinical and hospital settings.

**Keywords:** Body Image Concern, Chronic Endocrine Diseases, Chronic Fatigue Syndrome.

### Self Esteem, Quality of Life and Ways of Coping with Stress among Gender Non-Conforming Adolescents and Young Adults

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**Background:** The term 'Gender non-conforming' also called gender variance is a way of gender expression or

behavior by an individual who does not match or fit into masculine or feminine gender norms. It is also an all-inclusive term which includes people whose gender identity is opposite of their assigned sex. It may include those who are not exclusively masculine or feminine such as people who are queer, non-binary, bi-gender, gender fluid or people who are conceptualized as a third gender. Till date, relatively little psychological research has focused on the experience of LGBTQ community in India. Since the individuals belonging to this community have faced crushing social stigmatization, abuse, general disdain from the wider community, there is a bias against them and a fair amount of ignorance. Majority of researchers have focused on psychopathology, only few researches have aimed to study the positive aspects of this community. **Objective:** The aim of this paper is to study self-esteem, quality of life, and ways of coping and sense of coherence among LGBTQ community. **Method:** For analyzing the quantitative data, descriptive statistics was used and for qualitative, thematic analysis was used. Sample was collected using purposive sampling through NGOs which were dedicated to working in areas of gender non-conforming community. Participants were 35 individuals belonging to gender non-conforming community within the age group of 8-39 years and were proficient in speaking or reading Hindi or English after meeting the inclusion and exclusion criteria and consent for participation. **Results:** The results concluded that 65.71% participants had average self-esteem, while 20% had high self-esteem. The maximum score of good quality of life was found in the domain environment (72.5%), followed by the domain of social relationships (67.5%) and physical health (65%), and lastly followed by psychological well-being (60.5%) on WHOQOL-BREF. Majority of the participants (82.85%) reported to be in a moderate range of perceived stress, whereas 8.57% reported facing high levels of stress. 60% of participants had a high level of sense of coherence and a positive correlation was found between self-esteem, and sense of coherence. **Conclusion:** Majority of the sample fall in the average category of self-esteem. Environment and social relationships were the two domains of quality of life which had the highest concentration of the sample. The coping styles, which were most commonly used were acceptance, religion, use of instrumental support, active coping, use of emotional support and planning. Majority of the sample fell in a moderate range of perceived stress. Majority of the sample had a high level of sense of coherence. There was a positive correlation between self-esteem and sense of coherence. The emerging themes from qualitative analysis were social realities of being a transgender, personal coping strategies, fear and difficulties, community dynamics and societal stigma.

**Keywords:** Gender non-conforming, Self-esteem, Quality of life

## Academic Stress Develop Suicidal Tendency among Adolescents

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**Background:** India is home to the largest adolescent population in the world. During this period, adolescents undergo many psychosocial and physiological changes making them more prone to various stresses. Adolescent substance use, self-harm, suicides and delinquency are large-scale problems in most economically advanced societies and of growing concern in developing countries **Objective:** The ultimate object of the present study was to study the Academic stress developing Suicidal tendency among adolescents. **Method:** The existing study contained a sample of 120 adolescent subjects (60 boys and 60 girls studying in 12th), selected through random sampling technique from Balasore District (Odisha). Data was collected with the help of Scale for assessing Academic stress developed by Sinha, Sharma and Mahendra (2001) and suicidal tendency scale was developed by Dr.D.J. Bhatt and Dr.R.G. Meghnathi. For data analysis and hypothesis testing Mean, SD, t test and correlation was applied. **Results:** Results revealed that there is significant difference between academic stress of boy and girl adolescents. There is no significant difference between Academic stress of rural and urban adolescents. There is no significant difference between Suicidal tendency of boys and adolescent girls. There is no significant difference between



Suicidal tendency of rural and urban adolescents. And there is a positive correlation between academic stress and suicidal tendency. That means girls showing more suicidal tendencies in comparison to boys. **Conclusion:** There is a significant difference in the mean score of Academic stress among boys and girls adolescent. Girls show more academic stress than boys. That implies girls demonstrating more Academic stress than boys which is upheld by Smritikana Mitra Ghose (2016), Indira Dhull et al (2015). Sreevani Rentalala et al (2019), girls are discovered to have more academic stress.

**Keywords:** Academic stress, Suicidal tendency, adolescents

## Self- Efficacy and Type-A Behavior Pattern of Migraine Patients

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**Background:** Type-A behavior has been referred to as someone with intense striving for achievement, impatient, urgency, competitiveness and aggression. Review of literature indicates that a limited number of research work has been reported on association of personal efficacy and Type-A behavior pattern with migraine headache. **Objective:** This research explored personal efficacy and type-A behavior patterns of migraine patients. **Method:** Hindi version of Personal- Efficacy Scale and Hindi Version of Jenkins Activity Scale Form ñ C were administered to the 50 male and 50 female migraine patients, as well as 50 male and 50 female control groups. Their age range was 25 to 40 years with, both the groups were matched on education and socioeconomic status. **Results:** The findings revealed that personal-efficacy and Type-behavior are positively associated with the development of migraine headache. **Conclusion:** Migraine patients possess low levels of personal efficacy and avoid risks, difficult goals and longer chosen activities as compared to the normal individuals. The lifestyle of migraine patients are characterized by striving for achievement, aggressiveness, restlessness and feeling of being challenged by responsibility.

**Keywords:** Personal Efficacy, Type - A Behavior, Migraine.

## Effect of Home Environment on Aggression among School going Children

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**Background:** Home environment is the most important institution for the existence and continuance of human life and the development of various personality traits. Aggressive behaviors are defined as violent acts toward others that may be motivated by avoidance or retaliation. **Objective:** To study the effect of home environment on aggression among children. **Method:** The sample comprised of 100 children. Age range was 8-16 years. Sample was drawn from different schools of Patna. Purposive sampling method was used to select the respondents. Home Environment Inventory developed by Dr. Karuna Shankar Misra and The Aggression Questionnaire by Arnold H. Buss and Mark Perry. **Result:** According to obtained data it can be said that the children from low home environments have higher aggression levels. Children from control, punishment and rejection home environments have higher aggression levels than its counterparts. **Conclusion:** On the basis of findings of the paper, it can be concluded that there is a significant impact of home environments on aggression among school going children.

**Keywords:** Home Environment, Aggression, Children

## A Study of Effect of Religiosity on Psychological Wellbeing among the University Students with Respect to Gender

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**Objective:** The present study was carried out with following objectives- To observe the effect of religiosity on the psychological wellbeing among the University students. 2. To examine the gender difference in religiosity and in the psychological wellbeing among the University students. **Method:** The sample consisted of 100 students in the age group of 20 to 30 years. Among this, 50 will be male students and 50 will be female students. They were from different University departments of Patna. Religiosity Scale by A. Akhtar, O. P. Sharma M. S. Bhatt and Psychological well-being scale (PWBS) by D. S. Sisodia and Pooja Choudhary have been used in this study. **Result:** Results have shown that participants with high religiosity level have shown significantly higher levels of psychological well-being in comparison with subjects with low religiosity level. Also, females have shown more religiosity and psychological well-being than male subjects. **Conclusion:** Conclusively, it can be stated that in the development of psychological well-being level of religiosity would be a significant factor. Gender also has a significant effect on the development of religiosity among the University students.

**Keywords:** Psychological well-being; Religiosity; Gender

## Self Esteem, Wellbeing and Happiness among Transgender People

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**Background:** A transgender person is one whose gender does not match the gender assigned at birth. This includes transsexuals, cross-dressers and people who feel like their biological sex fails to reflect their true gender. Till now only few researches has been conducted on transgender community. Since the individual of this community face a lot of discrimination, isolation, abuse, ignorance and bias against them hence majority of researches are on psychopathology and only few researches have focused on the positive aspects of this community. **Objective:** The aim of the research is to study self-esteem, well-being and happiness among transgender. The objective of the study is to study self-esteem, wellbeing and happiness of transgender individual as compared to Non-Transgender individual. **Method:** A sample of 40 participants was taken up for this study, consisting of 20 transgender and 20 non transgender. They were administered Oxford Happiness Questionnaire, PGI General Well Being and The Rosenberg Self-Esteem Scale to assess their level of happiness, wellbeing and self-esteem respectively. **Result:** The results have indicated various significant findings in relation to dimensions of self-esteem, happiness and wellbeing among transgender people. **Conclusion:** Transgender may be subjected to abuse at home, at school or in their communities which can be very challenging and may cause anxiety disorders, depression and other psychological illnesses.

**Keywords:** Transgender, Happiness, Well being



## Emotional Competence and Psychological Resilience as Predictors of Mental Health among College Students

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**Background:** Adolescence is the most valuable segment of the society and lifeline of nations, and paying attention to their mental health may improve their holistic life standards. Political conflict, family problems, career stress breeds negative effects on the psyche of the people and causes emotional distress. However, many factors are responsible for poor mental health and emotionality of youth such as job security, exploitation, and lack of positive attitude, decision making, unemployment, and cultural variations. **Objective:** The present research investigates emotional competence and psychological resilience as predictors of mental health among college students. **Methods:** The sample consisted of 100 college students from 19 to 25 years of age. Convenient sampling method will be used. Three standardized psychometric measures were used to study emotional competence, psychological resilience, and mental health of college students. Tools: Emotional Competence Assessment Scale (ECAS), Psychological Resilience Scale (RS 14) and Kessler Psychological Distress Scale (K10). **Result:** There has been a positive relationship between Emotional Intelligence, Psychological Resilience and mental health. There has been a positive effect of Emotional Intelligence and Psychological Resilience on Mental Health. Differences will be seen among male and females on the given variables. **Conclusion:** As per the result suggested, Emotional Intelligence and Psychological Resilience is found beneficial in enhancing the Mental Health of Young Adults. **Keywords:** Emotional Intelligence, Psychological Resilience, Mental Health

## The Role of Movies in Creating Mental Health Awareness: A Case Study

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**Background:** For decades, films have been a popular source of entertainment across the world. Besides being a common source of entertainment, films offer utilities for academic and research purposes by enabling the viewers to observe behaviors that they may otherwise not see very commonly around them. **Objectives:** The portrayal of mental health issues in movies acts as a powerful medium of spreading awareness in terms of mental health, familiarizing audiences with different mental health conditions, the associated symptoms and their treatment. This plays a significant role in developing the attitudes and behaviors of individuals with respect to the prevailing concerns of society. The aim was to analyze the portrayal of the symptoms of PTSD and other associated factors. **Method:** In the present study the movie 'Sully: Miracle on the Hudson' has been analyzed to understand the psychopathology of the individual using the technique of the movie analysis. **Results:** The symptoms were identified after gaining an understanding of the literature on PTSD. The factors associated with the occurrence of these symptoms have also been studied. **Conclusion:** Movies tend to play a crucial role in creating awareness about mental health in the general population. **Keywords:** PTSD, films, mental health



## Relationship between Academic Anxiety, Academic Resilience with Mental Health among Higher Secondary School Students

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**Background:** Academic stress at times may lead to feelings of anxiety, low mood and other mental health issues. High levels of uncertainty regarding their academic futures as well as significant levels of stress and difficulty coping may lead to emotional disturbances. **Objective:** The purpose of this study was to investigate the relationship between Academic Anxiety and Academic Resilience with Mental Health among health workers. **Method:** The total Sample consisted of 200. Each Male and female were 100 in number. The age range varies from 15-20 years. Incidental- Cum- Purposive sampling method was used. Academic Anxiety Scale developed by Sharma and Sakir. Academic Resilience Scale developed by Souza and Pandya. Mental Health inventory developed by Agashe and Helode. Correlation research design was used. Data were collected through Incidental- Cum- Purposive sampling method from higher secondary schools of Patna. With the permission of the Principal. Information was given to the respondents to fill the questionnaire. **Result:** Results indicate that there is Negative correlation between Academic Anxiety and Academic Resilience and the value of correlation is  $-.38$ . The value of correlation is  $+.57$  with the variable Academic Resilience and Mental Health among higher secondary school students, And also negative correlation found between Academic Resilience and Mental whose value is  $-.49$ . The result shows a significant difference between male and female higher secondary school students on the dimension of Academic Anxiety. The value of t-ratio is 2.17 which is significant at 0.05 level of significance. The result shows a significant difference between male and female higher secondary school students on the dimension of Academic Resilience. The value of t-ratio is 2.43 which is significant at 0.05 level of significance. Result shows a significant difference between male and female higher secondary school students on the dimension of mental health. The value of t-ratio is 1.90 which is significant at 0.05 level of significance. **Conclusion:** In conclusion, it can be said that academic stress can lead to emotional distress in students however, through academic resilience the academic difficulties can be at ease.

**Keywords:** Academic Anxiety, Academic Resilience, Mental Health

## A Study on Psychological Well-Being and Academic Resilience among University Students of Bihar

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**Background:** Academic stress is bodily response to demands of the academic environment and Academic resilience refers to pupils' ability to succeed in school despite difficulties. **Objective:** The study investigated the relationship between Psychological Well-being and academic Resilience among university students of Bihar. **Method:** The total Sample was 250 university students. Each Male and female were 125 in number. The age range varies from 20 years to 30 years. Incidental- Cum- Purposive sampling method was used. University students were contacted from different departments of Patna University, Patna and Magadh University, Bodh Gaya. **Results:** The results indicate that there is positive correlation between Psychological Well-being and Resilience among university students of Bihar. The value of correlation is  $+.67$ . The result shows a significant difference between





male and female university students on the dimension of Psychological Well-being, the value of t-ratio is 2.56 which is significant at 0.05 level of significance. Result also found significant difference between male and female university students on the dimension of Academic Resilience, the value of t-ratio is 3.24 which is significant at 0.01 level of significance. **Conclusion:** It can be inferred from this paper that there is a positive relationship between psychological well-being and academic resilience.

**Keywords:** Psychological Well-being, Academic Resilience, University Students

## Health, Happiness and Life Satisfaction Pertaining to Life towards Successful Ageing among Older Adults

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**Background:** Worldwide the people are living longer and it is considered that the population of old aged people is increasing rapidly. A longer life brings opportunity not only for the older people but for their whole family. Additional years give the chance for varied activities in the different fields. The contribution of older people is dependent on different factors including their health, happiness and life satisfaction. Healthy Ageing focuses on the essence of physical and cognitive function of the individual. Older adults who focus on the things they do and find them rewarding and meaningful are happier. Life satisfaction of older people is related to the quality of life. **Objective:** The present review paper focuses on how health, happiness and life satisfaction can be considered as important factors for successful ageing among older adults of Asian countries, especially India. **Method:** The method used here is the systematic searching of papers and articles on ResearchGate, Google Scholar and PsycINFO with related keywords in the titles, abstract and indexing fields. **Result:** The cross-sectional data showed a positive relationship of health, happiness, and life satisfaction with successful ageing of older adults. **Conclusion:** In conclusion, it can be inferred that if the older people experience a good amount of happiness, life satisfaction and better health practices, they can positively contribute towards their family, friends, community and their successful ageing.

**Keywords:** Happiness, Life satisfaction, Older Adults

## Recent Advances in the Psychological Treatment of Chronic Fatigue Syndrome

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**Background:** The psychological treatment modalities and their outcomes of Chronic Fatigue Syndrome. Chronic Fatigue Syndrome is a common multisystem syndrome characterized by six months or more of severe, debilitating fatigue that is not relieved by rest. Persons with CFS exhibit a wide spectrum of symptoms such as muscle pain, headaches, anxiety, depressive symptoms, cognitive disruption and sleep disturbances. CFS exhibits multiple etiology. It can present due to genetic factors, common infections, auto-immune disorders and other psychosocial factors. Multiple causations have been implicated in the etiology of chronic fatigue syndrome.



**Objective:** This research paper reviews psychological treatment modalities focuses on targeting unhelpful thinking, belief patterns and experience of distress that decreases physical functioning and perceived quality of life of the patient using cognitive behavior therapy, acceptance commitment therapy, mindfulness-based cognitive therapy, and stress management techniques. **Methods:** Studies were identified and selected for inclusion if they primarily examined psychological treatments for Chronic Fatigue Syndrome. Based on this, the review includes 32 articles covering a broad range of psychotherapeutic treatments devised for this condition such as Cognitive Behavior Therapy (8 studies), acceptance-commitment therapy (5 studies). Mindfulness based cognitive behavior therapy (6 studies) and other mind-body interventions (13 studies). The findings of these studies have been critically reviewed by the above authors. **Results:** The reviewed studies provide evidence that psychological treatments can aim to work on maladaptive beliefs, cognitions and behaviors that can pose an obstacle to recovery. These patterns can act as illness perpetuating factors which in turn reduce the patient's quality of life. **Conclusion:** Current review indicates that these treatments report significant increase in rating of valued living, quality of life and better functional outcomes thereby indicating their efficaciousness. Further studies are suggested to research the issue of dropout rates.

**Keywords:** Chronic Fatigue Syndrome, Psychological treatments.

## Effect of Interpersonal Relationship and Age on Suicidal Ideation among Job Aspirants: an Analytical Study

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**Background:** Studies have consistently found that interpersonal factors are associated with suicidal ideation and behavior. However, this research is in its infancy and has barely gone beyond documenting a direct association between a diffuse number of interpersonal factors and various suicide outcome variables. **Objective:** The present research was planned to study the effect of interpersonal relationship and age factor on suicidal ideation among job aspirants of Patna district. Also, to find out the comparative analysis of suicidal ideation among subjects having healthy and poor interpersonal relationship. **Method:** The sample was 100 job aspiring students in the age group of 20-30 years. Among them, 50 job aspirants were having healthy interpersonal relationships and 50 were having poor interpersonal relationship. Suicidal ideation scale by Dr. Devendra Singh Sisodiya and Dr. Vibhuti Bhatnagar was used in this study. **Result:** Results revealed that the subject with healthy interpersonal relationship shows less suicidal ideation in comparison with subjects who were having poor interpersonal relationship. Also, job aspirants who were having elderly age have displayed more suicidal ideation than aspirants of younger age. **Conclusion:** The suicidal ideation among job aspiring students can be affected by their age and interpersonal relationship.

**Keywords:** Suicidal ideation, Interpersonal Relationship, Job Aspirant

## Mediating Role of Emotional Intelligence on Relationship between Childhood Emotional Abuse and Subjective Happiness

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**Background:** Emotional abuse, which is sometimes called psychological abuse, is a pattern of behavior that damages a child's sense of self-worth and negatively impacts their emotional development. This may include



constant criticism, threats, or rejection, as well as withholding love, support, or guidance. Subjective happiness has been considered a key indicator of adolescents' healthy development. **Objectives:** This study explored the mediation role of emotional intelligence on the relationship between emotional abuse and subjective happiness. **Method:** Using convenience sampling, a cross-sectional survey was conducted with 9 secondary schools in Varanasi, UP. Participants included a total of 110 grade 8 to grade 9 secondary school students. The mean age was 13.6, and 61.2% were boys. The participants answered 3 standardized questionnaires on emotional abuse and trauma, emotional intelligence and subjective happiness. **Results:** The results showed that childhood emotional abuse in adolescents is a significant risk factor for subjective happiness. Findings imply that emotional abuse decreases subjective happiness and emotional intelligence has a partial mediation effect on this relationship between childhood emotional abuse and subjective happiness. It is noteworthy that parenting practices in childhood have a significant impact on children's happiness even after a period of time. It is suggested that students' emotional intelligence be enhanced to increase their subjective happiness. **Conclusion:** Although the conventional parenting style may be rooted in UP culture, a paradigm shift in parenting seems to be needed for Indian parents. Efforts should be made to promote appropriate parenting methods and emotional intelligence in Indian societies. Limitations of the study and recommendations for future research are also discussed.

**Keywords:** Emotional intelligence, emotional abuse, subjective happiness

## A Study on Psychological Well-Being in Relation to Caste Category among Civil Service Aspirants of Bihar

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**Background:** The word civil service commonly referred to the Indian Civil Service. It is the backbone of Indian governance. The civil aspirants attract great respect from the people as it carries huge responsibilities to run the country. Psychological Well-being is important for Civil service aspirants which has been taken into consideration. **Objective:** The main objective of the research is the study on psychological well-being in relation to the caste category among civil service aspirants of Bihar. **Method:** The total Sample was composed of 390 male and female Civil Aspirants of Schedule Caste, Other Backward Class and General Category from both Rural and Urban area. The age range vary from 21 years to 37 years. Quota sampling method was used. The Personal data Sheet was used to collect the personal information of civil service aspirants. Psychological Well-being Scale by D.S Sisodia and Pooja Choudhary was used to measure Psychological Well-being. It has five dimensions and a total of 50 items. Correlational research design was used. **Results:** The results indicate that Urban male Civil Service Aspirants have higher Psychological Well-being than Rural male Civil Service Aspirants and similar results were found among female Civil Service Aspirants in context to rural and urban regions. Result also indicates that Schedule Caste have low Psychological Well-being. **Conclusion:** It can be concluded that there is a negative relationship between psychological well-being and caste system prevailing in our country,

**Keywords:** Psychological Well-being, Caste category, Civil Service Aspirants



## Examining Affective factors of the Phenomenon of Bereavement: A Comparative Study between Bereaved and Non-Bereaved Individuals

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**Background:** Bereavement research has played a significant role in advancing our understanding of the nature and effect of loss and bereavement care, from early ground-breaking studies to contemporary publications. **Objective:** The present study aimed to compare the state of bereavement, assessing the affective factors of Images and Thoughts, Acute Separation and Grief among three groups of Non-bereaved, Bereaved (Non-training), and Bereaved (Training) individuals. **Method:** The sample was collected using Purposive Sampling technique, which comprised of 45 individuals (3 equal groups of 15 each). The sample was collected from various cities of Gujarat State such as Ahmedabad, Baroda, and Surat, wherein the data was collected by sending Google Forms. To statistically compare the groups, nonparametric methods were used such as Kruskal-Wallis One-Way Analysis of Variance and Mann-Whitney U test. **Results:** The analysis computed using Kruskal-Wallis One-Way Analysis of Variance method showed significant difference between all three groups on all three subscales as well as on the overall scale. By using Mann Whitney U test, comparison of scores between Non-bereaved and Bereaved (Training), Non-bereaved and Bereaved (Non-training), and Bereaved (Training) and Bereaved (Non-training) groups showed significant difference on all three subscales and overall scale. **Conclusion:** All the three groups (Non-bereaved, Bereaved (Non-training) and Bereaved (Training)) are independent to one another and the Bereaved (Training) group, who have received a 21-days Mindfulness Meditation training were observed to be significantly different from the other two groups.

**Keywords:** Bereaved, Mindfulness, Non-Bereaved

## Role of Resilience, Religiosity and Locus of Control on the Antisocial Behavior of Young Adults

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**Background:** Young adults are the most valuable segment of the population. Young adults when nourished properly can grow like a flower but if not controlled or misdirected can bust like a balloon. Several studies have proven the impact of Resilience, Religiosity and Locus of control on antisocial behavior. **Objective:** In present research we are focusing on antisocial behavior as an independent variable and factors like Resilience, Religiosity and Locus of control are dependent variables. **Method:** A total of 295 college going male youths of Haryana were selected for this study in which we found out 30 antisocial personalities. Data were collected using research tools Rotter's Locus of Control Scale, Brief Resilience scale, Antisocial Behavior Questionnaire and Antisocial Behavior Questionnaire were used. To analyze the data, a Pearson-correlation were conducted by using SPSS-20. **Results:** The results demonstrated that both resilience and religiosity (Intellectual, Ideology comprise, religious experiences, public and private practices) are negatively correlated with antisocial behavior. External locus of control is positively



correlated with antisocial behavior of young adults. **Conclusion:** The present study provides a better understanding of the role of Resilience, Religiosity and Locus of control and its relation to the antisocial behavior of youths. This may allow for more targeted and effective psychological interventions for youths so that they can effectively inculcate resilience and religiosity and they can show more social conformity.

**Keywords:** Resilience, Religiosity, Locus of control, Antisocial Behavior

## Relevance of Post Disaster Community Mental Health Services

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**Background:** Disaster mental health research reveals that psychological casualties outnumber physical casualties during a disastrous event. With the shortage of mental health workforce, vis-a-vis ever-increasing numbers of natural disasters, ongoing terrorism, and pandemic influenza, there is an urgent need to strengthen and operationalize available human resources to improve the psychological resiliency of those affected. In this seminar we go into detail about the impact of disaster on mental health, psychological interventions and current status of psychosocial support in the context of disaster in India. **Objective:** The present research studies the relevance and effectiveness of post disaster community mental health services. **Method :** A systematic review of literature studies was reviewed from one last decade on various databases (PubMed, PsycINFO, The Cochrane Library, ScienceDirect, JSTOR etc) by using the keywords iCommunity, Disaster mental health, Psychological First Aid was done in order to explore the relevance and effectiveness of post disaster community mental health services. **Result:** The impact of any disaster on the mental health of the survivors is enormous and affects a country's development directly and indirectly. The psychological and mental health services and interventions are very much country and culture specific, therefore, any tailor-made intervention in one country may not be applicable in a similar disaster in other countries. **Conclusion:** Evidence-based research in India reveals that to overcome the issues of inadequate mental health professionals, absence of institutional mechanisms for service provision and ambiguous financial provisions for the same, the existence of community-based psychosocial support and mental health services was successful in past large scale disasters .

**Keywords:** Community, Disaster mental health, Psychological First Aid.

## Effect of Growth Oriented Processes and Dysfunctional Attitude on Emotional Distress in Emerging Adults

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**Background:** Positive psychology is the scientific study of positive experiences and positive individual traits, and the institutions that facilitate their development. A field concerned with well-being and optimal functioning, positive psychology may at first glance seem peripheral to mainstream clinical psychology. **Objectives:** Main objective of the present study is to study the impact of growth-oriented processes and dysfunctional attitude on emotional distress in emerging adults. Other objectives of the paper were: To assess the presence of stress, anxiety, and depression in emerging adults. , to explore the effect of dysfunctional attitude on stress, anxiety, and depression,



to explore the effect of hope, empathy, forgiveness, gratitude, and self-compassion (growth-oriented processes) on stress, anxiety, and depression and to explore the interaction effect between hope, empathy, forgiveness, gratitude, and self-compassion (growth-oriented variables) and dysfunctional attitude on stress, anxiety, and depression. **Method:** The quantitative method of inquiry was employed for this study as the study focused on solving the research problem using an ex post facto research design to study cause-effect relationship between variables of interest. The current research was conducted in a sample of 100 normal participants (nonclinical sample) belonging to the age range of 18 to 25 years, who were selected using purposive/ snowball sampling. These participants belonged to different cities of India i.e., Delhi, Haryana, Kerala, U.P., Maharashtra, Punjab. Data was collected from them using a google form, made for this study and online links were sent to those who fulfilled the criteria of the study. **Result:** The results of the study suggested that there was no significant interaction effect between growth-oriented variables and dysfunctional attitude brings change in stress, anxiety and depression for almost all interactions except the interaction between hope and dysfunctional attitude for anxiety. **Conclusion:** In conclusion, in current research we found that dysfunctional attitude had a significant effect on increasing stress, anxiety and depression among emerging adults. Moreover, growth-oriented variables did not have a major significant impact on either increasing or decreasing the emotional distress among these individuals, except the self-compassion.

**Keywords:** Dysfunctional attitude, Emotional distress, Anxiety

## A Comparative Study of Subjective Well Being in College Students with Respect of Emotional Intelligence

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**Background:** Subjective well-being is associated with emotional dimension including an individual's perceptions of general life satisfaction, as well as their experiences with both positive and negative effects. **Objectives:** The study was planned to comparatively study the level of Subjective wellbeing among the college students with respect to their level of emotional intelligence. It was an attempt to find out the role of emotional intelligence in the development of Subjective well-being among the male and female college students. **Method:** In the present research, 100 college students in the age group of 18 to 25 years were selected as a sample. Emotional Intelligence scale by Anukool Hyde, Sanjyot Pethe and Upinder Dhar has been used in the study. The other scale was the Subjective well-being scale which has been developed by S.K. Verma and Amita Verma. **Results:** Results have revealed that female students have higher emotional intelligence and subjective well-being than male students. Also, students with high emotional intelligence have shown good subjective wellbeing. Emotional intelligence and subjective wellbeing have been found positively correlated. **Conclusion:** From the results of the study, it can be concluded that gender is a factor in determining the level of Emotional Intelligence and Subjective Well Being among the college students.

**Keywords:** Emotional intelligence, Subjective well-being, College students



## Effect of Infertility on Psychological Well-Being of Women

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**Background:** Infertility may be a disease of the reproductive and genital system which affects men and women both with almost equal frequency. Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a sense of purpose and meaning in life, and private growth and development. It is attained by achieving a state of balance plagued by both challenging and rewarding life events. **Objective:** To assess the level of psychological well-being between fertile and infertile women and also to compare fertile and infertile women in terms of psychological well-being. **Methods:** The sample comprised of 50 subjects (N=50) age ranging from 30 to 45. There were three age groups. One is 30 to 35 years; the second is 36 to 40 years and third is 41 to 45 years. Purposive cum incidental sampling method was used for the selection of the sample. Psychological well-being scale, developed by D. S. Sisodia and Pooja Choudhary were used in the present study. **Results:** From the obtained data it was revealed that the psychological well-being of fertile women is better than their counterparts infertile women. **Conclusion:** Hence, through this study, it can be concluded that infertility affects the psychological well-being of women.

**Keywords:** Psychological well-being, Infertile women, Fertile women

## Impact of Pain on the Level of Self-Efficacy among the Patients of Rheumatoid Arthritis

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**Background:** Rheumatoid Arthritis (RA) is a long term disorder impairing physical and psychological factors of the sufferers. Pain is a relatively very common characteristic of RA. It can also impair an individual's daily routine activities. A self-efficacy denotes the degree of confidence an individual has in carrying out a specific activity. So there is a consistent relationship between pain of RA and self-efficacy. **Objective:** The current study aimed at determining the difference between level of self-efficacy in accordance with the level of pain and the type of family among the patients of RA. **Method:** Purposive sampling technique was used to collect the data from 30 clinically diagnosed RA patients from the different hospitals of Ahmedabad city. Self-Efficacy Scale (Mathur and Bhatnagar, 2012) was used as a research tool to collect the data. The results were statistically analyzed using the Mann-Whitney U-Test. **Results:** The obtained findings indicated that patients' level of self efficacy differed with respect to the types of family in which they lived ( $p=0.00013$ ) and the level of pain they were having ( $p=0.0323$ ). Further, this research also suggested the importance of social support during pain and how it affected the level of self-efficacy of an individual. **Conclusion:** To draw further inferences, more research is required in this area.

**Keywords:** Long Term Disease, Rheumatoid Arthritis, Self-Efficacy.



## Psychological & Biochemical Correlation of Stress and Anxiety among Medical Professionals & its Management through Psychological Intervention

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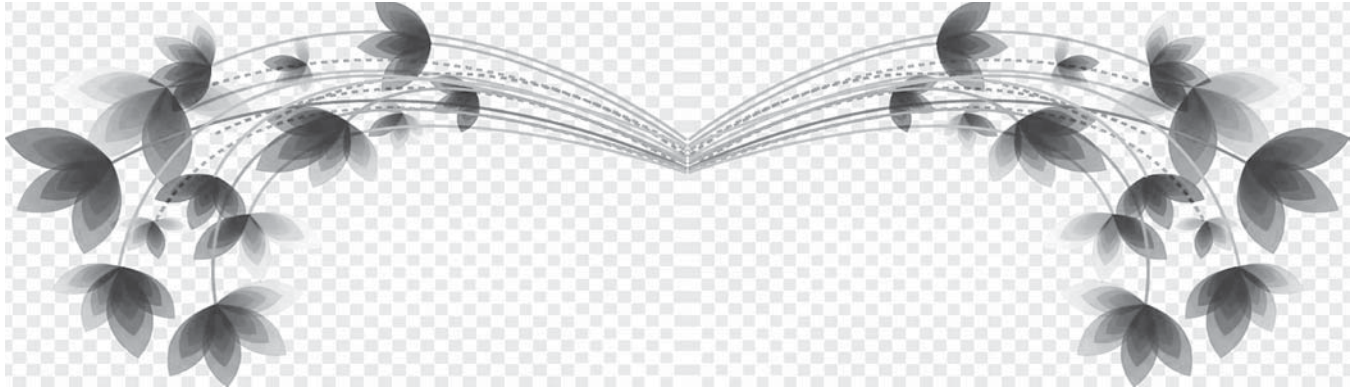
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**Background:** Stress among medical professionals is very common & frequent in occurrence these days. The basic reason is that their responsibilities force them to deal with human health issues, or worse, agonies. Work-related stress is a potential cause of concern in healthcare professionals and is found to be associated with decreased job satisfaction, days off work, anxiety, depression, sleeplessness, medical errors etc. **Objective:** The main aim of this study was to assess the psychological variables (personality dimensions, level of anxiety, level of depression & occupational stress) of doctors & correlating these psychological variables with MDA (oxidative stress) in order to find out the sensitivity so that necessary psychological intervention could be suggested. The objectives of this research paper are, Firstly, to assess the dimensions of personality, level of anxiety, depression & occupational stress index of medical doctors working at Santosh University, Ghaziabad, NCR. Secondly, to estimate the levels of MDA among medical professionals. Thirdly, to correlate the dimensions of personality, level of anxiety, depression & occupational stress index with MDA. Finally, to apply psychological interventions for the management of stress and anxiety post-test. **Method:** The study population includes all medical professionals (faculties) of Santosh Medical, Dental College and Santosh Hospital, NCR, Delhi who have given consent; with the exclusion of those with any heart disease, kidney disease, bone disease, depression or high anxiety levels. The test measures used for the completion of this aspect are: 1. Eysenck Personality Questionnaire (EPQ), 2. Stress Reaction Checklist (SRC), 3. Sinha Anxiety Scale (SAS), 4. Depression Scale (DS) only. **Results:** The results convey that the doctors are emotionally sensitive & anxious personality-wise. As far as occupational stress is concerned, the doctors from College & Dental Science are moderately stressed in different areas viz: role overload, role ambiguity, role conflict, undesirable group & political pressure, responsibility for persons, lack of participation, feeling powerlessness, poor peer relations, intrinsic impoverishment, low status, strenuous working conditions, & unprofitability. After giving them exposure through stress management workshops, the participation & feedback analysis of their follow-up routine, especially the one related to mindfulness programmes, turned out successful. **Conclusion:** In conclusion, through this research work; we could really help the 26% (19/72) doctors who are trying their level best to maintain their mental wellbeing by their own efforts. Statistically this percentage is disheartening but if we look into the other aspect, we could really sensitize 26% of our doctors which is a small proportion of success but in future we may get better results.

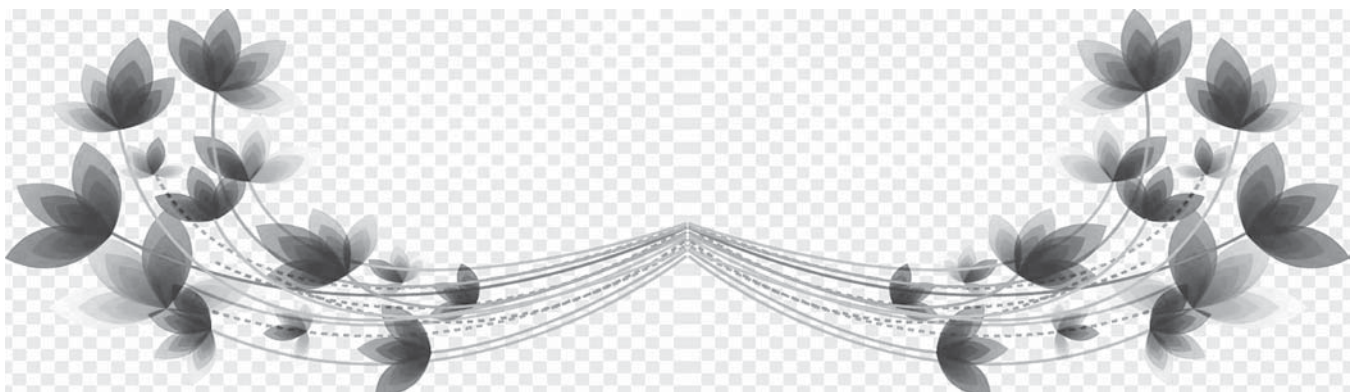
**Keywords:** Stress, Anxiety, Medical Professionals







# SUB-THEME: CLINICAL PSYCHOLOGY







## Review of Recent Advances in Management of Oppositional Defiant Disorder and Conduct Disorder

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**Background:** Oppositional defiant disorder (ODD) and conduct disorder (CD) are among the most common disruptive behavior disorders in children and adolescents. They have comparable symptoms, such as temper outbursts, aggression, and defiance. Children with ODD show developmentally inappropriate behavior that are negative, rebellious, disobedient, and aggressive, and they frequently encounter confrontations with parents, teachers, and classmates; aggression is more prevalent in females, with verbal aggression more often than physical aggression. In Indian context research on Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) there is no through review. **Objective:** Delineating the current advancements and in the diagnosis and management of ODD/CD. The use of psychopharmacology in the treatment of ODD, but the basic symptoms of ODD are not responsive to medication, and behavioral change is the cornerstone of treatments. **Method:** In-depth review of literature was done. **Results:** Parent-Management Training, Family Therapy, Cognitive Problem-Solving Skills Training to reduce inappropriate behaviors by teaching the child positive ways of responding to stressful situations. ODD can develop into CD, a more serious behavioral disorder of those with CD about 40% may proceed to antisocial personality disorder in adulthood. **Conclusion:** Therefore, early diagnosis and treatment can help these individuals learn to cope with stressful situations and manage their behavioral symptoms.

**Keywords:** Oppositional Defiant Disorder, Conduct Disorder, Behavioral Therapy.

## Depression among Couples undergoing Treatment for Infertility -A Clinic Based Study from Kerala

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**Background:** Infertility can affect all aspects of individuals life, which can cause various psychological-emotional disorders or consequences including turmoil, frustration, depression, anxiety, hopelessness, guilt, and feelings of worthlessness in life. **Objective:** To assess the level depression in childless couples undergoing treatment for infertility **Method:** 253 couples undergoing treatment for infertility in two tertiary care hospitals in Pattambi, Palakkad District, Kerala from 2016 Jan-2019 Dec participated in this study. Beck Depression Inventory and Socio-demographic data Forms were used as tools. Frequency and percentages in the evaluation of descriptive data; Chi-Square and Spearman Correlation Test, and ANOVA were used for relationships and comparisons. **Results:** This study shows Depression in 43.87% women and 30.43% of men among the infertile couples. Women are found to have higher level of depression than men. The duration of married life doesn't influence the level of depression in the male partner but women in the 3-5 years married life group show the higher levels of depression



than other groups. When husband's depression was increasing wives', depression is found to increase, some other interesting findings are also discovered. **Conclusion:** Infertile couples show significant levels of depression and this fact requires consideration in the management of infertility.

**Keywords:** Depression; Infertility; Infertility Treatment; Couples.

## The Effect of Mindfulness Based Cognitive Therapy on Anxiety and Resilience of the School Going Early Adolescents

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**Background:** Anxiety is the most common psychological problem or disorder found in school-going children. The psychological intervention directed towards high-risk populations at an early stage of adolescence can prevent mental health problems. **Objective:** The study aimed to assess the applicability and effectiveness of mindfulness-based cognitive therapy (MBCT) on resilience and anxiety of school-going adolescents. **Method:** This quantitative research study used pre, post and follow up with randomized control group design. The sample aged between 10 to 14 years selected through a simple randomized method was 65 early adolescents, of which 33 adolescents are in the treatment group and 32 adolescents in the control group. The sample was collected from one of the schools in Ghaziabad, Uttar Pradesh. The following measures; Preliminary Identification Performa and Clinical Interview Schedule (PI&CI,) General Health Questionnaire ñ 12 (GHQ-12), Spence Children's Anxiety Scale (SCAS), Brief psychiatry rating scale (BPRS- C) were used as screening tools. The outcome measures were Child and Adolescent Mindfulness Measure (CAMM), Spence Children's Anxiety Scale (SCAP), Bhartiya university resilience scale (BURS). A ten week-long manualized packed of MBCT C was administered as an intervention. The Data was analysed using SPSS 24. **Results:** The findings suggested the significant effectiveness of the MBCT C in reducing anxiety and increasing mindfulness and resilience. **Conclusion:** The study can help in the prevention, improvement and treatment of anxiety of the early adolescent which can cause other mental health comorbidities like stress and depression. This as a treatment is a self-managed simple and effective technique and therefore it plays a key role not only in reducing anxiety but also in growth and development.

**Keywords:** Mindfulness Based Cognitive Therapy, Anxiety and Resilience

## Relation of Mindfulness Practices with Romantic Relationship Satisfaction: Implication in Marital Counselling

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**Background:** This paper begins with the clarification of the psychological aspects of mental health, mindfulness and relationship satisfaction. Afterwards, it discusses the mindfulness-based interventions. **Objective:** This paper aims to ascertain the relation of mindfulness practices with romantic relationship satisfaction in couples as a treatment intervention in marital counselling. **Method:** The present paper integrates the relevant literatures from the last decade. The narrative literature review method was used to describe the findings. **Result:** Research on the



relation of mindfulness practices with romantic relationship satisfaction is identified. Mindfulness plays helping role in dealing with partner acceptance, intimate relationship, romantic relationship well-being and couple coping with disorders. **Conclusion:** These studies shows that the struggle in specific aspects of relationship can cause the relationship dissatisfaction in couples. Mental health practitioners and counsellors can add mindfulness practices as an aid in marital counselling for improving the romantic relationship satisfaction.

**Keywords:** Relationship Satisfaction, Mindfulness Practices, Mental Health

## Having OCD is Not Fun; Acceptance and Commitment Therapy as an Intervention for Patients with OCD.

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**Background:** Obsessive compulsive disorder (OCD) is a common, chronic and long-lasting illness. Acceptance and Commitment therapy offers an alternative to traditional psychotherapies, and it involves the client directly experience the problematic emotion i.e., anxiety, depression etc. **Objective:** The aim of the study was to see the effect of Acceptance and Commitment therapy on patients with OCD and compare the effect of ACT on Obsessive and compulsive symptoms, thought control, thought and action fusion, acceptance and action, and depression. **Method:** Total 62 patients of diagnosis of OCD as per DSM-5/ ICD-11 criteria of age range between 18-60 years, duration of illness less than 2 years, both genders, literate and illiterate belonging from rural and urban population were included in the study. For Pre and Post assessment Y-BOCS (Yale Brown Obsessive and compulsive scale), Hamilton Depression Rating Scale, Acceptance and Commitment Questionnaire, Thought Control questionnaire, Thought and Action fusion questionnaire was used in this study and ACT was used for the management. **Results and conclusion:** Results obtained in this study are suggestive of that ACT is fruitful management technique for the patients of OCD by encouraging the individual to accept and integrate into their existed experiences, challenging affective responses and to recognize and eliminate the controlling dimensions.

**Keywords:** Obsessive Compulsive disorder, Acceptance and Commitment therapy, Depression.

## Efficacy of Positive Therapy on Fear of Recurrence in Head and Neck Cancer Patients

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**Background:** Fear of Recurrence or progression are one of the major concerns as well as challenge for the head and Neck Cancer patients that influence the patient's ability to adjust and cooperate with treatment as well as daily life. **Objective:** of this paper to investigate the effectiveness of Positive Therapy on the Fear of Recurrence/ Progression of Head and Neck Cancer patients. (i) Fear of Recurrence is higher side before the Intervention. (ii) Fear of recurrence is mild/lower side after Intervention. **Method:** Thirty patients were taken for the study on OPD and follow-up basis, pre and post assessment was done before and after intervention. Sample size=30, for pre and posttest design and purposive sampling method were used. NCCN Distress Thermometer (DT) screening tool used for identification and then Fear of Progression Questionnaire Short Form (FOP-Q-SF12,) used to check pre and post level of Fear of recurrence in HNC. Mehnert et al. (2006) developed a unidimensional short form, using a

sample of breast cancer patients. This abbreviated version, FoP-Q-SF, comprises 12 items pertaining to four of the five subscales (excluding coping). Positive Therapy used for the psychological intervention which is developed by Hamaltha Natesan, 2002. Positive Therapy is a package combining Western Techniques based on Cognitive Behavioral Therapies and Eastern Techniques based on Yoga, helps people develop a pleasing personality and a positive perception. Duration is 8 weeks, 1 hr per session done. **Result:** At the baseline, the most common symptoms presented was Anxiety, worry + fear, and 60% of the sample reported at least three co-morbid symptoms. Post Positive Therapy, the number of those experiencing clinical anxiety, fear + worry decreased. Descriptive analysis and Paired t-test were used as statistical analysis. **Conclusion:** These findings confirm the high rate of symptoms co-morbidities among HNC patients and highlight strong association between fear of recurrence and treatment cooperation and level of tolerance during treatment. Positive Therapy is effective in reducing anxiety, fear and worry which help patient to cooperate and tolerate treatment well.

**Keywords:** Cancer Patients, Fear of Recurrence/Progression (FOR/P), Positive Therapy

## Does Gym Workout aid in Smoking Cessation through Escalation of Metacognitive Awareness

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**Background:** Gym workout is strengthening its value among adults, meanwhile smoking has become a prominent habit to them. Since exercise has emerged as a promising aid for smoking cessation and it has been used a tool for improving metacognition, work indicating reduction of cigarette craving and withdrawal symptoms and relationship of exercise interventions and metacognition frames **Objectives:** the current study which tries to answer that does gym workout may escalate the awareness of metacognition while aiding cessation of smoking? **Methods:** A total of 120 smokers were selected from various gyms who were working out daily. Their smoking history, patterns and demographics were recorded along with the assessment of their metacognitive awareness. After the baseline 3 months of working out in the gym daily, participants were again assessed on the same measures and scores were compared using appropriate statistics. **Result:** Results indicated that gym workout aids in cessation of smoking along with escalation in metacognitive awareness. **Conclusion:** These novel findings offer significant evidence suggesting that gym workout can effectively be chosen for cessation of smoking while escalating awareness of metacognition in adults.

**Keywords:** Gym workout, Smoking Cessation, Metacognitive awareness

## Pain Locus of Control among Angina Pectoris Patients

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**Background:** Pain locus of control (PLOC) refers to beliefs to pain control and management, and incorporates the same constructs of internality and externality. It refers to the degree of control individuals believe they have over their pain experience and encompasses three dimensions: internality, powerful others and chance. **Objective:** This study investigated the association of pain locus of control with Angina pectoris. **Method:** 2 x 2 factorial design with two groups (Angina pectoris patients and control group) and 2 genders (male and female) was planned. Sample consisted of 50 male and 50 female Angina Pectoris patients of the age range of 40 to 55 years, diagnosed



by the cardiologists from various hospitals / private clinics of Varanasi, Minimum education the patient group was at least high school and they were suffering from Angina Pectoris at least for the preceding one year period. Patients with a history of psychiatric or any other psychosomatic disorders were excluded from the sample. Another group of 50 male and 50 female controls of the same age range and education was also included in the sample as control group. Hindi Adaptation of Pain Locus of Control Scale (Kumar, 2000) was administered to these groups individually. **Results:** It was found that Angina Pectoris patients are externally controlled and the experience of pain in Angina Pectoris is governed more by powerful others as compared to the control group. **Conclusion:** Summarizing the findings of this research, it may be concluded that Angina pectoris patients are externally governed in the experience of pain as compared to the control group which reflects that the internal belief system of angina pectoris patients requires strengthening, to enable them in managing their pain condition in a better way.

**Key Words:** Pain Locus of Control, Internality, Chance, Powerful others, Angina Pectoris.

## Socio-Demographic Correlates of Persons with Schizophrenia Seeking Care at Hospital: A Cross Sectional Study

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**Background:** Schizophrenia is a chronic and serious psychiatric illness affecting about one percent of the world's general population. It needs continuous care as it is commonly a life time disorder. Multiple factors influence help seeking nature of these groups of patients and these needs to be studied. **Objective:** This study was undertaken to identify the socio-demographic correlates of schizophrenia in a group of patients attending a hospital in Dehradun, Uttarakhand. **Method:** This cross-sectional study was carried out at the outpatient department of a psychiatry at Shri Guru Ram Rai Institute of Medical and Health Sciences, Dehradun, India. All the study subjects satisfying the inclusion and exclusion criteria were diagnosed by a Consultant Psychiatrist were taken. Written consents were obtained from each participant. Socio demographic and clinical parameters were collected in a pre-designed pro forma. Data analysis was done by Statistical Package for Social Sciences (SPSS) version 28.0. **Results:** A total of 120 cases were included in the study. Majority of the sample were males, was in age group of 20-39 years and were mostly from urban areas from nuclear family type. Mostly the subjects were literate, Hindu and from upper middle class. **Conclusion:** Schizophrenia is a disease of the young. The help-seeking nature of this disorder may be influenced by many socio economic factors including gender, age, socio economic condition, marital status, family type, occupation and clinical status of the patients.

**Keywords:** Schizophrenia, Socio Demographic Correlates, Help seeking.

## Cognitive Behavior Therapy-Insomnia: Neuropsychological Aspects in Schizophrenia

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**Background:** Schizophrenia is a relatively common, chronic, and frequently devastating psychiatric disorder, affecting about one percent of the world's general population. According to Kraepelin mental efficiency is always



diminished to a considerable degree. The patients are distracted, inattentive. They cannot keep the thought in mind. **Objective:** To see the effect of cognitive behavior therapy on Neuropsychological profile in Schizophrenia with Insomnia. **Method:** This is a comparative study and was carried out at the outpatient department of psychiatry at Shri Guru Ram Rai Institute of Medical and Health Sciences, Dehradun. Total sample (n=40) satisfying the inclusion and exclusion criteria, diagnosed by a Consultant Psychiatrist were taken and were divided into two groups, Group-A (n=20) was given CBT-I along with TAU. Group-B (n=20) was given only TAU. CBT-I had four sessions, per session of 45 min once in a week for a month. All India Institute of Medical Science (AIIMS) Comprehensive Neuropsychological battery in Hindi (Adult form) by Surya Gupta et al (2000) was used to assess Neuropsychological profile. Data analysis was done by Statistical Package for Social Sciences (SPSS) version 28.0. **Results:** CBT-I showed statistically significant improvement in MEMORY SCALE, also in PSQI, WHOQOL, WEMWBS, GAF, MFI in Schizophrenia with Insomnia. **Conclusion:** Relationship between neurocognition and functioning have encouraged efforts to develop new pharmacological agents and novel psychological interventions targeting these variables directly. This type of intervention is efficacious and effective alternative to improve life skills in patients with schizophrenia.

**Keywords:** Schizophrenia, Cognitive Behavior Therapy -I, Neuropsychological profile.

## Development of Psychosocial Rehabilitation Module for Juvenile Delinquents: A Reformative Approach of Reintegration

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**Background:** Children are considered as the future citizens of the country under the National Children Policy, 1974. However, the rate of crime committed by children has been increased significantly in today's times, and subsequently a major turnover in the number of juvenile delinquents is observed. The offense committed by these children ranges from minor offenses such as stealing to major offenses such as murder, smuggling to molestation. Many of the studies have reported that juvenile delinquents once released from the juvenile homes again get involved in criminal offenses because of un-acceptance and maladaptive practices on the part of the society and family itself. Therefore, a great need is observed to identify the issues, and challenges faced by Juvenile Delinquents to reintegrate them into society post imprisonment. **Objective:** The present study aimed to develop the psychosocial rehabilitation module for Juvenile delinquents to reintegrate them in their society post-imprisonment. **Method:** A meta-analysis was done to explore the various domains of psychosocial rehabilitation which could be incorporated in the rehabilitation module. In view of above, the activities pertaining to each of the domains were identified and executed through the intensively designed and structured rehabilitation module to facilitate the psychosocial adjustments of juveniles in their society. **Result:** The Psychosocial Rehabilitation Module was proven to be effective in facilitating the psychosocial adjustment in each of the domains of the life among juvenile delinquents and significant difference was observed in their Quality of life and psychological wellbeing. **Conclusion:** An intensively designed and structured psychosocial rehabilitation module may help effectively in improving the quality of life and psychological wellbeing among juvenile in their society.

**Key words:** Juveniles Delinquents, Psychosocial Rehabilitation, Post-imprisonment.





## Depression and Psychosomatic Pain Experience among Senior Citizens in Jaipur City

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**Background:** Depression is a devastating low feeling with extreme lack of energy, interest, confidence and enjoyment of life. Psychosomatic pain is caused when emotional and mental stress makes an individual physically sick. **Objective:** The present research attempts to investigate the relationship between depression and psychosomatic pain among senior citizens in Jaipur city. **Method:** The sample of the study consisted of 300 subjects (female=150, male=150) from Jaipur (Rajasthan). Their age ranged between 65 years-75 years. They were all retired and belonged to middle and high socio-economic status. A correlational research design was being used. Beck Depression Inventory and especially designed Psychosomatic Symptom checklist were used. The data obtained were analyzed by using Mean, Standard Deviation and Product Moment Correlation. **Results:** The Mean was 11.45, SD= 5.57 and Correlation =0.62. The findings of the results show that there was a positive relationship between depression and psychosomatic pain. **Conclusion:** It can be concluded that depressed senior citizens experienced unexplained psychosomatic pain which had no medical evidence.

**Key words:** Depression, Psychosomatic Pain, Senior Citizens.

## Level of Awareness about ADHD among the School Teachers

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**Background:** Attention Deficit/Hyperactivity Disorder (ADHD) is the most common disorder among children these days. It is a neurological disorder which people are not aware of and blames the child all the time. Not only the common people but the teachers, being surrounded by children are not aware about the disorder. They show dissatisfaction and disappointment in the child and the child gets scolded by the teacher in front of the other children in class and parents at home which doesn't go well with the child's mental health and he suffers from low self-esteem, conduct disorder and defiant behavior. If the problem of ADHD is not taken seriously, studies and personality of the child gets affected to a great extent in the future which he may not be able to overcome throughout the life. **Objective:** The aim of the study was to check the level of awareness about ADHD among the school teachers. **Method:** 100 teachers were chosen for the study randomly to check whether they are aware of Attention-Deficit/Hyperactivity Disorder. A questionnaire schedule was developed as a tool for the study to collect the data from the teachers containing basic awareness questions related to ADHD. **Result:** On the basis of the study it was found out that most of the school teachers were not aware about the ADHD and they were always confused about the children's behavior who showed the symptoms of the disorder. Result also showed that the teacher who were trained as primary school teachers such as JBT, DIET, Basic Teacher Training etc. were able to understand to some extent about the disorder because these areas were covered in the curriculum of their teacher training program but the teachers who had done B.Ed were not able to understand the disorder at all. **Conclusion:** Schools are advised to organize workshops from time to time to make teachers aware about the disorder. It is also an advice to the government to make the desirable changes in the curriculum to make these areas part of the curriculum so that teachers get the knowledge of these areas before they join the school and they would be equipped with the knowledge to deal with the children who are suffering from the disorder.

**Keywords:** ADHD, Neurological Disorder, Conduct Disorder, Defiant behavior, Curriculum

## Psychoeducation as an Interventional Tool in the Management of Schizophrenia and the Well of Caregiver

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**Objective:** of the current study was to understand the role of psycho-education in the management of Schizophrenia and the Wellbeing of caregivers. **Method:** The sample size of this study was 40 in total, 20 participants from each group: experimental group where psychoeducation given to respective care givers & control group where psychoeducation is not given. The present study has 2 groups, experimental & control group, with pre and post design. An interval between pre and post procedure was at least 1.5 month and not more than 2 month. 5 sessions of psycho education was conducted with interval of 7-10 days. All patients were already diagnosed by professionals and the respective caregivers of the patients are included in the study. The tools used to measure were-1: Socio-demographic data sheet 2: Emotional Self Rating scale (Ekman et. al., 1990) 3: RYFF's Psychological well-being scale 4: Positive and Negative Syndrome Scale (Kay, Fiszbein, & Opler, 1987). The data was analyzed using descriptive statistics- Mean, Standard deviation (SD), and Analysis of variance (ANOVA) to understand the role of psychoeducation in an experimental group. **Results & Conclusion:**It indicated thatpsychoeducation offered to the caregivers might result in better well-being among caregivers and improvement in symptom management of patients as a result of psychoeducation offered to caregivers.

**Key words:** Psychoeducation, well-being, schizophrenia, family caregiver

## Access Bar Therapy: A Review

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**Background:** Access Bar therapy as a technique, was introduced by Gary Douglas in 1990. Access Bar therapy is a hands-on energy healing process. It unlocks energy centres or bars, located on the head; using gentle touch. **Aim:** To explore the current status of access bar therapy and its efficacy in managing psychological problems. **Method:** In-depth review of literature was done to find the research data focusing on access bar therapy to manage the psychological problems. **Results:** TheReview suggest that access bar can be used as a therapy for various ailments as well as for managing the psychological problems. **Conclusion:** The efficacy of Access bar therapy has been documented, however the empirical data is very less, so more research evidence is required for this newer modality of therapy.

**Keywords:** Access Bar Therapy, Psychological Problems.

## A Study on Internet Addiction, Psychological Well-Being and Self-Esteem among Adolescents

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**Background:** In recent years, the internet and mobile technology have become increasingly important and essential to the educational and social lives of adolescents. Almost 35% of internet users in India are adolescents.



In many cases this use is becoming obsessive and at the expense of other aspects of their life. **Objective:** To check and compare the psychological well-being, and self esteem of Internet Addicted and Non-Addicted adolescents. **Method-** A sample of 100 adolescents (50 Internet Addicted and 50 Non-Addicted) was randomly collected from Delhi. The tools used in the study are: The Internet Addiction Test (Young, 1998), Ryff's Psychological Well-Being Scale (1995), and Rosenberg Self Esteem Scale (Rosenberg, 1965). The data was analyzed using descriptive statistics  $\bar{x}$  Mean, Standard Deviation, and Analysis of Variance (ANOVA). **Result:** The results of the study reveal that there is a significant difference between the psychological well-being of Internet Addicted adolescents and Non-Addicted adolescents. Also, significant difference was found between the self-esteem of Internet Addicted and Non-Addicted adolescents. **Conclusion:** Overall, it can be concluded that the addiction of the internet is affecting the other domains of life such as self-esteem and psychological well-being of an individual.

**Keywords:** internet addiction, psychological well-being, self-esteem, adolescents

## Psychological Wellbeing, Sleep and Exercise: An Interventional Approach

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**Background:** This paper forms an integral part of a larger effort to widen the construct of wellness to include psychological as well as physiological aspects, and build a national level dataset to drive evidence-based work in the realm of holistic wellness. **Objective:** This paper attempts to understand the relationship between psychological wellbeing and exercise and rest. The aim is to make wellness more holistic and accessible for individuals to actively work upon. **Method:** A sample of 126 individuals in the age group of 23 to 65 years was invited to respond to two scales: Joy Care (2021) which assesses psychological well-being, and Self Care which includes the domains of sleep and exercise. The five domains being evaluated in psychological wellbeing include: perception of self, relational wellbeing, emotional experience, perceived personal growth and life outlook. **Results:** Pearson correlation coefficient between psychological wellbeing and exercise was 0.346, and psychological wellbeing and rest was 0.398, which suggests a significant positive correlation. **Conclusion:** Thus, these results highlight the need for further research in this area and as the dataset is expected to grow multifold, these analyses will be revisited in the near future. The paper intends to encourage a shift of lens towards viewing wellness as a synthesis of psychological and physical wellbeing rather than two distinct aspects. This also brings out how we can include sleep and exercise related interventions in adjunct to existing mental health interventions.

**Keywords:** Joy-care, psychological well-being, exercise, sleep

## Assessment of Specific Learning Disability in Children: A Pilot Study

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**Background:** The growing awareness regarding specific learning disabilities (SLDs) which are usually the cause of academic difficulties & ridicule faced by children is gradually rising with a slow drift, though a lot still has to



be done regarding the management factor especially in country like India. **Objective:** The aim of the current study is to assess the SLDs in the clinical population at the Pediatric Clinic, New Delhi using the National Institute of Mental Health and Neurosciences SLD index and subsequently to assess the children's other psychological functions (IQ) using a battery of tests. **Method:** Thirty children in the age range of 7-14 years (both boys and girls) are recruited, diagnosed clinically as per ICD -10 and assessed using the battery of tests for SLDs and other psychological tests consisting of the Colour progressive Matrices (CPM), the Bender visuo-motor gestalt test and Malin's intelligence scale for Indian children. **Results and Conclusion:** The study revealed deficits in all the areas including, reading, writing and arithmetic with combined disability being most prevalent, also higher number of male participants in SLD group.

**Keywords:** Specific Learning Disability, Intelligence Quotient

## Pilot Study on Effectiveness of Cutting-Down Programme for Managing Non-Suicidal Self Injury among Adolescents

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**Background:** Cutting Down offers a practical and accessible programme for mental health professionals working with young people who self-harm. **Objective:** To examine the effectiveness of the cutting-down programme (CDP) in reducing frequency and intensity of NSSI acts and urges in adolescents, To examine the effect of the CDP on depressive symptoms, dysfunctional attitudes, emotion regulation, experiential avoidance, and global functioning in adolescents with NSSI, To examine the association of patient motivation and patient perception of therapy with therapy outcome in adolescents with NSSI. **Method:** The present research involved 2 adolescents with non-suicidal self-injury (NSSI) who presented to the Department of Child and Adolescent Psychiatry, NIMHANS, Bangalore, and were selected using convenience sampling. They were assessed using MINI Kid Screen 7.2, FASM, the Clinician Rated Severity of NSSI (APA, 2013), MSI-BPD, KADS-6, DERS-18, DAS-SF1 & 2, AAQ-II, CGAS, and CMOT. Additionally, the patients were assessed on a semi-structured interview to assess NSSI every week. The CDP was delivered; and post-assessments were done. **Results:** The CDP was effective in reducing the NSSI among adolescents, along with improving depressive symptoms, dysfunctional attitudes, emotion regulation, experiential avoidance, and global functioning. **Conclusion:** The CDP is found to be an effective intervention for NSSI, and the patient motivation for therapy is related to the therapy outcome for both adolescents.

**Keywords:** Non-suicidal self-injury, Cutting Down Programme (CDP), Adolescent

## Role of Trauma and Intolerance of Uncertainty in Obsessive Compulsive Disorder

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**Background:** Obsessive compulsive disorder (OCD) is characterized by obsessions and/or compulsions. Researchers have implicated the role of traumatic events in formation of negative schemas. Trauma can make an



individual display a greater degree of intolerance of uncertainty, making them believe that they lack sufficient problem-solving skills to manage unfavorable situations that could evoke distress, often can lead to increased ritualistic and compulsive behavior. They tend to believe that uncertainty, newness, and change are intolerable because they are potentially dangerous. This uncertain nature of these thoughts often can lead them to repeat the actions in order to be sure. **Objective:** The aim of this study was to assess the trauma, intolerance of uncertainty in individuals with OCD. **Method:** The sample consisted of 100 participants, 18-55 years of age, 50 OCD patients having a history of trauma, and 50 OCD patients without history of trauma, both the groups had participants meeting the ICD 10 diagnostic criteria for OCD. Participants were matched on age and gender. Each group was assessed for Intolerance of uncertainty and severity of OCD. **Results:** Results indicated significantly higher Intolerance of uncertainty in OCD patients with a history of trauma as compared to the other group. Furthermore, OCD patients with a history of trauma also displayed higher OCD severity. **Conclusion:** It can be indicated that trauma plays a significant role in symptom presentation as well as severity of OCD this can be further helpful in its management.

**Keywords:** Obsessive Compulsive Disorder, Trauma, Intolerance of Uncertainty

## New-Age Teratogens and Their Impact on Health of Pregnant Mothers and Fetus: A Review

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**Background:** Teratogens can be understood as any agents predisposing the health of the pregnant mother and fetus to potential risk or harm. Already known teratogens include; bacterial infections, viral infections, environmental pollutants, radiation, tobacco products and alcohol. They produce functional or physical defects to the human embryo or fetus once the pregnant woman encounters its exposure. **Objective:** To review the current researches focusing on new-age teratogens and their effects on the health of pregnant mothers and fetus. **Method:** In-depth literature review was done. Researches were analyzed to understand the current status of new-age teratogens and their effect on health of fetus and pregnant mother. **Results:** The findings indicate the significant negative impact of electronic devices upon the health of the pregnant mother and therefore, the fetus. **Conclusion:** The research highlights laptop and mobile phones as possible teratogens exposing the health of the pregnant mother and fetus to functional and physical developmental risk. Further, the research aims to encourage interventions in the field.

**Keywords:** Teratogens, Pregnant Women, fetus

## Recent Advances in the Psychological Treatment of Separation Anxiety Disorder

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**Background:** Separation anxiety disorder is characterized by excessive and developmentally inappropriate fear of being away from an attachment figure. Attachment figures are usually parents, but may also be siblings, grandparents, or other caregivers. There is an avoidance of such separations, and traditional beliefs about the



consequences of being apart from their caregiver. Separation anxiety disorder exhibits multiple etiology. It can present due to genetic factors, early temperament of the child, family and environmental factors. **Objective** This research paper reviews the current psychological treatment modalities for Separation anxiety disorder. **Methods:** Studies were identified and selected for inclusion if they primarily examined psychological treatments for SAD. Based on this, the review includes 14 articles covering a broad range of psychotherapeutic treatments such as Cognitive Behavior Therapy (4 studies), Play Therapy (4 studies), Family Interventions (4 studies) and other interventions (2 studies). The findings of these studies have been critically reviewed. **Results:** The studies provide evidence that psychological treatments aim to work at improving dysregulation of anxiety and reduction of symptom severity that can pose an obstacle to recovery. The outcomes most often measured in these studies were sadness and anger management, cognitive emotion regulation strategies, and improvement of mother child relationship. Different psychotherapeutic modalities have reported significant increase in ratings of these measures with better functional outcomes thereby indicating their efficaciousness. **Conclusion:** There is moderate evidence for the effect of psychological treatments for SAD. Review evidence suggests that psychotherapeutic modalities may result in significant decrease of anxiety symptoms that have been correlated with poor emotion regulation strategies. Further studies are suggested to be conducted on larger sample size.

**Keywords:** Separation Anxiety Disorder, Psychological treatment.

## Role of Psychotherapy for Restoring Patient Functioning & Well-being in Bipolar Disorders

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**Background:** Bipolar Disorder previously known as manic-depressive psychosis (MDP) is a serious mental health condition. As the name suggests, this illness is defined by significant episodic deregulation of mood which negatively affects the thought process, activity level, self-care, relationships, overall socio-occupational functioning, quality of life and wellbeing of the concerned patients. For decades pharmacotherapy was the only known treatment modality for bipolar disorders. As medicines alone weren't found to be effective in bringing long term treatment outcomes, clinicians later resorted to psycho-education and some family interventions. The role of psychotherapy however was largely undervalued. Though attention and inclination to bipolar specific psychotherapeutic interventions is relatively recent the results are promising for restoring overall patient functioning and wellbeing. **Objective:** To explore the role of psychotherapy for restoring functioning and wellbeing in bipolar disorders. **Method:** The present paper highlights three cases of patients with bipolar disorder where desired long term treatment outcomes could be achieved when psychotherapy was coupled with medicines. **Results & Conclusion:** The insights are helpful in understanding the process of psychotherapy in bipolar disorders and to encourage the adoption of the same as a vital mode of therapy in clinical practice for patient care and welfare.

**Keywords:** Psychosocial rehabilitation, Bipolar Disorder



## Recovering from Disabling Dismorphophobia with Psychotherapy: A Case Report

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**Background:** Dismorphophobia also known as Body Dysmorphic Disorder (BDD) is a mental health condition characterized by repetitive, intrusive and disturbing thoughts about imagined flaws of the body's structure or appearance. As a consequence, patients remain distressingly preoccupied with their perceived body defects and constantly attempt to abolish them with various body correction treatments. This disorder is known to cause severe distress, socio-occupational dysfunction and in many chronic cases it hosts co-morbidities like depression.

**Objective:** To discuss the psychotherapeutic process: from disability to recovery with a 31 years old male who was suffering from BDD for 11 years and had complete social-occupational dysfunction for about 3 years. **Method:** Case study method was used. **Results and Conclusion:** Psychotherapy was found to be effective in managing Dismorphophobia. The details of the case with pertinent insights shall be discussed during the presentation.

**Keywords:** Dismorphophobia, Body Dysmorphic Disorder, Psychotherapy, Disability

## Systematic Review of different factors addressing Internet Gaming Disorders (IGD)

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**Background:** Excessive Internet usage and video gaming among children and adolescents is a severe health concern. Excessive Internet usage at a younger age makes children more vulnerable to several health and psychosocial consequences. **Objective:** In this review, the authors have attempted to present a systematic review of empirical studies addressing the internet gaming disorder (IGD) focusing on different factors like conceptualization, demographic aspects, psychometric tools and methods, psychological risk factors, consequences of IGD, therapies and future research directions. This paper will further provide useful information on various upcoming prevention and treatment. **Methods:** A computer database search of PubMed, ScienceDirect, ResearchGate, Google and Google Scholar were conducted to identify all available research evidence on Internet gaming disorder and its factors. There were 80 papers were found but with relevance to our study only 25 studies had been included in the studies. **Results & Conclusion:** Males are generally understood to be higher risk of developing IGD. Persons with IGD reported higher chronic stress as well as psychopathological comorbidly. Since the introduction of IGD in DSM-5 and ICD -11, there are still untouched areas of IGD and its harmful mental health impacts. Not only it is an urgent need for an appropriate and authoritative health care policy, but there is also an urgent need for awareness-raising and the development of specialist clinics around the world to offer alternatives to get out of virtual reality.

**Keywords:** Internet Gaming Disorder, DSM-5, ICD-11



## Psychopathological Sensitivity among Offspring of Parents with Mental Illness

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**Background:** Parental mental health apart from familial stress factors have a lifelong effect on the mental health of the offspring. When the parents are mentally unwell, it can be difficult for them to explain those difficulties to their offspring about what is happening to them and even for the offspring to make sense of their parents' behaviors it is an endless exercise. Parents and children of young people often feel isolated and unsupported when the parent is not mentally sound because it certainly increases distress and anxiety across the family. **Objective:** Since adolescent offspring are perceived as very sensitive people and if by chance their parents are afflicted with psychological problems, they need to be taken care of at a priority basis. Therefore, these offspring have been taken to assess the Psychopathology in their behaviour due to the impact of parental mental illness. **Objectives:** The main objectives of this study are: to assess their intelligence, anxiety level, personality organization and related personality traits. **Methods:** Measures used are 1. Raven's standard progressive matrices (RSPM), 2. Sinha's Anxiety Scale (SAS), 3. Eysenck's Personality Questionnaire (EPQ) 4. 16 PF Questionnaire. **Results & Conclusion:** Results of the study pinpoint the significant psychological characteristics among the adolescents. The results of this investigation are giving the scope of sensitization of parents' well-being, and the afflicted family is required to find out the stable support for these adolescents through the relatives of the families who can take care of such children. Besides, the continuous concern for the afflicted parents is an immediate necessity because it is assumed that if parents' mental health improves then also the family environment will be improved and a regular availability of supportive relatives will certainly enhance the mental well-being in a holistic manner.

**Keywords:** Parental mental health, Psychopathological Sensitivity, family environment.

## Efficacy of Intervention Module in Self Esteem and Quality of Life in Adolescents with Depression

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**Background:** Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy and poor concentration. Depression in childhood and adolescence may be similar to adult major depressive disorder, although younger sufferers may exhibit increased irritability or aggressive and self-destructive behaviors, rather than the all-encompassing sadness associated with adult forms of depression. At its worst, depression can lead to low self-esteem and poor quality of life. **Objective:** The present study aims to overcome the level of depression as well as improve self-esteem and quality of life among adolescents with depression with the help of intervention module. **Method:** The sample comprised 20 school going adolescents with mild to moderate level of depressive symptoms. Further these adolescents divided into two groups as experimental group and control group. Tools used Reynolds Adolescent Depression Scale-2, Global Adjustment scale (Student Form) and Rosenberg Self-esteem Scale. **Result and Conclusion:**





Result of the current study revealed that intervention module is effective for adolescents with depression in experimental group to reduce depressive symptoms and to improve self-esteem and quality of life in comparison of control group.

**Keywords:** Depression, Self-esteem, Quality of life, Adolescents

## Recent Advances and Challenges in the Psychological Management of Attention Deficit Hyperactivity Disorder

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**Background:** Attention-deficit/hyperactivity disorder (ADHD) is a behavioral disorder characterized by functional impairments in the areas of impulsivity, hyperactivity, and/or inattention, is one of the most frequently identified psychological disorders of school-age children and adolescents. Symptomatic behaviors of inattention and/or hyperactivity-impulsivity disrupt development of self-regulation skills; negatively impact academic performance and achievement; are associated with higher-than-average risk for special education eligibility, grade retention, and school-dropout; and lead to problematic relationships with peers and authority figures (e.g., parents, teachers). There is a gap in research on Attention-Deficit/Hyperactivity Disorder (ADHD) and its psychological management in the Indian context. **Objective:** The aim of this chosen review is to highlight current advancements and challenges in management of ADHD. **Results:** Although stimulant medications represent an evidence-based approach to managing ADHD, psychosocial interventions for child/adolescent ADHD target functional impairments as the intervention goal, and rely heavily on behavioral therapy techniques and operant conditioning principles. Evidence-based psychosocial interventions for managing ADHD in children and adolescents include behavioral parent training, school-based interventions relying on behavioral modification, teaching skills, and operant conditioning principles, and intensive summer treatment programs. **Conclusion:** The use of conjoint psychological treatments with ADHD medications may enable lower doses of each form of treatment.

**Keywords:** Attention Deficit Hyperactivity Disorder, Behavioral Therapy, Parent-Management Training

## Therapy in India: A Look into the History of Indian Psyche and Re-Understanding Therapy

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**Background:** When we think of therapy, it is often learned from texts by old white men. The personal perspectives often leave behind not only the voices of the women but also of people with different lived experiences. Therapy is no longer the stoic person sitting in front of you analysing, listening, and creating inferences. It is time to understand therapy in the 21st century from a different lens and see what therapy can mean in the Indian context. **Objective:** How therapy is often different for different people. It is also to look back at the shamans, babas and palm readers as an influence in the healing context. **Method:** Literature review into understanding shaman culture in India and talking to 2 women and 2 men at different stages of their life (elders and young adults) who are in therapy and studying what therapy means to them. Also looking at older texts which define therapy and healing cultures of Eastern world, mainly in terms of faith and local healers. **Result:** Therapy means different things to different people, and this is the objective of this paper too. To understand that one doesn't need a



specific reason to go to therapy but also for the therapists, to step out of the rigidity sometimes. **Conclusion:** A better look into what therapy looks like in the future, especially with the pandemic and increased demand for therapy.

**Keywords:** Decolonizing Therapy, Therapy in India, Healing

## Efficacy of Video Induction Method to Induce Positive Affect Among Young Adults

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**Background:** Mind possesses different types of emotions which can be characterized into positive and negative emotions. Through environmental factors, emotions can be channelled and experienced by the person. With the positive affect the person can improve their coping abilities, promote social adaptation, and easily solve conflicts of their life. Evidence of past researches has concluded that emotions can be experimentally induced among gender with the help of emotion induction methods. **Objective:** The present study has three main objectives: to study the positive effect on mood, to carry out gender difference in inducing positive mood and whether person is with positive and negative affect state affected by selected induction method. **Method:** In this present research study, video induction method was used to carry out positive effect on N-100 Sample of young adults. Data were experimentally carried out through: Deep Breathing, PANAS, Biological Measure (Pulse Oximeter) and Video Induction Method. The obtained data were analyzed by using SPSS to calculate Repeated Measure ANCOVA. **Result:** Results indicate that video induction method generates positive affect among young adults. Also, there was significant difference between subjective affect rating and biological parameters used in research study. **Conclusion:** Though the present study was restricted to only 100 young adults of Delhi-NCR region, its findings have important psychological implications to help and promote positive growth and help young adults to manage their emotional states.

**Keywords:** Positive Affect, Video Induction Method, and Young Adults

## A Qualitative Analysis on Impulsivity, Optimism, Hopelessness, Aggression and Resilience among Neurotic Patients

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**Background:** To understand the neurotic patients it is essential to understand the Impulsivity, Optimism, Hopelessness, Aggression and Resilience among such patients. **Objective:** To qualitatively analyze impulsivity, optimism, hopelessness, aggression and resilience among neurotic patients. **Method:** To fulfil this objective a meta-analysis was done and the data was collected on the basis of a comprehensive search that was carried out in nine academic databases. After a stepwise screening procedure, 159 studies were eventually included: 74 studies in the meta-analysis on impulsivity and aggression in neuroticism; 51 studies on hopelessness among neurotic patients; 34 studies on optimism and resilience among neurotic patients. With the help of secondary data obtained from journals such as Elsevier, articles from Scencedirect and Pubmed along with psychology magazines like frontiers, the results disclosed that there were differential levels of impulsivity, optimism, aggression, hope and resilience

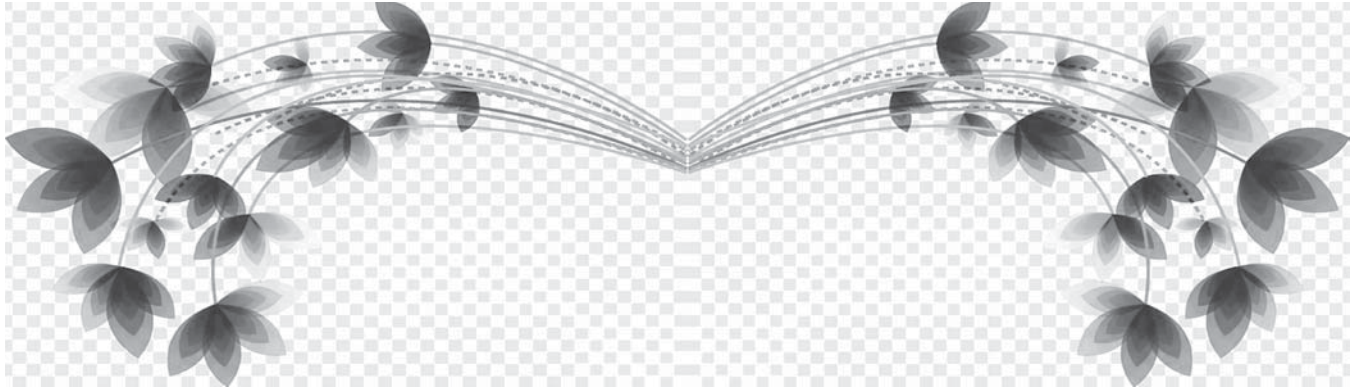


among the patients of Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Phobia and Major Anxiety and Depressive Disorder. **Results:** There was a significant difference seen between the levels of impulsivity, optimism, aggression, hope and resilience among the patients of GAD, OCD, Phobia and MADD on the basis of duration of their treatment. There was significant difference of psychological impact in patients diagnosed with anxiety spectrum disorders (GAD, OCD, Phobia and MADD). Gender difference did not turn out significant. **Conclusion:** therefore, it can be deduced that more studies based on neurotic patients along with more empirical analysis on neuroticism needs to be considered to generalize the results observed.

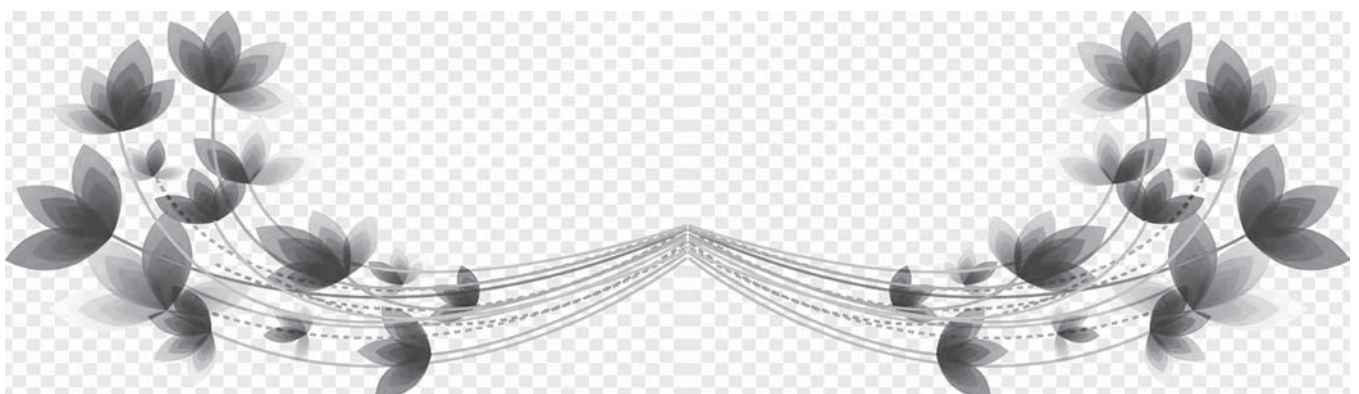
**Keywords:** impulsivity, optimism, hopelessness, aggression, resilience, anxiety, depression, OCD, phobia, neurotic disorder.

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**SUB-THEME:  
COVID-19 PANDEMIC  
& MENTAL HEALTH**







## Impact of Positive Psychological Interventions (PPIs) on the Elderly Population during a Pandemic

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**Background:** When faced with uncertainty, it is natural for people to look for positive outcomes. The emotions, strengths, processes, situations, and connections that promote optimal functioning and thriving in humans are all part of positive psychology. During the COVID-19 pandemic, stay-at-home orders, physical distancing restrictions, enforced personal protective equipment, and quarantine measures for exposed individuals were all necessary, but they inflicted undue stress on individuals, resulting in widespread mental health problems. Loneliness and subjective well-being, as measured by life satisfaction, positive affect, and resilience, has also been intensified, and it was linked to anxiety, sadness, self-harm, suicide attempts, and sleep difficulties. **Objective:** The current research describes a pilot study that included positive psychological interventions for the elderly during the COVID 19 pandemic. **Result:** The issues discussed in this paper are all aspects that can be developed via practise and intention. We can cultivate purpose, self-compassion, coping ability, positive emotions, strengths, and other beneficial results in the hopes that they will last beyond the current crisis and lead to long-term positive consequences. **Conclusion:** Positive psychological interventions based on savouring, gratitude, kindness, empathy, optimism, strengths, and meaning that aim to cultivate positive feelings, behaviors, or cognitions have been found to be effective in improving well-being, happiness, life satisfaction, and positive affect, as well as reducing depressive symptoms, stress, and anxiety.

**Keywords:** Positive psychology Intervention, Meaning in life, Positive Emotions, COVID-19

## Impact of Stress, Anxiety & Depression on Mental Health Patients and General Population's Well-Being during COVID-19

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**Background:** In recent years, there has been increase in the anxiety, depression and other related disorders due to the drastic changes that are taking place in our society because of the advancement in the technology and moreover also because of the outbreak of COVID 19 from last year which is basically resulting from the spread of a severe acute respiratory syndrome coronavirus due to which there has been a severe impact on an individual's well-being. **Objective:** The objective of the present is to explore and investigate the impact of stress, anxiety and depression on an individual's well-being. **Method:** Data was collected using the DASS-21 and General Well-being Index (1998 version) from a sample size of 60. **Result & Conclusion:** The results were analyzed using t-test. It was found that there was a significant relationship between the level of stress, anxiety and depression of mental health patients and the general population on their well-being.

**Keywords:** Well-being, Stress, Anxiety, Depression

## Peer Pressure and Self-Esteem among adolescents during Corona Pandemic: An Analytical study

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**Background:** Peer pressure refers to the influence of people belonging to the same group sharing similar kind of interests, social status and experiences. A person's beliefs and behaviors is likely to be influenced by the members of peer groups. Peer pressure tends to affect self-esteem in Adolescents who are less confident about themselves. The Covid-19 pandemic seemed to affect the self-esteem among adolescents due to lack of interpersonal interactions during the lockdown. **Objective:** The present research was intended to study the level of Peer Pressure and Self-Esteem among adolescents during COVID-19. It was an attempt to study the difference between boys and girls' adolescents. Also, to find out the correlation between Self-Esteem and Peer Pressure among the adolescents during the COVID-19. **Method:** 100 adolescents in the age group of 16-18 years were selected as the sample. Among them, 50 were boys and 50 were girls. Peer Pressure scale by Sandeep Singh and Sunil Saini while Self-Esteem scale by Dr. Santosh and Upinder Dhar were used in this study. **Result:** Results revealed that there has been no significant difference between boys and girls' students on the measure of Peer Pressure and Self-Esteem. Also, Peer Pressure and Self-Esteem among the adolescents has been found positively correlated. **Conclusion:** Conclusively, it can be stated that gender has no effect on Peer Pressure and Self-Esteem among the adolescents.

**Keywords:** Peer Pressure, Self-Esteem, Pandemic

## Impact of social media on body image, Psychological well-being and Life Satisfaction of Adolescents during the Times of Pandemic

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**Background:** Body image identity is an integral constituent of self-identity and with the advancement of technology mediated communication, its impact has become more prominent. Particularly in the times of pandemic, the dependence on social media became more prevalent because of the large amount of time spent at home due to social distancing. Another significant dimension that was added in this process was the complete shift of pedagogical practices in the online mode leading to overall engagement with mass media more and more. Adolescents spending time on social media for a longer duration, with minimized parental guidance or supervision, were found to be more inflicted. This faceless communication led to a state of loneliness, depression, uncertainty and anxieties in their minds, which was left unaddressed; the impact of which percolated deep into the adolescents' minds, resulting in dissatisfaction and psychological illness. **Objective:** This study aims to explore the impact of social media on body image and its implications for psychological well-being and life satisfaction of adolescents. **Method:** The researchers of this paper undertook a qualitative approach and interviewed 10 students, male and female, and the findings indicated varying degrees of dissatisfaction relating to body image and dissatisfaction with oneself. The results were arrived at on the basis of extensive interviews and a thematic analysis undertaken to analyze those interviews. **Results:** The broad themes indicated a sense of fear of missing out (FOMO), loneliness, uncertainty, information overload, lack of satisfaction in social realms, and intimate relations and imposter syndrome. The results showed a significant decrease in the degree of well-being and life satisfaction of adolescents who spent a majority of their time on social media during the pandemic.

**Keywords:** FOMO, imposter syndrome, anxiety, information overload





## To Measure the Impact of COVID-19 Stress on Psychosomatic Symptoms

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**Background:** Since last year, the outbreak of COVID 19 has rapidly spread to most of the countries in this world and has mainly claimed loss of several lives and because of that the World Health Organization (WHO) declared the COVID 19 to be a pandemic and the countries have resorted themselves and has enforced lockdowns to avoid physical contact in order to prevent the spread of the COVID-19 virus. Being forced to stay home, psychologists state that people due to that all across the globe are prone and more susceptible to various kinds of psychological stressors and due to that they may later on develop psychological problems like anxiety, depression and insomnia. **Objective:** The objective of the present study was to explore and investigate the impact of COVID 19 stress on the psychosomatic symptoms of an individual especially after the termination of the second wave. **Method:** Data was collected using the perceived stress scale and the somatic symptom scale-8 from a sample of 250 participants. It was hypothesized that there will be no significant relationship between the impact of COVID 19 stress on the psychosomatic symptoms of an individual. The results were analyzed using t-test. **Result:** The results of the study revealed that there is an increase in psychosomatic symptoms like migraine, headache, hypertension, respiratory elements and a gradual increase in stress levels of individual. **Conclusion:** Through the study we can implicate that recently developed techniques can be implemented on mass population.

**Keywords:** Psychosomatic symptoms, Stress, COVID-19

## Fear of COVID-19 & Cultural Variance: A Correlational Study

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**Background:** When India reforms, the world gets transformed because in our contemporary world, every sixth individual is an Indian. India is considered the oldest cultural civilization which still connects us to the past by means of its traditions, but transition helps a country to connect to the future. **Objective:** The objective of the present study was to investigate the impact of cultural variation and preference of an individual on the perception of COVID-19 pandemic. **Method:** In this study, data was collected using Individualism and Collectivism Scale (Triandis, 1995), Depression, Anxiety, Stress Scale (DASS-21) and Fear of COVID-19 Scale (Ahorsu, Lin, Imani, Saffari, Griffiths, & Pakpour, 2020) on a sample of 200 adults aged 18 and above. It was hypothesized that there will be no relationship that exists between cultural preference of an individual and their perception of COVID-19 fear. **Results:** The results of the following study were analyzed using ANOVA. **Conclusion:** The study will help in identifying whether being individualistic or collectivistic is a contributing factor for higher or lower COVID-19 fear and in formulating specific therapeutic plans for the same.

**Keywords:** Cultural Variation, Individualism, Covid-19



## A Study of Comparison between Perceived Psychological Crisis between Psychology and Non-Psychology Students during COVID-19 Pandemic

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**Background:** COVID-19 is a contagious disease. It is caused by the severe acute respiratory syndrome coronavirus 2 (SARS-COV-2). Due to COVID-19 government of India implemented a national lockdown. COVID-19 pandemic had a huge impact on mental health in all over India. **Objective:** The purpose of the present study was to investigate the comparison between perceived psychological crises between psychology and non-psychology students during the COVID-19 pandemic. **Method:** We conducted an online study during this year when all the colleges and universities are conducting online classes for the students who are attending undergraduate, postgraduate and PhD courses at the different colleges and universities in India. We used DASS-21 and BRS-6 to assess different variables like depression, anxiety, stress and resilience of the students. **Result:** There is a significant difference between psychology and non-psychology college students. Psychology students have better resilience levels than non-psychology students and non-psychology students showed a higher level of psychological crisis (depression, anxiety, stress) than psychology students. **Conclusion:** It can be concluded that psychology students have a higher resilience level as compared with non-psychology students. However, psychology students show lower psychological crisis (depression, anxiety, stress) compared with non-psychology students.

**Keywords:** COVID-19, Psychological Crisis, Stress

## Psychological Capital, Organizational Commitment in Relation to Socio-demographic Variables: An Exploratory Study of Employees Working from Home

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**Background:** Numerous organizations, such as universities and colleges, as well as business institutions, sought to enter the virtual world with no set plan after the outbreak of COVID-19. Work-at-home orders were imposed as a result of the quarantine, and a number of companies were obliged to restructure and rethink their whole system. **Objectives:** 1. To study and compare psychological capital, and dimensions of organizational commitment (affective, normative and continuance) with respect to certain socio-demographic variables of the employees working from home during Covid-19 lockdown, study the relationship among psychological capital and dimensions of organizational commitment in the sample of employees working from home. **Methods:** The nature of the study was exploratory. A purposive sample of 85 employees working from home during lockdown was administered socio-demographic information schedule, psychological capital and organizational commitment scales. The data were collected through google form. Group differences were evaluated by t-test and relation among the variables by product moment method of correlation. **Results:** Significant positive correlation among the organizational commitment dimensions of affective and normative; normative and continuance was observed. On the measure of psychological capital, mean scores significantly differed between both vs single spouse working and manageris mean affect scores significantly differed from non-managerial employees. Due to pandemic people were forced to work from home which was not a normal situation for the employees. **Conclusion:** Despite limitations of

the study, it may be concluded that if both spouses are employed, they exhibited greater level of psychological capital, and managers showed more affect in organizational commitment. However, more systematic research is needed to understand the dynamics of employees working from home.

**Keywords:** Psychological Capital, Organizational Commitment, Work from Home

## Effect of Environmental Control Posed by the Covid-19 Lockdown on Individuals with Alcohol Use Disorders

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**Background:** Measures while trying to slow down the COVID 19 transmission and acquisition gave rise to various psychological and mental health problems in the population due to social isolation, loss of routine etc. There is ongoing evidence that the lockdown and social isolation has an increasing impact on the consumption of alcohol among individuals with alcohol use disorders. **Objective:** This study aims at understanding the effects of the environmental control forced upon individuals with alcohol use disorders during the covid-19 lockdown. **Method:** In this research a sample of male population ranging between the ages of 18 to 64 were taken according to the Inclusion criteria. The subjects were asked to fill a questionnaire while their attendants were asked to fill the same questionnaire separately. It was found that the lockdown forced upon the individuals with alcohol use disorder led to an increase in craving for the substance. Thus, once the lockdown was waved off, the individuals flocked to buy alcohol resulting in a steep increase in the rate of alcohol consumption which decreased after a couple of weeks. **Result:** The overall frequency of alcohol consumption was found to be increased due to the other confounding factors of the pandemic. **Conclusion:** The study further concludes that forced environmental control could lead to temporary abstinence but the addiction bounces back once the substance is available. Hence psychological and biological interventions are still the cornerstone of treatment and the policies of ban on alcohol would not be of help in the long run.

**Keywords:** Alcohol Consumption, Covid-19, Environmental Control

## Impact of COVID-19 Pandemic on Patients with Pre-existing Psychiatric Conditions: A Systematic Review

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**Background:** The coronavirus outbreak has led to the World Health Organization declaring it a pandemic in early 2020. The ramifications of the pandemic on the mental health have negatively impacted the people with a lot of stressors such as unemployment, idleness, work from home, isolation, uncertainty, fear of contracting the virus etc. which adds to the emotional and financial burden on the individual. Furthermore, many studies indicate that the pandemic has a profound impact on the mental health of people who had a pre-existing diagnosis of some psychiatric condition. **Objective:** To review the effect of COVID-19 Pandemic on mental health among patients with pre-existing psychiatric conditions. **Method:** The research articles which studied the impact of ongoing pandemic on patients' psychiatric conditions were included in the study. A meta-analysis and systematic review of

these studies was done in order to explore the impact of COVID-19 on the mental health of patient with pre-existing psychiatric conditions. **Results:** A meta-analysis and systematic review of all the studies included in the review indicated that the symptoms of the patient with neurotic conditions worsened during the pandemic. Some of the factors associated with the worsening of symptoms were reduced interaction with friends and relatives, worry regarding that they might have contracted the virus, delays in delivery of psychotropic medications, unemployment, stressful living conditions, and lastly electronic media highlighting mortality rate. **Conclusion:** The spread of the virus around the world created a situation of panic. An environment full of uncertainty and stressors have impacted the mental health adversely of people from all sectors nonetheless it places people with pre-existing psychiatric conditions into a more vulnerable position and adding to their risk factors of worsening symptoms.

**Keywords:** COVID-19 Pandemic, Mental health, Pre-existing psychiatric condition

## Health of Caregivers of Children with Special needs during Covid-19 Pandemic

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**Background:** Fear and worry have spread over the World as a result of COVID-19 outbreak and lockdown. Families with small children who have developmental delays or other special needs faced various difficulties in this atmosphere. Aside from the common worries about illness, job loss, and social isolation, carers were responsible for managing their children's educational and therapeutic programs at home, frequently without the help of specialists. **Objective:** This paper is aimed at narratively reviewing various articles related to challenges of caregivers of children with special needs and their mental health during covid-19 pandemic. **Method:** We conducted a review and collected articles on health of caregivers of children with special needs during COVID-19 pandemic. Various articles were selected and organized thematically. We put up their major findings under the thematic areas. **Result:** Results suggest that parents of children with special need report significant challenges at home during the pandemic. The anxiety of parents during COVID-19 was significantly higher than before the circumstances. Explaining to children about COVID-19, the associated risk and the need to follow the mandates has increased parents' anxiety. **Conclusion:** From the current study it can be concluded that parents have found homeschooling, working from home, & domestic work to be challenging, and the lack of caregiver support, including grandparents and immediate family members has interrupted access to crucial services adding to their burden.

**Keywords:** Covid-19, Caregivers' health, Special Children

## Impact of Resilience on Occupational Stress and Quality of Life among Medical Health Workers during Covid-19

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**Background:** The Covid-19 pandemic increased workload and stress associated with the disease prevalence have posed a high risk of burnout to health workers. Medical workers were in direct and continuous contact with patients affected by Coronavirus disease 2019 (Covid-19) causing them Occupational Stress and reducing their Quality of Life (QOL). Resilience has potential protective effects against different stressors. **Objective:** This study



aimed to assess relationship with Resilience in relation to relationship with Occupational Stress and Quality of Life among health workers in Covid-19. **Method:** This is a Qualitative study. The sample consists of 100 health Nurses out of which 50 were male and 50 were female. The age range varies from 25yrs to 40 years. Participants were medical health workers of health care centers related to Patna Medical College and Hospital (PMCH) and Nalanda Medical College and Hospital (NMCH). Data was collected through Incidental Cum Purposive Sampling Technique. Quality Of Life (QOLSñSSNN), Occupational Stress Index and Psychological Resilience Scale (PRSñKCYA) was used. After administration the scoring has been done and the result was analyzed qualitatively. **Results:** Results indicate that Occupational Stress and Quality of Life were significantly negatively correlated. Resilience and Quality of Life were significantly positively correlated. Resilience and Occupational Stress were significantly negatively correlated. **Conclusion:** Therefore, it can be concluded that there is a significant difference between male and female health workers at the dimension of Resilience, Quality of Life and Occupational Stress.

**Keywords:** Occupational Stress, Quality of Life, Resilience

## The Quality of Life and Psychological Distress among Wayanad Inhabitants during Covid-19 Pandemic

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**Background:** The Covid-19 pandemic is a major health and mental health crisis that has changed the life of millions globally. The objectives of the study were 1) To identify the quality of work life of Wayanad inhabitants during Covid-19 pandemic, 2) To determine the psychological distress of the Wayanad inhabitants during Covid-19 pandemic, 3) To find the gender difference in quality of life of Wayanad inhabitants during Covid-19 pandemic, 4) To find the gender difference in psychological distress of Wayanad inhabitants during Covid -19 pandemic.

**Objectives:** The present study intends to identify the quality of life and psychological distress among the Wayanad inhabitants during Covid -19 pandemic. **Method:** An ex-post facto research design was used in the study. Convenience sampling method and snowball technique were used to collect data. Data were collected from 315 inhabitants from Wayanad District. The quality of life by WHO and psychological distress scale (DASS21) by Hentry JD, Crawford JR was the tools used in the present study. The data collected will be analyzed using appropriate statistical method. **Result:** Pearsonís product movement correlation and regression analysis were used to analyze the data. The results of this study shows that there is a positive correlation between quality of life and psychological distress. **Conclusion:** Overall, it can be concluded from the study that covid-19 pandemic has led to problems in various aspects of our life. There has been a positive correlation between the quality of life and psychological distress. The more a person is psychologically stable the better the personís quality of life is.

**Keywords:** Quality of Life, Psychological Distress, Covid-19 Pandemic

## Impact of Covid-19 Pandemic and Psychosocial Crisis on COVID Patient in Muzaffarpur, Bihar

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**Background:** COVID-19 is an unpredictable situation for all. It is an infectious disease caused by SARS-COV-2-virus. The covid-19 pandemic has undoubtedly affected the lifestyle and caused unanticipated changes resulting in psychosocial crisis and poor mental health. **Objective:** The purpose of this study is to identify the



psychosocial crisis of the corona infected persons of Muzaffarpur, Bihar. **Method:** Between July 30 to August 30 we telephonically surveyed covid patients in Muzaffarpur Bihar, where psychosocial crisis measured by using self-reporting and anxiety assessed using a G.A.D questionnaire. **Result:** 500 purposive sample from rural and urban area completed the survey where 358 were men, during the covid-19 pandemic in Muzaffarpur, Bihar. 145 people reported to difficulty to health care like accessing medicine, treatment, isolation, quarantine or hospitalization. 89 people reported for work stress like lack of earning, work/life balance, and joblessness. 127 people reported for social relationship. The lifestyle of 138 people affected. 210 people were complaining for well-being, and 165 people felt anxiety. The impact of the psychosocial crisis on a person in a rural area was less as compared to the person in an urban area. **Conclusion:** It can be concluded that there are psychosocial effects on the people infected with Covid in a pandemic; in such situations psychosocial intervention and counselling should be given.

**Keywords:** Covid-19, Pandemic, Psychosocial Crisis

## Psychological Challenges Faced by the Society during Covid-19 Pandemic and Coping Strategies for Holistic Well-Being

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**Background:** The outbreak of Covid-19 has had caused significant psychological, social, and economic consequences globally. Dealing with unforeseen incidents has posed many challenges for the society at large. **Objective:** In this research the main objective is to provide essential insights towards the challenges faced by the marginalized sections of the society during the ongoing COVID-19 pandemic. The instability and uncertainty of the situation has prompted an unfortunate way of life for many especially the elderly, transgenders, and beggars. **Method:** This investigation was based on secondary data and the data reveals how the Covid-19 outbreak has affected the extent to which these people have faced challenges like discrimination and stigma, abuse, mental health concerns, isolation and quarantine, grief due to death of a close family member etc. **Results:** Numerous strategic measures and technological strategies can be initiated by positive approach with positive behaviour and attitudes toward them that help them in friendly exercises and social engagement along with certain activities to achieve specific targets can promote social, emotional, and psychological wellbeing. More counselling centres and/or helplines should be provided. Family counselling and additional support needs to be given to people with mental health disorders. **Conclusion:** The research paper focuses on coping strategies. The paper also highlights how should communities be educated about mental health stigma and how to tackle mental health problems.

**Keywords:** COVID-19 Pandemic, marginalized section, psychological well-being

## To Study the Influence of Fear of Covid-19 on Life Satisfaction amongst Drug Abuser: Mediating Role of Psychological Stress

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**Background:** Life satisfaction refers to how people positively evaluate the way their life is leading. If the levels of life satisfaction are higher it leads to a person's overall better physical and mental health. During the

period of Covid-19, the fear of pandemic and the disease certainly influenced the levels of life satisfaction. **Objectives:** 1. To study the impact of 'Fear of COVID 19' on Psychological Distress. 2. To study the impact of Psychological Distress on Life satisfaction. 3. To study the mediating role of Psychological Distress between 'Fear of COVID-19' and Life Satisfaction. 4. To study the moderating role of gender between 'Fear of COVID-19' and Psychological Distress. **Method:** The research design that was applied in this work was the causal and quantitative type. Responses were collected from drug abusers using a survey technique involving a questionnaire. 450 respondents filled in the questionnaire; however, only 411 responses remained after data cleaning. Sample size of 450 was chosen as the analysis of SEM (structural equation modelling) requires a sample of 300 or more (Hair et al., 1998). **Results:** Hypothesis testing was done using SEM (structural model analysis) and all the hypotheses were supported. 'Fear of covid-19' positively influences psychological distress and psychological distress negatively influences life satisfaction. Mediation analysis shows that psychological distress partially mediates the relationship between Fear of covid-19 and life satisfaction. Gender moderates the relationship between 'fear of covid-19' and psychological stress. **Conclusion:** Study findings conclude that fear of covid-19 can decrease life satisfaction through increased psychological distress amongst drug abusers. Therefore, effective means need to be devised to control the spread of this pandemic and stakeholders should formulate policies to reduce the psychological distress amongst the drug abusers. Counselling can be provided to reduce stress amongst drug abusers that will increase their life satisfaction.

**Keywords:** Fear of covid-19, Psychological Distress, Life Satisfaction

## A Study of Relationship between Stressful Life Events, Sexual Functioning and Relationship Satisfaction among Adults during Covid-19 pandemic

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**Background:** Covid-19 Pandemic has caused undesirable, unscheduled and uncontrollable stressful life events all over the world. These events have caused marked predicaments in personal relationships and sexual functioning among adults. **Objective:** The present research studied the relationship between stressful life events, sexual functioning & relationship satisfaction among adults during COVID-19 Pandemic. **Method:** The sample comprised of 200 participants, where the age of participations was between 18-55 years, who were currently in relationship, were either married or unmarried and were sexually active. Data was analyzed using t-test & pearson product moment correlation. **Results:** The result indicated that there was a significant difference between stressful life events and sexual functioning. There was a significant difference between stressful life events and relationship satisfaction and there was a significant difference between sexual functioning and relationship satisfaction. **Conclusion:** The study showed how because of Covid-19 the number of stressful life events increased in the life of some people which directly affected their sexual functioning due to which the relationship satisfaction between the couples decreased. The study also showed that people who had less stressful life events their sexual functioning and relationship satisfaction were both good and satisfactory.

**Keywords:** Stress, Sexual functioning, Relationship satisfaction



## Agony of Pandemic- The Untold Tail of Psychological Experience of Inpatients

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**Background:** Second wave has been more life threatening due to double mutant and has brought lot of despair in the families of COVID-19 patients who have faced first-hand the life-threatening consequences of the disease, oftentimes involving prolonged hospitalization in isolation from family and friends. **Objective:** This study aimed at describing the psychological intervention to address the psychological difficulties and issues encountered by the hospitalized acute COVID-19 patients. **Method:** Patients' demographics, medical diagnosis, and neuro- psychological information were collected from March 10<sup>th</sup> to May 9<sup>th</sup>, 2021. The main psychological issues and intervention strategies were collected. **Results:** A total of 30 patients who were hospitalized with acute symptoms and reduced SPO2 levels during this period are taken in the study. Results will be discussed accordingly. **Conclusion:** A great number of the hospitalized acute COVID-19 patients showed psychological issues requiring psychological intervention, the most common were anxiety, stress, depression, and grief. The proposed psychological treatment for hospitalized COVID-19 patients was conducted in a Cognitive Behavioural Therapeutic guideline. In particular, during the COVID-19 pandemic, psychological intervention is an important part of rehabilitation in the acute phase of the illness to reduce distress symptoms and improve psychological health after their SPO2 levels were maintained.

**Keywords:** COVID-19 patients, clinical psychology, rehabilitation, psychological intervention

## Media Usage and Psychosocial Alienation among Students during COVID-19 Pandemic

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**Background:** Media and technology are an integral and indispensable part of our lives in the present times. More so, with the advent of the global pandemic, the whole world has had to take a radical shift from an offline face to face mode of work to an online mode of work and education which has further led to technology and media infiltrating through our daily lives, including that of students. **Objective:** The present study aimed at understanding how media usage impacted the psychosocial lives of students during the prevailing COVID-19 pandemic. The study further aimed to develop an in-depth understanding of whether and how media usage has led to psychosocial alienation among students during this period. **Method:** To meet the desired objectives of the study, a qualitative research method was adopted wherein 10 graduate students (females = 5), as per the inclusion and exclusion criteria, were selected using convenience sampling and interviewed by the researcher. The obtained data was analysed using thematic analysis. **Result:** The study found that media usage among students had steeply increased, especially the internet, social media and mobile phone usage; as the students were using these media for online learning as well as for leisure and entertainment purposes. The results further indicated that though the increased media usage during this period had kept the students connected and helped them to continue learning during these unprecedented times; increased media usage had also psychologically and socially alienated them from their very sense of being, from those around them as well as culturally. **Conclusion:** Overall, it can be concluded that





media usage seemed to have both positive and negative implications on students. However, the negative implication in terms of alienation seems to be very unnerving which looks like a serious cause of concern.

**Keywords:** Media, Psychosocial Alienation, COVID-19 Pandemic

## Impact of the covid-19 Pandemic on Mental Health and Quality of Life the Employees of Government and Private Sector

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**Background:** The Covid-19 pandemic is a major health crisis that has changed the life of millions people, the impact of Covid-19 pandemic on the sustainability of quality of life and effects on social and human interaction have been reported worldwide. **Objective:** Current Study was to find out the impact of covid-19 pandemic on mental health and quality of life the employees of government and private sector. **Methods:** For this study total sample consisted of 80 employees, 40 government employees (20 male and 20 female) and 40 Private sector employees (20 male and 20 female) from Ahmedabad city. The study tool was mental health check list developed by (Dr Pramod Kumar) and Quality of life developed (Dr Nakhat Nasreen and Sarika Sharma) scale was used for data collection. Data was analyzed through t-test. **Conclusion:** The result reveals there is significant difference between government and private sector employees it means the level of impact of covid-19 pandemic on mental health and quality of life the employees of government and private sector, there is no significant different between type of employees and gender with regards to their covid19 pandemic.

**Keyword:** Covid-19, Mental Health and QOL, Employees.

## Exploring the Psycho-Socio-Economical Dynamics of the Impact of COVID-19

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**Background:** Nearly all countries are experiencing the effects of the Coronavirus disease (COVID-19) epidemic. The spread of Coronavirus among people is also influenced by a wide range of economic, social, and psychological factors. Due to this, there is an active debate about how socioeconomic and psychological factors influence significant epidemic effects. **Objective:** In this paper, we show that the actual empirical model behind the coronavirus outcome involves only a handful of decision makers, but each decision maker is able to provide a reliable description of its various socio-economic and psychological characteristics. The reason for this varies between countries. To understand the relationship between potential determinants in the specification, we develop the coronavirus determinant space. **Result and Conclusion:** The obtained map serves as a bridge between theoretical research and empirical observations and provides an alternative approach to the common importance of socio-economic decision makers when used to develop policies aimed at preventing future infections.

**Keywords:** Corona Virus, Covid-19, India, Socio-Economic-Psyche- Scenario



## Belief in God and COVID-19 Lockdown Phase: In Pursuit of Respite or Adherence to Faith?

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**Background:** The world was profoundly affected by the COVID-19 pandemic. Individuals are strongly connected to in the collectivistic society like that in India. Friends and relatives participate not only in the happiness and grief of the individual but also celebrate their religious beliefs. Lockdown was a measure to control the spread of the disease but radical psychosocial changes were also experienced. **Objective:** Hence, the aim of the present study was to explore the influence of COVID-19 lockdown phase on various aspects of the belief in God. **Method:** For the purpose case study method was employed, where 12 cases (40-75 years) were taken from district Almora, Uttarakhand. **Result:** The result of the study revealed that there are changes in the levels of belief in God. **Conclusion:** During the time of the pandemic variations and transitions were seen among the beliefs people held regarding God. More statistically sophisticated researches should be done to unveil the various facets of the area explored.

**Keywords:** COVID-19, Belief, Religious Practices

## Relationship between Psychological Hardiness and Psychological Resilience with Mental Health among Health Workers during Covid-19

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**Background:** Working in a stressful situation, as well as the constant dread of self-exposure and transmission to family members, does have an impact on health care professionals' efficacy and productivity. **Objective:** The purpose of this study was to investigate the relationship between Psychological Hardiness and Resilience with Mental Health among health workers. **Method:** Correlational research design was used in the present paper and data was collected through Incidental- Cum- Purposive sampling method from health workers and were contacted from different hospitals of Patna, belonging to the age range of 25- 45 yrs. The psychological tools used for data collection were: Psychological Hardiness Scale, Psychological Resilience Scale and Mental Health inventory. **Results:** The results indicate that there is Positive correlation between Psychological Hardiness and Resilience and the value of correlation is +.48, The value of correlation is +.67 with the variable Psychological Hardiness and Mental Health among health workers, And also positive correlation found between Resilience and Mental Health among health workers whose value is +.29. The result shows significant differences between male and female health workers on the dimension of Psychological Hardiness and Resilience among health workers. The value of t-ratio is 2.41 which is significant at 0.05 level of significance, the result shows significant difference between male and female health workers on the dimension of Psychological Hardiness and Mental health among health workers. The value of t-ratio is 2.27 which is significant at 0.05 level of significance. The result shows no significant difference between Resilience and Mental Health and the value of t-ratio is .43. **Conclusion:** Through the study, it can be inferred that there is a positive relationship among psychological hardiness, psychological resilience and mental health among workers during Covid-19.

**Keywords:** Psychological hardiness, Resilience, Mental Health



## A Study of Self-Efficacy and Stress among Orphan Children of Patna during COVID-19

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**Background:** Self efficacy refers to the belief in one's own ability to control one's behaviors, emotions and motivations. When a person is not able to adjust that it leads to increased stress. It especially impacted the orphan children during the time of pandemic. **Objectives:** The present study was undertaken with the following objectives: (i) To assess the level of stress among orphan children. (ii) To analyze how they release their stress. (iii) To determine the level of self-efficacy among orphan children. (iv) To find the correlation between stress and self-efficacy among orphan children. **Method:** 30 male children were selected as the sample between the age group of 12-18 years. Self-efficacy scale by Arun Kumar Singh and Shruti Narain while the Stress scale by Vijaya Laxmi and Shruti Narain have been used in this study. **Result:** Results have revealed that the children had shown high levels of stress in the Pandemic Period. However, those children who had a high level of self-efficacy displayed less stress. Also, self-efficacy and stress have been found negatively correlated among the orphan children. **Conclusion:** Self-efficacy has a positive effect on the children in reducing stress among them.

**Keywords:** Self-efficacy, Orphan Children, COVID-19

## Implication of COVID-19 Pandemic on the Psychosocial Well-being of Young Adults

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**Background:** The purpose of this study is to see how COVID-19 has influenced youths' general well-being and emotional state. Adolescents who are incarcerated and forced to sit in front of a screen for more than 8 hours a day feel the full brunt of the epidemic, with elevated stress levels and an overall decline in their psychological well-being. For these already strained minds, the overall sombre mood of death and a dystopian existence has resulted in nothing short of a full-blown psychosocial crisis. **Objective:** of the study are to evaluate the impact of online education, analyse its psychological implications on self-esteem, evaluate gender's impact and identify the differentiation it caused in terms of online learning. **Method:** The research paper has been studied through the map of qualitative methodology, using interviews, which are then transcribed. It comprises ten people of 18- 22 years of age who identify with different genders across different geographical areas in India. **Results:** Students were indifferent in their academics, there was a lack of fulfilment in interpersonal interactions, most relationships formed during the pandemic felt empty, and there was a sense of loneliness among the individuals. There was also a dearth of strong familial interactions and a lack of study-life balance. Overall, the few benefits were outweighed by a slew of drawbacks. **Conclusion:** The study aimed to explore the implication of the pandemic on the psychosocial wellbeing of adolescents. The themes of COVID-19, wellbeing, online education, stress, interpersonal relationships and many more were analysed. The research found majorly a lack of socialisation with peers and the excessive work caused an increased stress in young adults, almost all of the subjects felt the lack of privacy and many more negative stressors were found in the same; the research brings light on the dire need for adequate health support services for all the young adults involved in online education.

**Keywords:** Pandemic, Psychosocial Wellbeing, Young adults, Online education



## Psychosocial Intervention of Covid-19 Pandemic: Challenges and Coping Strategies

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**Background:** The 2019 coronavirus illness (COVID-19), which originated in China, has spread over the world in the start of 2020. Around the world, there have been a rising number of confirmed cases and deaths. The COVID-19 pandemic has resulted in significant psychiatric and psychosocial morbidity among the general public as well as health-care workers. Multiple agencies have proposed a variety of standards for dealing with mental health issues. **Objective:** This study looks at some of the mental health issues of the vulnerable population with focus on various coping strategies. **Method:** This paper discusses the application and utility of various coping interventions namely physiological interventions, cognitive interventions, and behavioral interventions to cope with psychosocial aspects of covid-19. **Conclusion:** The above techniques have been found to be useful if applied by trained mental health professionals.

**Keywords:** Psychosocial, Intervention, Coping strategies, Covid-19

## Impact of Academic Resilience of Online Learning during the Period of Covid-19 on Academic Achievement among Adolescents

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**Objective:** The present study was aimed at, **a.** studying the relationship between gender and academic resilience and its dimensions among adolescent students, and **b.** To study how academic resilience and its dimensions are correlated with academic achievement among adolescent students. **Method:** 140 adolescent students (14-18 years) were selected as part of the sample, selected through Purposive Sampling Technique. The sample were selected from various schools across the city of Ahmedabad (Gujarat) and Kottayam (Kerala). Academic Resilience was measured on the dimensions (Academic Confidence, Sense of Well-being, Motivation & Ability to get goals, Relationship with Peers and Adults, and Emotional Regulation & Physical Health), using the Academic Resilience Scale developed by Mallick, K. and Kaur, Simranjit (2015), and Academic Achievement was assessed by collecting the marks acquired by the students during the past one academic year. To statistically analyse the data, t test method and Pearson's correlation method were used. **Results:** The data showed significant difference on the dimension of Emotional Regulation and Physical Health, while no significant difference was found on the other dimensions or the overall scale, when comparing the gender wise differences on the Academic Resilience scale. In addition, Academic Achievement scores were shown to be positively correlated with all the dimensions (Academic Confidence, Sense of well-being, Motivation and Ability to achieve Goals, Relationship with Peers and Adults, Emotional Regulation and Physical Health) and the overall score of the Academic Resilience Scale. **Conclusions:** Covid-19 has forced the students towards a more online learning environment which has negatively impacted the resilience qualities among the students, i.e., Academic Resilience, as seen from the results.

**Keywords:** Resilience, Online Learning, Academic Achievement



## Stress and Empathy among Healthcare Professionals during Covid-19 Pandemic

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**Background:** Empathy is an essential component and fundamental quality necessary in any healthcare professional to not only provides optimum patient care but also to function as an optimal professional. Stress as a psychological phenomenon can compromise working professionals' performance and empathy (Pflanz & Ogle, 2006). **Objective:** To examine the association between stress and empathy among healthcare professionals who were Covid-19 positive and compare it with other Healthcare professionals who were not infected. **Method:** A sample of 30 healthcare professionals who were Covid positive and 30 who were Covid negative were chosen through snowball sampling method and they were asked to fill the Perceived Stress Scale and Toronto Empathy Questionnaire. **Results:** Both the samples were significant at  $p < .05$ . Hence, there is a significant difference between the level of empathy and stress among healthcare professionals who were Covid positive and those who were not. However, there is no significant association between empathy and stress. From the results it can be concluded that there is a significant difference in empathy and stress among healthcare professionals. **Conclusion:** The stress as well as empathy level was higher among those who were infected by the Corona Virus, possibly due to the increased sensitivity towards pandemic and people suffering as a result of being infected themselves.

**Keywords:** Empathy, Stress, Professionals

## Children and Covid 19: A Study on 'Kutty Desk' by the Children and for the Children in Kerala

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**Background:** Since the emergence of COVID-19 pandemic, the world is facing very unprecedented situation. COVID-19 has forced to close down the educational institutions. While most adults can understand the implications, it is the children that have become the most vulnerable population. COVID-19 continues to challenge the lives of children and young people in India and throughout the globe, only one thing is certain: the present epidemic will have deep influence not only in the health and economic circumstances, but also on the mental well-being of societies across nations. **Objectives:** To study 'Kutty Desk' and how children wade through the tough times resulting from the Covid-19 outbreak. To understand best practices in psycho social support and initiatives. To explore child participation and child rights during covid 19. **Methods:** The methods used will be Case Study and secondary sources of information to understand it. **Results:** Program led by children provides telephonic guidance to their peers on various aspects such as how to keep personal hygiene and stay safe during the Covid threat and on how to spend time effectively and creatively during the lockdown. This program initially launched by the ORC team of Kollam has now been extended to all districts. As part of this initiative, 265 children were selected and trained to operate Kutty Desk activities. Beginning from lockdown period to till date, around 20000 children were telephoned and create awareness by the Kutty Desk operators. **Conclusion:** Every child and young person has the right to be heard, the right to protection and the right to access essential services, free from bias or other barriers.

Interestingly, a project launched by the Women and Child Development Department, as part of its 'Our Responsibility to Children' (ORC) initiative, a one-of-a-kind programme titled 'Kutty Desk' motivates, encourages and helps children wade through the tough times resulting from the Covid-19 outbreak. The right to participation is closely linked to information: Children have the right to be informed about their options and their consequences in order to make informed and free decisions. First of all it is important to recognise that both adults and children are socialised in the same way and that adults socialise children within the dominant socio-cultural paradigm. Participation is a natural instinct. Children begin to participate from the moment they are born. Children participate in order to communicate and to establish links with their environment and to gain an identity and a membership in the community. They find meaning in their lives through their participation.

**Keywords:** Kutty Desk, Child Rights, covid-19, psycho-social

## An Exploratory Study about Psychological Effect on Brain Dysfunction among COVID Recovered Patients

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**Objective:** The Corona outbreak has devastated the whole world. Not only it has affected physically and taken lives of millions but it has impact on the function of the brain also who has recovered from it. The present study was aimed to explore the neurological damage among the patients recovered from COVID. It was an attempt to find out the status of brain dysfunction among the patients who were defeated the Corona virus. **Method:** For the purpose of the study, 40 COVID recovered patients were selected in the study. They were in the age group of 20-40 years. The PGI Battery test of brain dysfunction developed by Dwarka Pershad and Santosh Verma was applied on the subjects. **Result:** Results of the study have shown that the COVID recovered patients have developed some kinds of neurological disturbances. They were having attention and memory problems. Also, their neurological status has been declined which demonstrated their brain dysfunction. **Conclusion:** Conclusively, it can be said that the Corona disease has played a role in the development of brain dysfunction in the persons who were suffering from it.

**Keywords:** Psychological effect; Brain Dysfunction; COVID; Patients

## A Study of Relationship between Religiosity and Insomnia among Persons with Post Covid Symptoms

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**Background:** Recently, the Corona Pandemic has shattered the whole world. This situation develops state of religiosity among the people. The individuals are more connecting to God to get rid of their problems. **Objective:** The current research was aimed to examine whether religious affiliation of University students is related to Insomnia among them. It was also planned to explore the correlation between Insomnia and religiosity among the students who have recovered from corona and having post COVID symptoms. **Method:** The sample was comprised of 80 students in the age group of 20 to 30 years. They were students of different University departments of Patna. Religiosity Scale by Bhushan and Insomnia Severity Index (ISI) by Morin have been used in this study. **Result:** The findings of the study suggest a high prevalence of sleep disorder and highlight a wide range of sleep quality



and religiosity among the subjects. However, those subjects who were more religious displayed low level of insomnia as compared to those who were having less religious values. Also, religiosity and Insomnia both have found to be negatively correlated. **Conclusion:** Conclusively, it can be stated that religiosity plays a major role in controlling insomnia among the students after recovery from Corona.

**Keywords:** Religiosity; Insomnia; COVID

## Understanding the Role of Family in Crisis Management during COVID-19 Global Pandemic

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**Background:** Family as a system plays a significant and dominant role especially in the Indian society. Thus, the focus of the present research was on exploring the role of family and the contributing factors in managing the COVID-19 crisis in Delhi/NCR. **Objectives:** The objectives of the research were: to study the impact of COVID-19 on the family dynamics; to explore the psychosocial challenges experienced by the families during COVID-19 crisis management; to understand the impact of family dynamics on COVID-19 crisis management; to explore the process of coping and managing patient care by the families. **Methods:** Data has been collected through in-depth face-to-face interviews from 10 adults, 5 men and 5 women belonging to urban upper middle-class households of Delhi or NCR who were either living with their family or relatives or alone during the pandemic. The sample included people who had experienced at least one family member being tested with COVID-19 positive. **Results:** Thematic analysis revealed certain themes and sub-themes around the areas of transactional approaches within families, individual and relational coping strategies, institutional, familial or relatives' caregiving, social coping through mass media and internet. **Conclusion:** The research findings indicated the effectiveness of the crisis management by families and relatives' caregiving than the institutional interventions especially in families with lesser severity of COVID-19 infection. In institutional care, the absence of family was challenging for individual's coping and had significant psychosocial impact. Hence, the significance of families in crisis management must be recognized by the government further and proper assistance thus be provided.

**Keywords:** Family; Pandemic, Crisis

## The Study of Emotional Intelligence and Psychological Capital among College Students during Covid-19

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**Background:** Psychological capital is defined as a bunch of resources a person can use to improvise their **Objective:** The aim of the study is to assess the relationship between Psychological Capital and Emotional Intelligence among college students during the period of lockdown due to COVID-19. **Method:** A population sample of 150 has been selected using purposive sampling. Tools that have been used to assess the abovementioned variables are: Emotional Intelligence Scale by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) and Psychological Capital Scale by Abdul Raffie Naik and Shah Mohd. Khan (2019). **Result & Conclusion:** Correlation analysis between



Emotional Intelligence and Psychological Capital shows a significant positive relationship where the Correlation Coefficient is 0.768. Simple linear regression analysis concludes that Psychological Capital has a significant positive impact on Emotional Intelligence of students. T-test analysis concludes that there is no significant difference between Emotional Intelligence among Joint and Nuclear families ( $p < 0.05$ ), but for Emotional Intelligence there is a significant difference among Male and Female college students ( $p < 0.05$ ). T-test analysis concludes that there is no significant difference between Psychological Capital among Joint and Nuclear families ( $p > 0.05$ ), as well as among Male and Female college students ( $p > 0.05$ ).

**Keywords:** Emotional Intelligence, Psychological Capital, Nuclear Family, Joint Family, Gender

## Impact of Covid-19 Pandemic in Relation to Social Media Usage among Adolescents

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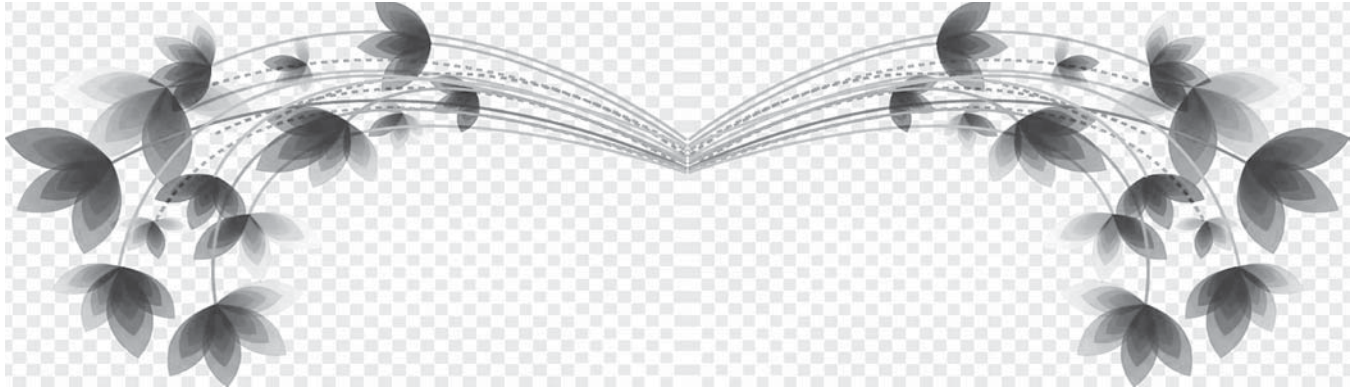
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**Background:** The COVID-19 epidemic has had an impact on everyone's health, safety, and daily lives. Because of the biological and psychological changes that occur during this developmental period, adolescents may be particularly sensitive to this rapid disturbance in their life. The ways in which adolescents connect and interact with one another have been drastically revolutionized by social media, contributing to an ongoing debate regarding whether social media is benefiting or harming teens today. **Objective:** The study included a narrative review analysis based on current literature on the influence of Covid-19 on social media-using adolescents. The study incorporated the narrative review analysis based on the existing literature related to impact of Covid-19 on adolescents who use social media. **Method:** The study performed a search of the electronic databases available at JMIR, Heliyon, Journal of Psychiatric Research, Elsevier, Journal of Social and Clinical Psychology PubMed etc. This study retrieved 110 total article citations in the search process. On reviewing the sources, we included 40 articles because others dealt with different aspects of the COVID-19 pandemic, such as therapy, drugs, animal models, and organization of the healthcare systems. In this study only peer-reviewed, full-text research papers were included. All types of studies were included in the review which observed the effect of COVID-19 and its related causes such as lockdown on adolescents' mental health impact in relation to social media usage. **Result:** Research findings indicate that there is both positive and negative impact of social media in adolescents. **Conclusion:** Fake news, misinformation, depression, anxiety, panic and miscarriages show the negative impact. Academic usage, entertainment, sharing awareness, social interaction shows the positive impact of pandemic in adolescents in relation to media usage. Also, Facebook, Instagram and twitter were seen as most widely used social media platforms by adolescents in many countries.

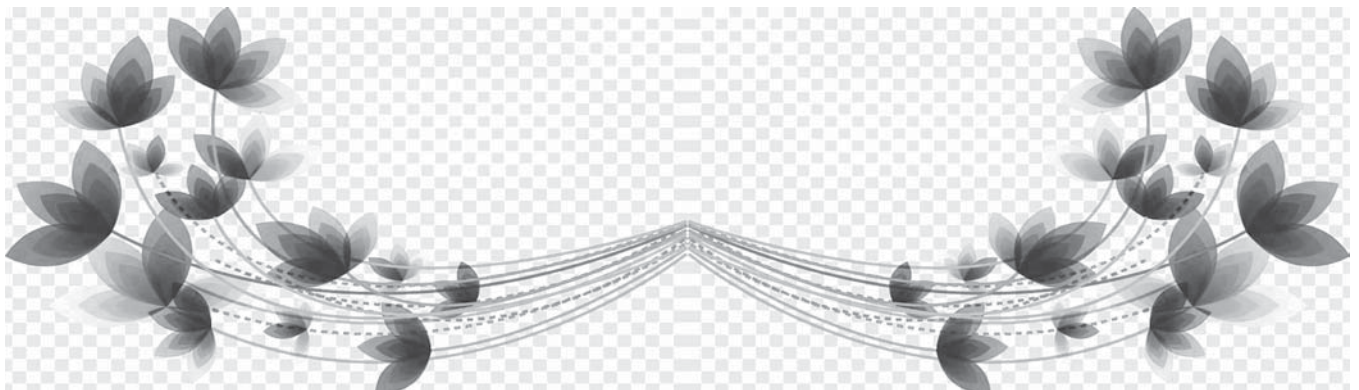
**Keywords:** Social-Media, pandemic, Covid-19, Lockdown







**SUB-THEME:**  
**NEUROPSYCHOLOGY**  
**& FORENSIC SCIENCES**







## Effectiveness of Alpha and Theta Audio- Visual Neural Entrainment on Mood State and Sleep Quality among Alcohol use Patients

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**Background:** Regular drinking over a significant period of time can have major ramifications on both sleep cycle and affect states, with therapeutic approaches ranging from challenging and long-term psychotherapy to contentious pharmaceutical therapies in some circumstances. Alcohol interferes with nerve cell communication and suppresses excitatory nerve route activity by interacting with brain receptors. Neural entrainment, which employs binaural beats to modify brainwave frequency and hence brain states, has been promoted as a way to alter specific affective and psychological aspects. While several researchers have tried to study the therapeutic efficacy of binaural beats in various psychiatric disorders, their impact on the management of quality of sleep and mood states in alcoholism has not been studied enough. Because empirical research suggests that binaural beats have effects on mental and affective states, it can be hypothesized that they'll have an impact on the sleep and mood states of chronic alcoholics undergoing treatment, where there is an imminent need for modern, secure, and effective therapies. **Objective:** The present research explored the effect of alpha and theta Audio- visual Neural Entrainment on mood states and sleep quality among alcohol use patients. **Methods:** The study used a pretest - posttest experimental design on a sample of 10 participants, who were selected through purposive sampling method belonging to the age range of 35-55 years, having an existing diagnosis of Alcohol use disorder basic educational level and across socio economic status. Psychological outcomes included Alcohol use (AUDIT), mood (Profile of Mood States) and sleep quality (Pittsburgh Sleep Quality Index). The participants received the standard treatment along with 18 Neural Entrainment sessions of alpha & theta training. The questionnaires were completed by the participants at baseline and endpoint visits. **Results:** The statistical analysis was done using t- test to measure the differences in pretest and posttest. The findings revealed that neural entrainment sessions significantly affected scores on the Profile of Mood States (POMS) for confusion/bewilderment and fatigue/inertia with a trend observed in scores for depression/dejection and theta sessions led to improvement in quality of sleep as measured by Pittsburgh Sleep Quality Index (PSQI). **Conclusion:** Neural entrainment therapy can be used as an effective treatment modality used to improve mood and quality of sleep among alcohol use patients, which could in turn, facilitate the standard treatment and may also help in preventing a relapse.

**Keywords:** Alcohol Use, Neural Entrainment, Quality of sleep

## To Analyze the Higher Mental Ability in Science and Reasoning Ability among Adolescents in Relation to Gender and State

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**Background:** During the stage of adolescence, changes in the brain interact with experience, knowledge, and social demands and produce rapid cognitive growth. Piaget termed this stage as Formal Operational Stage: the period



when the individual can operate on forms or representations. **Objective:** To study and compare higher mental ability in science and reasoning ability among adolescents, between both the genders and states. **Method:** Purposive sampling method was used to gather data for 240 adolescents in the age range of 14- 17 years (A Two-way (2x2) ANOVA F-test was used to statistically analyze the data). Test of Higher Mental Ability in Science (THMAS) and Reasoning Ability Test (RAT) were used to collect data. **Result:** The reasoning ability and the higher mental ability were found to be higher in the adolescents of Gujarat state. Females were found to have performed better as compared to males in Gujarat as well as Rajasthan. A significant difference was found between genders of both the states concerning higher mental ability in science and reasoning ability. **Conclusion:** The results of research implied that the higher mental ability in science as well as reasoning ability has a significant impact on the student cognitive development. We suggest that states should develop policy-level interventions in education to improve students' cognition.

**Keywords:** Reasoning Ability, Cognitive Development, Adolescents

## Novel Design and Evaluation of Wearable Microstrip Patch Antenna for Brain Tumor and Brain Cancer Detection using a Six Layered EBG based Human head Phantom model at ISM Band

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**Background:** Brain illness and injury is a major cause of disability and mortality worldwide. This medical emergency occurs when the brain is damaged as a result of various traumatic and non-traumatic incidents including accidents, strokes, drug abuses, tumors, Cancerous infections and various brain diseases. As the devastating disorder brain deteriorates rapidly, fast diagnosis and management is critically important for the treatment and recovery of the affected patient. Therefore, on-the-spot accurate detection by means of EBG based Microstrip Patch Antenna is the governing factor of the timely disease detection of patients. **Objective:** This research work represents a novel design of wearable microstrip patch antenna which operates at Industrial, Scientific and Medical (ISM) band (2.45 GHz) for detecting Brain Tumor and Brain cancer. **Method:** The antenna is designed such that its thickness and dimension is small which makes it practically wearable on the human head. This antenna is designed on FR-4 substrate with the thickness of 0.8 mm and the relative permittivity of 4.3 F/m. The real size of the antenna is (30x20x1). Microstrip patch antenna is designed by embedding circular Electromagnetic Band Gap (EBG) structure on the antenna ground plane. Taking into consideration the patient safety the antenna is surfaced on the human head phantom model which consists of six homogeneous layers that are skin, fat, skull, Dura, cerebrospinal fluid (CSF) and brain respectively using Ansoft HFSS Simulation Tool the antenna is made. The phantom is fabricated from artificial tissue emulating materials which are contained and structured by using 3D printed structures and castes. **Result:** This realistic 3D human head phantom significantly improves the reliability of the experimental validation process. The Virtual Design of Human Head Phantom Model is designed by Using HFSS Tool. The designed wearable antenna observes the return loss, voltage standing wave ratio (VSWR), Radiation pattern in human head phantom model and the results are compared with cancerous tumor consisting head model that carries a 5 mm tumor inside human brain. ISM band is selected for its flexibility toward larger bandwidth. **Conclusion:** In the human head phantom model the measured return loss (S11 parameter) is -50.99 dB at the frequency of 2.448 GHz and Gain is 6.23dbi. This Novel antenna is efficient enough for tumor size enhancement and cancer Detection inside the brain.

**Keywords:** Microstrip patch Antenna, Brain Tumor, Electromagnetic Band Gap



## Autism-Symptoms & Intervention: Case Study Approach

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**Background:** Autism is a burning issue these days & certainly the afflicted child due to such Pervasive Development Disorder remain under isolated situations, which is reflected through their withdrawal behavior. Such disorders have poor prognosis; therefore, the success outcome cannot be predicted with guarantee, even sometimes a child carries a very high intelligence but finds it difficult to seek his desired way. **Objective:** To enhance the quality of life of such children and their respective parents, this study has been taken as a challenge. 1) To study the functional level of children with Autism with reference to CARS and ISSA .2) To manage this set of disorders the therapeutic therapies RDI (Relation Development Intervention) and Play therapy to be provided. 3) To measure the improvement fortnightly, 4) To Counsel the parents as & when was required. **Method:** Considering this agony of life, 5 case studies are presented which carries the similar psychopathology.as far as the relevance of study is concerned, it is Intervention based study. 5 case studies were collected from Swastik Intervention Centre, Indirapuram Ghaziabad.**Result:**All the cases have undergone therapeutic intervention for more than one year and gradually improvement in functionality is noticed, still these children are undergoing through Intervention. **Conclusion:** Management of Autistic disorders using the therapeutic therapies RDI (Relation Development Intervention) and Play therapy may prove enhance the quality of life of such children and their parents.

**Keywords:** Autism, Psychopathology, Developmental Disorder

## Review on Parental Burden and its Management of Parents of Children with Intellectual Disability (Neuro Developmental Disorder)

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**Background:**Intellectual disability (ID) one of the Neurodevelopmental Disorders (NDD) with onset in the developmental period, inducing deficits that produce impairments in day to day functioning. There are many and widespread consequences of having a child with Intellectual disability parents of these children's experience. Parent-implemented therapies, which allow parents of children with ID to administer treatments at home, have the potential to improve treatment accessibility while also reducing the load on health-care systems, however is an addition to the role of being a parent. Several studies have shown that parents of children with Intellectual Disability suffer greater parenting stress than parents of normally developing children; however, the relationship between the kind of disorders and parenting stress is not well understood. **Objective:** The current research attempts to sought knowledge of the parental burden, child pathology, and parents' coping resources and methods, among management of various other stressors. The review also highlights how the parents of children with intellectual disability are required to be provided with psychological interventions in order to equip them with the knowledge and skills necessary to cope with their stress and enhance their quality of life. **Method:** The method used here is the systematic searching of papers and articles on ResearchGate, Google Scholar and PsycINFO with related



keywords in the titles, abstract and indexing fields. **Result:** Various specific strategies ranging from cognitive techniques to interpersonal techniques have been identified to help the parents deal with the burden they experience. **Conclusion:** The review highlights how the parents of children with intellectual disability are required to be provided with psychological interventions in order to equip them with the knowledge and skills necessary to cope with their stress and enhance their quality of life.

*Keywords:* Parental burden, Intellectual disability

## Human Rights Awareness among Male and Female College Students: A Comparative Study

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**Background:** Human rights refers to the fundamental rights and freedoms that every human being is born with in order to live a decent life, regardless of gender, religion, colour, creed, country, language, ethnicity, location, or other status. The widespread violation of human rights in all facets is currently one of humanity's greatest issues and education has a vital role in promoting and protecting human rights by making all people aware of their rights. **Objectives:** The purpose of the present research was to comparatively study the human rights awareness among male and female college students. It was attempted to find out the difference between these two groups on the different dimensions of Human Rights. **Method:** 50 college students were selected as the sample for the present study belonging to the age group of 18-24 years out of which 25 students were males and 25 students were females. The tool used in the study was Human Rights Awareness Scale. **Result:** Results revealed that there had been no difference between male and female students on the all ten dimensions of human rights which are- Social, International, Legal, Religious, Educational, Political, Economical, Civil, Cultural and National. **Conclusion:** From the above analysis of the results, it can be stated that gender is not a factor in the awareness of human rights among college students.

*Keywords:* Human Rights Awareness, Legal, Educational

## The Recursive Mind: Mentalizing to Mental Time Travel

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**Background:** Recursion is an elusive concept often used in multiple ways. Steven Pinker and Ray Jackendoff, who define recursion, is a procedure that calls itself, or a constituent that contains a constituent of the same kind (Pinker and Jackendoff 2005, 203). One of the characteristics of recursion, is that it can take its own output as the next input, a loop that can be extended indefinitely to create sequences or structures of unbounded length or complexity. Recursive thinking is distinctively human that make us superior or makes us think that we are superior over other species. In short, the ability to think about thinking may be the critical attribute that distinguishes us from all other species. **Objectives:** In this article, I (a) examine the more general role of recursion in our mental lives, (b) argue that it is the primary characteristic that distinguishes the human mind from that of other animals (c) selectively overview the literature on Theory of Mind (Mentalization); our ability not only to reflect upon our own minds, but also to simulate the minds of others. (d) Also propose, it allows us to travel mentally in time, inserting consciousness of the past or future into present consciousness. And (e) point out that recursion is also the main ingredient distinguishing human language from all other forms of animal communication.

*Keywords:* Recursion, Mentalization, Mental Time Travel



## Subjective Memory Complaints, Internal Mentation and Challenging Behaviours in Aged People: Implications for Counselling

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**Background:** Aging is usually accompanied with decline of physical abilities and deterioration in mental capabilities. SMCs are the cognitive problems that includes the problems related to forgetting and lowering of memory performance influencing memory functions and executive functions. Internal mentation refers to ifuture plans and interpretation of eventsî. These mentation performs a crucial role in directing the decree, deed and dealings of an individual. Moreover, older people experience memory loss, not recognizing familiar people and places, difficulty in decision making, planning and executing tasks. Also, they frequently repeat the same story or question over and over again (repetition compulsion). Collectively, these signs are termed as challenging behaviors. **Objective:** The present paper is intended to investigate the relationship among subjective memory complaints (SMCs), internal mentation and challenging behaviors in aged people. **Method:** An integrated review of literature of about 20 papers ranging from 2001 to 2021 procured from Publish or Perish 7, Academia, Research Gate, PubMed, NIH-PA, Science Direct etc. **Results:** Findings suggest that subjective memory complaints influence the memory functions and executive functions in aged people. The individuals having memory complaints are unable to retrieve not only retrospective memory but also prospective memory. Internal Mentation is predominantly affiliated with goal-seeking tasks that demand self-referential processing such as autobiographical planning. Moreover, challenging behaviors are behavioural and psychological symptoms and are prevalent in the cognitively impaired older population. **Conclusion:** The attained knowledge has counseling implications. There is a need to design preventive strategies that delay cognitive deterioration and minimize consequences of behavior disorders.

**Keywords:** Subjective Memory Complaints, Internal Mentation, Challenging Behaviors

## Clinical Application of P300 and N200 Event Related Potential in Neuropsychiatric Conditions: A Systematic Review

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**Background:** Event related potential, commonly known as ERP, is a neural signal that reflects the coordinated neural network activity. Two major components of ERP are P30positivity and N2 negativity, appearing 300 milliseconds and 200 milliseconds respectively. ERP has a wide variety of applications in neuroscience and is a major contributor in clinical medical settings. With the help of ERP extensive amounts of information can be collected about organic disorders, neurodevelopmental disorders, neurotic and psychotic disorders. With the help of physiological makers, it could be of help in understanding the nature of psychopathology, formulation of diagnosis as well as in the therapeutic purposes in neuropsychiatric conditions. **Objective:** The present paper reviewed the clinical application of P300 and N200 ERP in neuropsychiatric conditions. **Method:** A systematic review of sixteen studies taken from the last one decade was done in order to explore the application of P300 and N200 ERP in neuropsychiatric conditions. A computerized literature search of database such as JSTOR, EBSCO, ProQuest Research Library, PubMed and Google Scholar was conducted using the keywords ìEvent related Potentialî



ERP, N200, Dementia, Epilepsy, Autism, Attention/Deficit Hyperactive Disorder and Parkinson Disease. **Result:** After reviewing different articles of ERP and its emphasis on clinical application it has been found that ERP plays a major role in neuropsychiatric conditions, especially for investigating cortical processing and by providing neurophysiological activity related to various cognitive tasks. The P3 and N2 component plays a significant role in various diseases. **Conclusion:** ERP is a new upcoming dimension and many researches are being conducted. It is going to be a very powerful tool in near future and will greatly contribute to the field of psychiatry and neuro-cognition.

**Keywords:** Event related potential, P300 wave, neuropsychiatric disorder

## An Evaluative Study of Carers' Quality of Life among Elderly Patients of Neurocognitive Disorders

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**Background:** Neurocognitive disorders are a category of conditions that commonly cause mental impairment. Alzheimer's disease and dementia are examples of cognitive impairment. They are a type of biological brain illness that makes it harder for people to retrieve things, believe in themselves, interact with others, and take care of themselves. Families and caregivers have several challenges while caring for close relatives who suffer from this illness. As a result, making a huge impact upon their own quality of life as being the caregivers they are required to make several changes in their lifestyle and routine. **Objective:** This research was designed to assess the quality of life of carers and its impact upon their functioning as a caregiver during the task of caregiving to the patients of neurocognitive disorders. **Method:** A total sample of 100, wherein 50 males and 50 female caregivers, of elderly patients of neurocognitive disorders (Dementia and Alzheimer's) were selected by purposive sampling method from various cities of Gujarat. The Adult Carer Quality of Life Questionnaire (AC-QoL), published by the Princess Royal Trust for Carers in association with Nottingham University was used. **Results:** The collected data was statistically analysed by using Mann-Whitney U test. The findings demonstrated the important difference between the genders of caregivers with regards to their quality of life (QoL). The difference was indicative from the mean scores of QoL, which was higher among the male caregivers than the females. The mean scores were high among female caregivers in two dimensions (sense of value and carer satisfaction) with exception in rest of the six dimensions (support for caring, caring choice, caring stress, money matters, personal growth and ability to care) where males showed slight increase in the mean scores indicating their better quality of life with regards to the females. **Conclusion:** It is conclusive of the study that the overall quality of life does not differ significantly for both the groups; reason being a carer to elderly patients of neurocognitive disorder is a very strenuous task. The higher mean scores in males for (support for caring, caring choice, caring stress, money matters, personal growth and ability to care) indicate that males are more resourceful with regards to the dimensions stated and therefore have a better quality of life as compared to females. The other two dimensions (sense of value and career satisfaction) where mean scores of females are higher due to their nurturing nature.

**Keywords:** Carers, Neurocognitive Disorders, Quality of Life





## Cognitive Measure as Key Indicator for Learning Disorder

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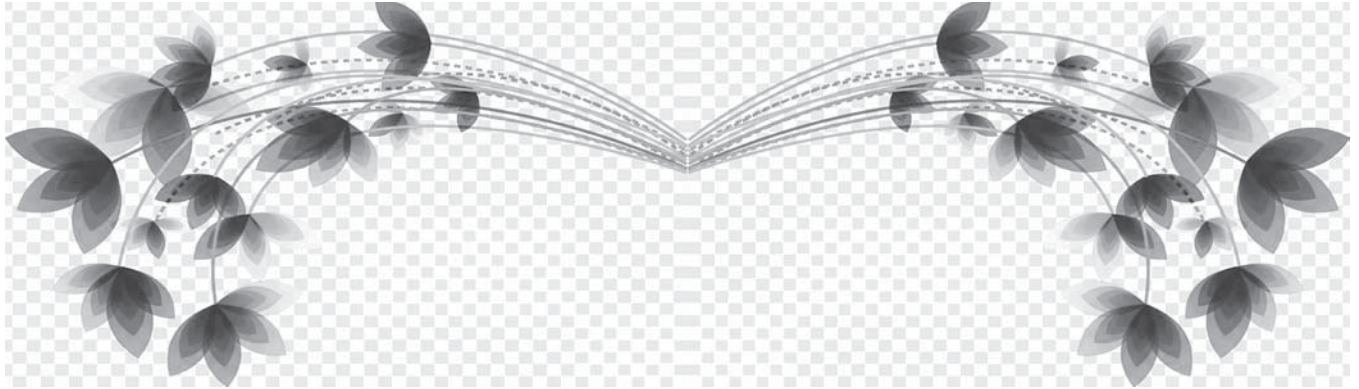
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**Background:** Learning disorder as defined by the DSM-V of the American Psychiatric Association is a neurodevelopmental disorder characterized by gross difficulty in the area of academic performance. Being a neurodevelopmental disorder, cognition and associated cognitive functions play a pivotal role in the understanding and diagnosis of learning disorder. The intervention targeting the cognitive area is likely to bring significant improvement in children with learning disorders. Different cognitive functions have its own contribution in determining different issues and challenges in learning. **Objectives:** The aim of the present study was to deep-dive into the cognitive profile of children with learning disorder to explore the role of cognitive functions contributing to the deficiencies expressed among the children with learning disorder. **Methods:** Seventy-seven children diagnosed with Learning Disorder were subjected for evaluation using the WISC-IV test, to analyze their cognitive profile in reference to 57 non-learning disorder children. The cognitive profile of the two groups is assessed using the WISC-IV test, and is compared between the groups for any significant difference. The cognitive profile for each group is derived by taking the four index scores along with the sub-test scores. The profile of the cognitive skills is compared between the groups using the independent sample t-test. **Result:** Significant difference is found between the two groups, with evidential indication that the cognitive profile is significantly affected among the children with learning disorder. The study also indicates that the cognitive profile derived from the WISC-IV test is a good indicator in diagnosing learning disorder, and is a good pointer for identifying the specific cognitive function that is affected. The WISC-IV helps in targeting specific intervention based on the deficit theory. The pinpointed cognitive area can be targeted to mitigate the difficulty associated with learning, leading to a good treatment prognosis. **Conclusion:** The diagnosis of learning disorder stands incomplete if the assessment of cognitive functions is compromised. The diagnostic and intervention protocol should strictly adhere to the assessment and analysis of the cognitive functions.

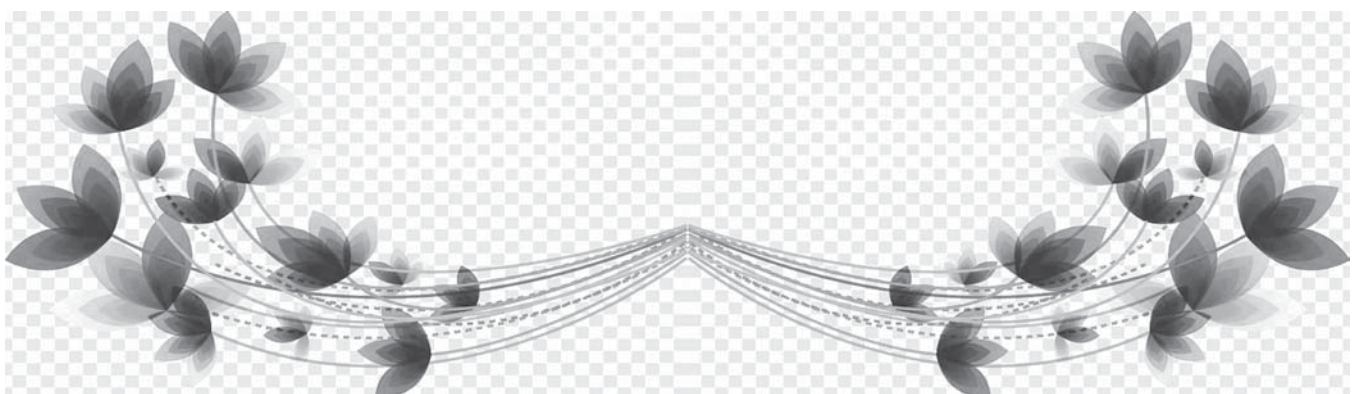
**Keywords:** Perceptual Reasoning, Processing Speed, Specific Learning Disorder

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# SUB-THEME: ALLIED PSYCHOLOGICAL STUDIES







## Feminist Perspective in Relation to Perceived Parenting Style among Young Adults

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**Background:** Feminism is an ideology which speaks of social, economic, and political equality among all sexes. Parenting styles are set of child rearing practices which affect child's perspective towards social beliefs and attitudes, including a lot more spheres of a child's life. **Objectives:** To study relation between dimensions of perceived parenting style and feminist perspective among young adults; to predict feminist perspective with regard to dimensions of perceived parenting style among young adults. **Method:** The present study is descriptive in nature and followed correlational research design. Study was conducted on young adults i.e.; 18-35 years of age group and total sample size is 100. Survey was conducted using two scales namely, Perceived Parenting Style Scale (PPSS) by Divya and Manikandan (2013) and FEM Scale by Smith, Ferree and Miller (1975). Responses were recorded via google forms. **Results:** It showed that authoritative parenting style contributed 65% significantly to feminist perspective, authoritarian parenting style significantly contributed 28% to feminist perspective and permissive parenting style did not significantly contribute to feminism as its just 16%. **Conclusion:** Data indicates that adults who are feminist are most likely to be brought up under authoritative parenting style.

**Keywords:** Parenting style, Feminism, Perception.

## Construction and Validation of Affective & Cognitive Decision Making Inventory (ACDMI): Its Application in Indian Work Setting

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**Background:** Individual and organizational performance & success are contingent on effective and efficient decision-making. If we do not judiciously detect and handle problems, the cost to our time, health, customers, or economic well-being will be indeed very high and counterproductive. At every decisional level decision making is a crucial work competency. To sustain in this cutting-edge environment it is imperative for every organization specially those that are knowledge intensive to provide training and re-training of such skill to their employees. **Objective:** The purpose of this study was to construct a decision making inventory to assess the level of decisional ability at work and to validate its psychometric properties respectively. The inventory was designed to measure two core indices i.e. Cognitive, which foresee the logical aspects of decision making and Affective, which foresee the emotional aspects of decision making at workplace. **Method:** Purposive sampling was used to gather data. For standardization of the items the scale was distributed amongst eminent scholars and OB practitioners. 271 working professionals completed the ACDMI. **Result:** Face validity and Content Validity were found to be significant. ACDMI had moderate internal consistency and test-retest reliability. **Conclusion:** ACDMI is a 5 - point likert scale which consists of 29 items, 14 items in cognitive index and 15 items in affective index with positive and reversed scoring. Item analysis revealed that item no. 15<sup>th</sup> of cognitive index reduced the face validity; therefore the same was omitted from the list.

**Keywords:** Affective Decision Making, Cognitive Decision Making, Indian Work-setting

## Subjective-Happiness: A Comparative Study amongst Teenager and Adults

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**Background:** Happiness is the scientific term for happiness and life satisfaction-thinking and feeling that your life is going well, not badly. People's levels of subjective Happiness influenced by both internal factors, such as personality and outlook, and external factors, such as the society in which they live. Some of the major determinants of subjective Happiness is a person's inborn temperament, the quality of their social relationships, the societies they live in, and their ability to meet their basic needs. Importantly, researchers have also studied the outcomes of subjective Happiness has found that 'happy' people are more likely to be healthier and live longer, to have better social relationships, and to be more productive at work. **Objective:** The main purpose of this study was to identify the significant difference amongst teenagers and adult through the scale of subjective happiness. **Methods:** This was a cross-sectional study in which 50 samples was collected including both. Data were collected through questionnaires on a standardized scale of subjective happiness by Sonja Lyubomirsky. The data were analysed with the SPSS program. **Result:** The significance of subjective happiness for teenagers was low, whereas significant predictors of subjective happiness in adults were high. These factors explained 18.7% and 22.6% of the variance in subjective happiness, respectively. **Conclusion:** The most important predictor of subjective happiness for adults was health promoting lifestyle. There is a need for a health promoting lifestyle and stress-free life for teenagers as well.

**Keywords:** Lifestyle, Happiness, Adults

## Present State of Unforgiveness Research: A Thematic Review

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**Background:** Forgiveness is a conscious and deliberate decision to release feelings of resentment or a desire for revenge against a transgressor. It is the capacity of a person to let go of negative emotions towards the transgressor. While unforgiveness is an internal state in which one's experiences in the aftermath of a transgression vary along with one or more of the following dimensions: negative emotions with rumination, unforgiving cognitions, and/or an altered perception of the offender. Viewing unforgiveness as the opposite of forgiveness limits the conceptualization of unforgiveness, as some early researchers emphasized on conceptualizing and operationalizing forgiveness as the opposite of unforgiveness. Although the scientific study of forgiveness has witnessed momentum ensuing the establishment of Positive Psychology (Seligman & Csikszentmihalyi, 2000), there are few studies which have examined unforgiveness empirically. In our knowledge, there is not any published work which has systematically reviewed work on unforgiveness till date. **Objective:** Present article presents a thematic review on unforgiveness. **Method:** Data has been retrieved from Web of Science, Scopus, Mendeley database, PubMed, and Google Scholar using keyword unforgiveness. One hundred and twenty-five documents were found relevant to our objectives. Forty duplicate documents were removed. Twelve more documents were removed due to inappropriateness. **Result:** Four themes were highlighted and implications for theory and practice as well as future direction for research have been discussed. **Conclusion:** Thus, it can be concluded that the concept of forgiveness and unforgiveness has an implication on the release of feelings among adults.

**Keywords:** Unforgiveness, Forgiveness, Rumination, Well-being



## Effects of Internet Addiction on Social Connectedness among Young Adults

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**Background:** Social connectedness is defined as the ability to develop meaningful relationships that will facilitate the individual to view himself/herself as part of his/her relationships. Social connectedness is the result of individuals feeling meaningful and valuable in their social relationships (Lee and Robbins). Internet addiction is the main framework of other internet related addictions like digital game addiction, social media addiction, smartphone addiction, Compulsive Information Seeking, Cyber (Online) Relationship Addiction, and Cybersex Addiction etc. So it has been hypothesized that excessive use of Internet can negatively affect the connectedness and might cause adolescents and young adults to encounter problems in their social relationships which might affect their mental health. **Objective:** To examine the predictor effects Internet addiction on social connectedness among young adults. **Methods:** Random sampling method was used on 100 participants. The age range of participants was 19-25 years. T test, regression and Correlation analysis have been used to analyse the variables. Two questionnaires were used - Young's Internet Addiction Test Short Form (YIAT-SF), Social Connectedness Scale (SCS). **Result:** Internet addiction and social connectedness have been found positively correlated with each other and also internet addiction identified as potential predictor for social connectedness. However there is insignificant gender difference has been identified in the results. **Conclusion:** As per the results suggested the proposed hypotheses have not been supported.

**Keywords:** Internet-addiction, social connectedness, young adults.

## Effect of Music Preference on Quality of Life among Adults

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**Background:** Music encompasses an interesting ability to evoke emotions in people. Music is the most enjoyable human experience. Quality of life can be a degree of happiness associated with satisfaction that is achieved by the fulfilment of various wants in an individual life. **Objective:** To find out the effect of music preference and gender on quality of life among adults. **Method:** The sample consisted of 100 adults whose age ranges from 20 to 40 years. Purposive cum incidental sampling methods were used. Quality of life scale (QOLS-SSNN) developed by S. Sharma and N. Nasreen was used. **Results:** Based on data, it can be said that the adults who listen to romantic and melody songs have better quality of life. There were no differences found on quality of life among adults listening to rock/pop and ghazal. **Conclusion:** Thus, it can be concluded that music preference indeed has some effect on quality of life among adults.

**Keyword:** Music preference, Quality of life, Adults

## Role of Communicative Devices in Palliative Care (MND Patients)

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**Background:** Motor Neuron Disease (MND) is a rare neurodegenerative condition that gradually disables the patient, affecting their muscles and limbs, putting them in a complete state of helplessness. The frequency of ALS patients in India is 5 in 1,00,000 population. Till date there is no promising treatment for this devastating disease where the patients lose their speech and are unable to communicate properly. The challenges are faced by the caregivers as well as family members in understanding the needs of the patient, where eye movement and facial expression are the only means of communication. The rate of survival depends on long term palliative care, which supports the physical, emotional, social and spiritual aspect of the being and manages them on ventilator and life-saving equipment. It is vital to ensure 24-hour day and night care with active assistance as the patient is fully conscious and the brain remains fully active. The efforts should be made to ease their life, reduce pain and increase comfort in means of communication and fulfil daily basic needs. **Objective:** To improve the quality of life of MND patients through exploring communicative devices and finding possible solutions. **Method:** Reviewed 250 MND patients in India about their difficulty in communication process affecting their quality of life. **Results:** The utmost use of communicative devices such as eye tracker, sensor based electronic gadgets, voice banking, customised smart bed, and smart wheel chair (driven by AI technology) surely improve the quality of life of the patients. The quality of palliative care is likely to be compromised in many countries like India due to lack of awareness, inadequate skills, non-availability of low cost customisable communicative devices. **Conclusion:** A team of scientists, medical fraternity, biomedical engineers, and designers from reputed institutions may come forward to address these issues and challenges.

**Keywords:** Communicative devices, Caregiver, Palliative care

## Ghosting and Psychological Well-Being

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**Background:** Anxiety and stress have been the two core phenomenons which have been observed during the pandemic phase which have had an impact on the mood of adults in the Indian scenario. **Objectives:** The study aims to find relationships between Ghosting, Depression, Anxiety, Stress and Attachment styles among Indian adults aged 20-45 years. **Method:** Correlational research design was used, with non-probability techniques used. Sample of 53 individuals was collected. **Results:** From the statistical data analysis - Pearson's Product moment Correlation, it can be inferred as -Ghosting and Stress, Anxiety & Depression are positively correlated, Ghosting and Attachment Style ñ Close & Depend are positively correlated, Ghosting and Attachment Style ñ Anxiety are negatively correlated. Using one way ANOVA, it was found that that significant difference exists among the four groups of attachment style (Viz, Style 1 - Secure, Style 2 preoccupied, Style 3 dismissing and style 4 Fearful) on ghosting scale. Using it's test, it was found that - Difference exists (but not significant) among participants on ghosting score based on their attachment style divided as healthy (secure) and unhealthy (preoccupied + dismissing + fearful) attachment style. High amount or intensity of Ghosting does affect an individual's mental health





negatively; it may lead to negative changes in premorbid personality of an individual. **Conclusion:** Thus, it can be concluded that Psycho-social predictors of health and well-being can be used as Preventive and / or curative measures like - Policy formation, in clinical / counselling settings for effective psychotherapy and can be applied in legal set up for civil matters & family matters like property dispute or Divorce cases.

**Keywords:** Ghosting, Depression, Stress, Anxiety

## A Comparative and Solution Based Study of the Occupational Stress among the Professionals of Public Sector Bank and Cooperative Bank

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**Background:** Nowadays, the banking system has been rapidly developing the e-commerce, e-business, internet banking, mobile banking facility etc. The advent of technological changes, especially extensive use of computers, networking and information technologies in the banking sector has changed the work patterns of the bank employees and has made it inevitable to downsize the workforce in the banking sector. **Objective:** The aim of the present study is to examine the level of occupational stress among the professionals of public sector banks and Cooperative banks. **Method:** In the first phase, data were collected from 100 banking professionals as 50 from public sector banks and 50 from Cooperative banks. In the second phase, the efficacy of Psycho-Yogic module to cope up with stress is also implemented on 30 volunteers through the pre-post experimental research design. To identify the level of stress, Occupational Stress Index (OSI) developed by Srivastava and Singh (1981) was used. Then the data was analysed by appropriate statistical methods. **Result:** The findings of the study revealed higher levels of stress among the professionals of public sector banks in comparison to the professionals of Cooperative banks. **Conclusion:** Thus, it can be concluded that there is a positive impact of Psycho-Yogic intervention in reducing the stress level and it can enhance the coping skills from the stress.

**Keywords:** Banking professionals, occupational stress, Psycho-yogic module.

## A Comparative Study on Sexual Attitude Concerning Marital Status and Gender among Indian Population

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**Background:** Sexual orientation, gender, and sex are three different parts of you. Sexual attitude is the emotional, romantic, or sexual attraction that one feels towards somebody. Its development not only depends on parents, peers, and society but is also affected by one's gender and marital status. Sexual orientation is not a choice but rather a relatively stable characteristic of an individual that cannot be altered. **Objective:** The current research work examines and compares whether the status of marriage (married/ unmarried) and gender (M/F) affects individuals' sexual attitudes regarding premarital sex, attitude towards polygamy, pornography, lesbianism, and homosexuality or remains unaffected. **Method:** A total of 120 samples were obtained from the state of Gujarat and Rajasthan using the technique of purposive sampling. Due to the ongoing pandemic, samples were taken both online and offline. The 'Sexual Attitude Scale' (SAS) (1997; Amit Abraham) was used as a research tool to gather



the data, and the analysis was done using the 2x2 Two-way ANOVA F-test. **Result:** There was no significant influence of marital status and gender observed on person's sexual attitude when each was studied independently. Overall, in the interaction effect, outcome indicated a significant influence of marital status as well as gender on individuals' sexual attitudes. The detailed interpretation of each dimension of the scale is further discussed in the research paper. **Conclusion:** It can be concluded that there is a significant interaction effect seen between gender and marital status on overall sexual attitude, however such result was not found significant for individual dimension.

**Keywords:** Sexual attitude, Gender, Marital status

## Confirmatory Factor Analysis and Psychometric Validation of Healthy Lifestyle Choices and Personal Control Questionnaire among the Indian Population

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**Background:** Empowering the individuals to have personal control and make healthy lifestyle choices have become a cornerstone of health promotion programme due to unprecedented rise in chronic diseases. It requires to measure the personal control and daily healthy lifestyle choices simultaneously. For this healthy lifestyle choices and personal control questionnaire (HLPCQ) was validated in Greek, Persian and English Language. The assessment of healthy lifestyle is required in India also due to the high mortality rate of chronic diseases. **Objective:** The present study aimed at psychometric validation of HLPCQ English Version among Indian population and to assess its model fit with confirmatory factor analysis. **Method:** For this a cross sectional study was conducted on 618 people enlisted from northern state of India. Data was collected by convenience sampling strategy by distributing google form of HLPCQ through various online platforms. **Results:** Result of the zero-order confirmatory factor analysis of the five-factor model with 26 items showed that two items have poor factor loadings which were removed subsequently, and the resulted 24 item measure showed to have good fit to the data (RMSEA = 0.03, CFI = 0.97, TLI = 0.97, SRMR = 0.03). HLPCQ found to have good reliability as value of Cronbach alpha and MacDonald's omega found to be > .70. Additionally, it also demonstrates convergent and discriminant validity. **Conclusion:** These findings indicate that the HLPCQ has sound psychometrical properties and fitted best to be used in Indian population.

**Keywords:** Healthy lifestyle, Personal control, Psychometric Validation

## Aggressive Behaviour in Young Adults and Parents Psychological Control

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**Background:** Aggressive behaviour in young adults is a widely researched topic in psychology. Whereas many factors were attributed to the aggressive behaviours of young adults. **Objective:** The present study was carried out to assess the level of aggression in male and female students and the relation of parents' psychological control and aggression in young adults. **Method:** The study was carried out on 100 undergraduate students at different colleges of Jammu city, amongst them 50 were males and 50 were females with age range between 19 -24 years, selected by purposive sampling method. As per the study plan all 100 students were selected on the basis of



gender. The aggression questionnaire and the parental psychological control scale -youth self-report (PCS-YSR, Barber, 1996) were used and Pearson correlation has been applied for deriving the results. **Result:** Significant difference of gender was found on aggression between male and female students. Positive correlation is found between parents' psychological control and aggression in young adults. **Conclusion:** Thus, it can be concluded that the difference indicates the significant role of parenting and aggression among young adults with context to their aggressive behaviour.

**Keywords:** Aggressive behaviour, Young Adults, Gender

## A Study on Stress Coping Technique among Rural and Urban Sub-Inspectors of Police in Bihar

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**Background:** Stress has been an elemental part in the work life environment which has highly contributed to the efficiency and deliverance of work in both residential locale areas. This element is much needed to be addressed to understand working conditions and efficiency. **Objective:** The purpose of this study was to investigate the relationship with Stress Coping and the Police personnel. **Method:** The sample comprised of 200 Sub-Inspectors of Police from Magadh range (Gaya, Nawada, Aurangabad, Jehanabad & Arwal). Their age ranges from 25 Years to 60 Years. From rural areas 100 samples were collected consisting of 50 male Sub-Inspectors of Police and 50 female Sub-Inspectors of Police. Similarly, from urban areas 100 samples were collected, consisting of 50 male Sub-Inspectors of Police and 50 female Sub-Inspectors of Police. The Sampling method used was Incidental Cum-purposive Sampling method. Stress Coping Scale developed by Laxmi and Narayain. Correlation research design was used. **Result:** The result shows significant difference between male and female Sub-inspectors of Police on the dimension of Stress Coping technique among police personnel. The result also shows significant difference between male and female Sub-inspectors of Police on the dimension of Stress Coping in rural areas of Police station. **Conclusion:** The results also shows significant difference between male and female Sub-inspectors of Police on the dimension of Stress Coping in urban areas of Police station.

**Keywords:** Stress coping, Magadh Range, Sub-inspectors of Police and Rural and Urban Police Station.

## A Study of Relationship between Romantic Love and Psychological Well-being among Young Adults

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**Background:** Psychological Wellbeing is defined as individual's emotional health and overall functioning. Romantic relationships are ongoing interactions who are physically and emotionally attracted to one another. Romantic relationships in emerging adulthood may affect and be responsible for negative or positive outcomes of a wellbeing. **Objective:** The present research studied the relationship between romantic relationships and psychological well-being among young adults. **Methods:** The sample comprised of 50 participants which was selected using purposive sampling method. The age range of participants was 18-25 years belonging to urban domicile and across socioeconomic status. The measures used were Sternberg's Triangular Love Scale, Ryff

Psychological Wellbeing Scale (PWB) and the data was analysed using correlation. **Result:** The results indicated significant relationship between romantic relationship and psychological well-being among young adults. **Conclusion:** In conclusion, having a romantic relationship affects the overall psychological well-being of an individual.

**Keywords:** Romantic love, Psychological well-being

## Effect of Mindfulness on Psychological Wellbeing among Adults

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**Background:** Psychological well-being is described as an individual's emotional health and overall functioning. It is not just absence of disorder, but also the combination of feeling good and functioning effectively. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. **Objective:** To investigate the effect of mindfulness on psychological well-being among adults and to identify gender differences. **Methods:** Data has been collected from 100 participants (50 males, 50 females) belonging to the age range of 20-35 years. Participants were asked to respond to two questionnaires: The Mindful Attention Awareness Scale (MAAS), and Ryff Scale of Psychological Well-Being. Correlation was used to measure the relationship between variables. **Result:** There is a significant positive relationship between mindfulness and psychological well-being. Gender differences on the effects of mindfulness were also noted. **Conclusion:** As per the result suggested, mindfulness enhances an individual's overall psychological well-being.

**Keywords:** Mindfulness, Psychological well-being, Adults.

## General Self-Efficacy and Resilience in Optimists & Pessimists

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**Background:** Self-efficacy is the general coping up mechanism of the individual which helps them deal with a given situation having a positive implication on their levels of resilience. **Objective:** The present study was aimed to measure and understand the relationship between general self-efficacy and resilience among optimists and pessimists. The study also tried to compare the general self-efficacy and resilience across the two categories of optimistic and pessimistic individuals. **Method:** The study used three scales for determining the results, which included the Optimism Pessimism Scale (OPS) by December (1989), the General Self-efficacy Scale (GSES) by Schwarzer (1995), and the Brief Resilience Scale (BRS) by Smith (2008). The sample for the study consisted of a total number of 84 participants, with 42 participants in each category of optimists and pessimists. **Result:** The results revealed that there was a significant positive relationship between general self-efficacy and resilience among pessimists, but no significant relationship between general self-efficacy and resilience among optimists. It was also discovered that optimists have a higher general self-efficacy and resilience than pessimists. It was seen that resilience was negatively correlated with optimism in optimists. Also, there is significant negative relationship of general self-efficacy and resilience in pessimists. **Conclusion:** Thus, it can be concluded that there is a significant positive correlation between general self-efficacy and resilience, and a significant negative relationship of pessimism with general self-efficacy and resilience in pessimists.

**Keywords:** Optimism; Pessimism; General Self-Efficacy; Resilience



## Study of Relationship between Self-Esteem, Social Desirability and Narcissistic Personality Traits

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**Background:** Narcissism personality individual have a greater sense of their importance. Self-esteem is one's positive or negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself. Narcissism and high self-esteem individual both have positive self-view but these views differ in domains. Social desirability is the tendency of one to be in socially and culturally desirable manner, so he/she can be viewed positively by other people or seems consistent with social and cultural norms and expectations. Narcissist desire social status and they try to grab that attention. Grandiose narcissists consider themselves more successful at being able to obtain high social status, while vulnerable narcissists do not believe they get the social recognition they deserve. **Objective:** The purpose of the research was to study the relationship between self-esteem, social desirability and narcissistic personality trait among young adults. The study further focuses on the gender differences in self-esteem, social desirability and narcissistic personality traits. **Method:** The sample consist of 70 participants selected through purposive sampling method belonging to the age range of 18-30 years. Rosenberg self-esteem scale, NPI-40, Marlowe crowne social desirability scale were used to measure self-esteem, narcissistic personality, and social desirability respectively. Correlation was used to the measure the relationship between self-esteem, social desirability and narcissistic personality traits. To study the gender differences in self-esteem, social desirability and narcissistic personality traits t-test was used. **Result:** The result indicated significant relationship between self-esteem, social desirability and Narcissistic personality traits among young adults. **Conclusion:** Individual with Narcissisms evaluate themselves as they are better than others on agentic traits like intellectual skills, extraversion but not on communal traits (Agreeableness, Morality). Whereas, Individual with high self-esteem evaluate themselves better on both the traits.

**Keywords:** Narcissism, Social desirability, Self-esteem

## Impact of Psyche on Forgiveness among Adults Using Graphology: An Exploratory Study

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**Background:** Forgiveness is associated with mental health. Forgiving people are mentally strong. People who are forgiving have a substantial personality. Our Psyche plays a vital role in developing our personality. Freud's psychoanalytic theory of personality proclaims that our psyche is the foundation of human behaviour. Forgiveness in connection to the psyche is still blooming. **Objective:** The present study focused upon the impact of psyche on the level of forgiveness among adults of two different age groups. **Method:** Total sample of 100 individuals were selected using the Purposive Sampling Technique, divided equally gender wise into two different age groups (20 ñ 30 years and 40 ñ 50 years). The data was collected from two different cities i.e., Ahmedabad and Vadodara. Handwriting sample and Forgiveness Scale (FS) by Pragya and Pragya, 2008 were used as research tools to collect

the data. Administration, scoring, and interpretation were done as per the test manual. Mann  $\bar{n}$  Whitney U Test was used to statistically analyse the data. **Results:** The obtained findings indicated that there was no statistical difference seen in the level of forgiveness between both the genders ( $p= 0.208$ ) and between both the age groups ( $p= 0.126$ ). Moreover, it was observed that there was no impact of the psyche on forgiveness level ( $p= 0.051$ ). **Conclusion:** Thus, it can be concluded that age, gender or psyche had no effect on the forgiving behaviour of a person.

**Keywords:** Forgiveness, Graphology, Psychoanalytic Theory

## A Comparative Study of Effect of Planned Behaviour on Subjective Well-Being among Adults

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**Background:** Explaining human behaviour in all its complexities is a difficult task but theory of planned behaviour is used to predict and explain human behaviour in a specific context. Recent research proved significance of planned behaviour in predicting physical and mental health and in this continuation present research was conducted to predict the relationship between planned behaviour and a mental health component that is subjective well-being. **Objectives:** This research aimed to study the effect of planned behaviour on subjective well-being and to find the differences between different adult groups. **Methods:** Two null hypotheses were formulated and a sample of 148 adults between 20 to 60 years of age was selected through random sampling and divided into three groups. Assessment tool the subjective well-being inventory by Sell and Nagpal was administered. Between group research design was used and data was analysed by using ANOVA test. **Results:** Both the null hypotheses were analysed by ANOVA test and F ratio= 4.88 for both null hypotheses were significant, which means hypotheses were rejected. And the second null hypothesis was also analysed on a frequency basis. Group one subjects those implemented planned behaviour have high subjective well-being ( $N=51$ ) as compared to other two groups. **Conclusion:** Based on results and literature review it can be concluded that planned behaviour significantly effects the subjective well-being and adults those implement planned behaviour in their day-to-day life have high subjective well-being as compared to those who plan their day sometimes or never.

**Keywords:** Planned behaviour, subjective well-being, Mental Health.

## Addressing Mental Health Assessment Need of Medical Students in India

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**Background:** The medical school aims at creating health care professionals through intense academic and clinical training. There are innumerable pedagogies which are followed to ensure quality of education, but rarely medical educational institutions pay heed to the mental health of their students. In India recently only we have started observing the implication of ignoring the mental health of medical students. **Objective:** The intent of current research is to address the mental health assessment needs of medical students, i.e., Medical, Dental and Paramedical. **Method:** In the current study sample has been taken from Santosh Medical University situated in Delhi NCR (Northern India). Sample size was 240 students (Male-109; Female-131). Students were assessed



using Eysenck's personality questionnaire (EPQ), Cohen's perceived stress scale (PSS), Sinha's anxiety scale (SAS) and Beck Depression Inventory (BDI) to identify any vulnerability among them while they are receiving most strenuous training. **Results:** Findings revealed 19% students were high on psychoticism, 22% high on neuroticism, 71% students showed moderate levels of stress, 35% students had very high levels of anxiety, and 19% students reflected moderate to extreme levels of depression. The findings are alarming, as the study was conducted when students were in 1<sup>st</sup> year, it is for sure that with time the problem is going to increase in absence of a suitable support for the students. **Conclusion:** It indeed required that we bring in policies and provisions to assess and monitor the psychological health of medical students when they begin their educational journey. Only through this we can ensure the quality and overall well-being of our health care professionals.

**Keywords:** Medical Students, Assessment, Stress, Anxiety, Depression

## Allied and Healthcare Professionals Act, 2021

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**Background:** Lok Sabha passed the National Commission for Allied and Healthcare Professions Bill on March 24, 2021 and it was notified in the gazette subsequently. **Objectives:** The current paper presents an overview, applications, and scope of the Allied & Healthcare Professionals Act, 2021. This Act will pave the way for setting up various councils and commissions for the regulation of Allied and Healthcare professions and will also aid in development and upkeep of a National Register of all such professionals. The paper broadly explains the Act, its major provisions, the professions that fall under it and why it is deemed necessary. The paper also talks about the penal provisions under the Act along with its applications and scope in the current scenario. **Method:** The official gazette notification along with the literature available on it till now along with other relevant papers on allied topics were reviewed. **Results:** This Bill has been a long-standing demand from Allied and Healthcare professionals who sought regulatory bodies like those already present in other fields like the National Medical Commission (NMC), Indian Nursing Council (INC) etc. **Conclusion:** It can be concluded that this bill will benefit healthcare and allied professionals along with curbing unsafe practices.

**Keywords:** Healthcare Professionals, Act, National register

## Organizational Commitment, Work-Life Balance & Teacher's Effectiveness in School Teachers

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**Background:** The Pandemic has been a life changing event for the world, bringing unimaginable changes in our daily lives. While the destructions caused to human loss is unforgettable, the newer ways of approaching our daily routine are commendable. Teaching as a profession is no exception. Who would have imagined, that imparting knowledge effectively is possible even from a distance? It is true that necessity is the mother of all inventions and invention to design curriculums and teaching style for effective understanding, innovation to conduct tests, assignment and assessments in a fair manner. Innovations in addressing the students' concerns, despite psychological



pressures from a distance, have been commendable. However, all this has definitely taken a toll on the teachers who had to re-organize themselves to remain effective. Despite endless efforts, there were teachers who didn't get enough help with children with impairments and homeless students, among other categories. **Objective:** In light of these considerations, the current article emphasizes the relevance of Organizational Commitment, Work-Life Balance, and Teacher Effectiveness in School Teachers during COVID times. **Method:** A decade old review literature was done. **Result:** It was found that organizational commitment and work life balance are significantly related to Teacher's Effectiveness. **Conclusion:** While everyone's life seems to be coming back to normal, the risk of pandemic is still looming above our head (instances of recent lockdowns in some parts of the world, despite vaccination).

**Keywords:** Organizational Commitment, Work life balance, COVID-19, Mental Health

## Relationship of Academic Stress with Caste Category among Female College Students of Bihar

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**Background:** Academics are the core component of a student's life and with the growing competitive environment the stress level has really increased with a focus on their performances. **Objective:** The purpose of this study was to investigate the relationship of Academic stress among rural and urban College students. **Method:** The total sample of 408 college students with ages ranging from 16 to 30 years were collected from various colleges of Rural as well as Urban areas of Patna, Nalanda, Vaishali and Ara district. Academic Stress Scale by Jain and Dixit. Correlation research design was used. Data was collected through the Quota sampling method. **Result:** After analysis of the results, it can be said that there is a significant difference between female college students of Schedule Caste and Other Backward Class. Result is also significant difference between female college students Other Backward Class and General Category. **Conclusion:** There is a significant difference between female college students Schedule Caste and General category in the level of stress experienced.

**Keywords:** Academic Stress, College students, Caste Category, Urban and Rural region.

## A Comparative Study of Social Networking Addiction between Rural and Urban Higher Secondary Schools Students

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**Background:** Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas. **Objective:** The purpose of this study was to investigate the relationship of Social Networking Addiction of different Higher Secondary School Students from rural and urban schools. **Method:** The total Sample will comprised of 420 male and female Students of out of which Rural Students (210) and Urban Students (210). Their age range vary from 14 Yrs to 18 Yrs. The data will be collected from Male and Female Students of different Higher Secondary School Students of Rohtas, Buxar, Bhojpur and Patna. Quota sampling method will be used to collect the data. Incidental-Cum-Purposive sampling method will be used. Personal Data Sheet: The Personal data Sheet will be used to collect the personal information





of respondent. Social Networking Addiction Scale ñBy Shahnawaz, Ganguli, Manchong & Zou. Correlation research design was used. Data was collected through incidental cum purposive sampling method. Higher Secondary School students were contacted to different schools of Rural and Urban area with the permission of concerned authorities. Information were given to the respondents fill the questionnaire. **Result:** After analysis of the results it can be said that there is a significant difference between male and female higher Secondary school students in the region of Rural and similarly there is also significant difference between male and female school students in the region of Urban. **Conclusion:** It can be concluded that Checking and scrolling through social media has become an increasingly popular activity over the last decade.

**Keywords:** Social Networking Addiction, Higher Secondary School, Urban and Rural region and Public and Private school

## A Comparative Study on Academic Procrastination between Public and Private High School Students

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**Background:** Procrastination is the act of delaying or postponing a task or set of tasks. Procrastination appears to make school students postpone and delay their academic work becoming self-excusive and ignoring their academic responsibilities during the entire course of studies. In education and training, the term academic procrastination is commonly used to denote the delay in academic activities. It may be intentional, incidental and/or habitual but significantly affects learning and achievement of university students. **Objective:** The purpose of this study was to investigate the relationship of Academic procrastination among rural and urban high school College students. **Method:** The total sample was comprised of 240 high school students (The age range vary from 13 to 16 years) collected from various schools of Rural as well as Urban area of Patna district. The personal data Sheet was used to collect the personal information of school students. Procrastination Scale by Savita Gupta and Liyaqat Bashir. This scale consists of 30 items divided into Four Dimensionsñl. Correlation research design was used. Data was collected through incidental cum purposive sampling method. College students were contacted to schools of Rural and Urban area with the permission of concerned authorities. **Result:** After analysis of the results, it can be said that there is a significant difference between male and female school students private school in the region of Rural on the dimension of Procrastination and similarly there is also significant difference between male and female school students public school in the region of Rural on the dimension of Procrastination. **Conclusion:** It can be concluded that there was a gender difference amongst student of private and public schools in urban region on the dimension of procrastination

**Keywords:** Procrastination, School students, Urban and Rural region and Public and Private school.

## A Comparative Study of Marital Adjustment among Working and Home-Maker Women

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**Background:** marriage is a life changing event for many. It has an significant inmpoact in an womenís life there are changes which are there on their psychological and physiological well-being. **Objectives:** The main



purpose of the present research was to assess the level of marital adjustment among working and home-maker married women. Also, to find out the difference between level of marital adjustment among working and home-maker married women. **Method:** In this research, the subjects were 60 married women. Among them 30 were working women and 30 were home-maker women. Marital Adjustment Inventory (MAI) developed by Dr. Harmohan Singh (1987) was used to measure of marital adjustment. The between group design has been used in the present study. **Results:** Results have revealed that working women faced marital adjustment problems in a greater degree to that of home-maker women. Home-maker women did not show any problem with their spouses. Working women and their working spouses had no issue of marital adjustment. Working status of married women deteriorates their marital adjustment. While on the other side the home-maker women have better marital adjustment in comparison with that of working women. **Conclusion:** It can be concluded that marital adjustment problems faced by homemaker and working women are different.

**Keywords:** Marital adjustment; Working women; Home-Maker women

## Study of Psychological Capital and Operational Police Stress: A Preliminary Study

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**Background:** Work induced stress; depression and anxiety are becoming increasingly endemic. Law enforcement Police department are service sectors that are people centric. They bare the responsibility of being in possession of a firearm and protecting the lives of citizens maintaining law and orders resulting in the increasing level of stress. **Objectives:** To study psychological capital, operational police stress and to ascertain the significant relationship between Psychological Capital and Operational Police Stress. **Method:** The study was conducted on 35 police personnel posted in the state of Bihar through Purposive Sampling. **Results:** Significant relationship was found between dimensions of Psychological Capital and Operational Police Stress. The results also revealed that the sample had average psychological capital with higher mean on dimension of efficacy. On operational police stress 5 samples revealed mild stress, 14 samples revealed moderate stress and 16 samples revealed high stress. **Conclusion:** High level of stress can cause serious consequence in form of physical and mental ailments, resulting in reduced productivity and absenteeism at work.

**Keywords:** Psychological Capital, Operational Police Stress, Police Personnel.

## Impact of Academic Resilience on Academic Stress among Higher Secondary School Students of Bihar

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**Background:** Academic resilience is the abilities of the student to be able to perform the face of different abilities of the students. **Objective:** The study investigated the relationship between Academic resilience and academic Stress among higher secondary school students of Bihar. **Method:** The total Sample was comprised of 200 university students. Each Male and female were 100 in number. The age ranges vary from 15 Years to 18 Yrs.



Incidental- Cum- Purposive sampling method was used. Academic Resilience Scale developed by Mallick and Kaur. Academic Stress Scale developed by Akhtar and Saxena. Correlational research design was used. Data were collected through Incidental- Cum- Purposive sampling method. Higher secondary school students were contacted from different schools of Patna. **Results:** Indicate that there is negative correlation between Academic resilience and academic Stress among higher secondary school students of Bihar. The value of correlation is  $-.52$ . The result shows significant difference between male and female higher secondary school students on the dimension of Academic Stress, the value of t-ratio is 2.75 which is significant at 0.01 level of significance. Result also found significant difference between male and female higher secondary school students on the dimension of Academic Resilience, the value of t-ratio is 3.01 which is significant at 0.01 level of significance. **Conclusion:** Gender plays a vital role in the different dimensions involved in the academic resilience and academic stress.

**Keywords:** Academic Resilience, Academic Stress, Higher Secondary Students

## Mental Health Policies in India: A Neglected Concern

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**Background:** Pandemic has hit us hard, mentally, emotionally and physically. When lockdown and social distancing became the new normal, it also initiated people to think about mental health. Sudden death of young super star Sushant Singh Rajput has brought mental health into the spotlight again. People started talking about mental health and seeking help from professionals in case of psychological distress. Messages like 'talk to someone' and 'seek help from mental health professionals' were very commonly spread at that time. **Method:** The present study addresses concern about mental health policies and programs implemented by the government of India. A meta-analysis and systematic review of government funded surveys was done in order to explore the impact of COVID-19 on the mental health and what challenges are faced to execute these policies and lack of mental health research. **Results:** During the research it was found that we need reformation of mental health policies and people need to actively participate in these policies. Mental health issues are major challenges faced by most of the people. **Conclusion:** For greater success we need more mental healthcare providers. Seats for mental health professionals should be increased so that we can cater to the needs of a growing population.

**Keywords:** COVID -19 pandemic, Government policies, Mental Health

## Relationship between Social Safeness and Resilience amongst College Students: An Empirical Study

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**Background:** College life, an eagerly awaited time for every student, is also immensely influential because of the wide variety of experiences typically gathered during this phase. Along with an emerging social identity, the young students also face the challenge of adapting to greater social responsibilities as well as achievement of their social, emotional, and aspirational needs. Given this scenario, a question worth investigating is, what can make



the college students more adept at handling the various demands of life. **Objective:** In this milieu, the present study investigated whether there exists a relationship between social safeness and resilience. **Method:** A sample size of 60 (30 male and 30 female) undergraduate college students was taken for the study. Social Safeness and Pleasure Scale (Gilbert et al., 2009) and Connor-Davidson Resilience Scale 25 (Kathryn M. Connors and Jonathan R.T. Davidson, 2003) were used in the present study. **Results:** The results revealed that social safeness and resilience are positively related amongst the college students. Social safeness was also found to be a positive predictor of resilience. **Conclusion:** It can be concluded that early attachment experiences and later affiliated bonds influence the social safeness and resilience among college students.

**Keywords:** Social safeness, Resilience, Psycho-social wellbeing

## Relationship between Social Media Usage, Self-presentation & Personality Traits among Young Adults

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**Background:** Social-media is the term often used to refer to new forms of media that involve interactive participation. With the rise of digital and mobile technologies, interaction on a large scale became easier for individuals than ever before; and as such, a new media age was born where interactivity was placed at the center of new media functions. Social media affects the individuals' self-presentation on the various online platforms making individuals portray themselves to others to form a desired impression. People greatly differ in being affected and the degree to which social media affects them depends on their personality. **Objective:** The purpose of the present research was to find the relationship between social media usage, self-concept and personality. This study also aims to find how people tend to present themselves on social media and whether or not they tend to achieve ideal self through social media. **Method:** The sample comprised of 101 participants selected through purposive sampling belonging to age range of 18-25 years, urban domicile and across socioeconomic status. The measures used to assess social media usage, self-presentation and personality traits were social media questionnaire, multi-faceted model of online self-presentation, and NEO Five Factor Inventory respectively. **Result:** The results were analysed using Pearson correlation coefficient which indicated that there was a significant relationship between social media usage, self-presentation and personality among young adults. **Conclusion:** The present study concludes that personality traits like Neuroticism, Extraversion and Openness had a significant relationship with social media usage. This study also concluded that there was a significant relationship between self-concept and social media usage.

**Keywords:** Social media usage, Self-presentation, Personality.

## Effect of Burnout and Organisational Climate on Attrition Rate among Male and Female Employees

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**Background:** In India most organisations focus majorly on productivity and output and don't pay attention to how their employees feel at their workplace how they perceive the environment are they happy or not. **Objective:** The primary objective of the study is to assess the effect of burnout and organizational climate on employee



attrition rate. **Method:** In this study a correlational research design has been adopted as it allows for evaluation of various variables. This research is centered on examining the relationship amongst the variables- organizational climate, burnout and the employee attrition. A sample of 100 individuals (50 males and 50 females) had collected from the target population using the simple random sampling technique. Primary data had collected using the structured questionnaires namely, organizational climate inventory (OCI) by Chattopadhyay, turnover intention scale (TIS) by Gert Roodt and Maslach Burnout inventory (MBI) by Maslach and Jackson. The collected data has been analyzed using SPSS and demonstrated in the form of tables and figures. **Result:** The study found out that a) a strong negative relationship exists between employee attrition and organizational climate i.e the increase in one will lead to decrease in another b) a strong positive relationship exists between job burnout and employee attrition i.e the increase in one will lead to increase in another c) No gender differences exist in attrition rate, perception of organizational climate and manifestation of job burnout between employees. **Conclusion:** It can be concluded that emotional, physical and mental exhaustion along with overall environment of the organization significantly affect employees performance, increase absenteeism and willingness to quit the job.

**Keywords:** Attrition, Burnout, Organisational Climate

## Stalking Experience among College and Office Going Females in Relation to their Age

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**Background:** Stalking is one of the forms of violence against women that has a detrimental effect on the life of victim. It consists of a series of obsessive behavior such as following the target, repeated phone calls, staring at, giving unwanted gifts, trying to communicate with, loitering around and keeping her under surveillance on the places where she lives, works and visits with the intention to induce apprehension or fear in her. However, the consequences of stalking can be severe and even deadly, many stalking cases go unreported to law enforcement. Some victims fail to report out of fear of retaliation or uncertainty about whether what is occurring is, in fact, stalking. As per the latest data, there are more than 10,000 cases of stalking have been reported. **Objective:** To assess stalking experience among college going and office going female in relation to their age. **Methods:** Judgemental sampling technique has been used to collect data of total 95 females with each category. Data has been analyzed by using descriptive statistics, t-test and ANOVA. **Result:** There is no significant difference has been emerged among college going and office going females in relation to their age. **Conclusion:** As per the result, the proposed hypothesis has been supported.

**Keywords:** Stalking, age, college going and office going females.

## Effect of Forgiveness on Life Satisfaction among Adults

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**Background:** Forgiveness is a kind of behaviour and feeling in which an individual lets go of the negative feelings towards the person who hurt or offended an individual and approaches that person in a more sympathetic way. It is important in restoring interpersonal relationships. Life satisfaction refers to the judgment process, where

individuals assess their life quality supports novel range of criteriaís they need to determine themselves. **Objective:** To see the effect of forgiveness and gender among adults. **Method:** Sample comprised of 100 adults age ranging from 21-40 years. Purposive cum incidental sampling method was used to select the sample. Forgiveness Scale developed by Samani Shreyas Pragya and Samani Amal Pragya and Life satisfaction scale developed by Hardeo Ojha was used. **Result:** The present study revealed that there was no such difference found on the scores of forgiveness among male and female adults. On life satisfaction level female score more that male counterparts. It was also found that the adults who have high forgiveness level are satisfied with their life more that the adults who have low forgiveness. **Conclusion:** Based on the result it can be concluded that forgiveness has an effect on life satisfaction. Gender influences the life satisfaction of adults but not forgiveness of adults.

**Keywords:** Forgiveness, Life satisfaction, Adults

## Impact of HIV/AIDS on Mental Health of Adolescents of Motihari District: A study

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**Background:** HIV/ AIDS is now a great problem among adolescents of lower middle class migrant workers and many other groups of the society. The first HIV patient was identified in 1986 in Chennai among sex workers (NCBI). According to the NCBI report there are 5.134 million HIV/AIDS cases in India and this is the second largest population of infected people. After that it has spread in all states of our country. From 2010 to 2017 the data of this epidemic is slowly decreasing. New cases decreased by almost 27% and death rate decreased by 56%. HIV damages the immune system of the affected person. This disease affects the patient psychologically, socially, behaviourally and pathologically. Also, it severely damages the mental health of the patient. Symptoms like anxiety, depression, social phobia, panic attack are very common among the HIV positives. These symptoms disturb their social adjustment and simultaneously disturb the pathology as well. **Objectives:** The present study focuses on the mental health of HIV positive adolescents of Motihari District, Bihar, India. **Method:** This study has randomly drawn samples from the Sadar Hospital, Motihari and Sub-divisional Hospital, Dhaka, Bihar. A questionnaire having 20 questions developed for this study based on five-point likert scales for the measurement of sample psychological condition with PDS. **Results:** India has the third largest HIV epidemic in the world with 2.1 million people living with HIV. Indiaís epidemic is concentrated among key affected populatio, including sex worker and men who have sex with men. **Conclusion:** It can be concluded that overall new HIV infections declining by 37% between 2010 and 2019

**Keywords:** Adolescent (14 to 19 age group), Mental Health

## Effect of Social Intelligence on Perceived Stress among Young Adults

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**Background:** Social relationships are an invaluable component of oneís life quality and structures of social relationship are consistently associated with better outcomes across the lifespan. Social intelligence is a major building block of developing and maintains social relationship. Stress is a response of the body to any demand



caused by any pleasant or unpleasant condition. At a given point of time, an individual has feeling or thoughts about how much stress they are in. It is known as Perceived stress. The present research focuses on studying the effect of social intelligence on perceived stress among young adults. **Objective:** The objective of the study are: to measure the effect of social intelligence on perceived stress, to measure the relationship between social intelligence and perceived stress, to measure the difference between male and female on social intelligence and perceived stress. **Method:** The sample size comprises of 120 male and female of age ranging from 19 to 25 years. The data has been collected using random sampling technique. **Result:** The result revealed that there is a significant effect of social intelligence on perceived stress and both variables are negatively correlated with each other. The male and female have been found differ on social intelligence and perceived scale. **Conclusion:** As per the results revealed, proposed hypotheses have been supported.

**Keywords:** Social intelligence, Perceived stress and young adults

## Socio-Demographic Predicators of Academic Burnout and Academic Self-Efficacy

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**Background:** Academic burnout is the negative emotional, mental reaction and physical reaction to long standing study stress resulting in exhaustion, frustration, reduced ability and lack of motivation associated with school work. **Objective:** Researcher tried to find out whether age, gender, caste, educational stream, residential Locale, father's education level, mother's education level, type of family, number of siblings of the student and class 10th percentage have any role in predicting academic burnout and academic self-efficacy of not. **Method:** A total 476 participants were selected randomly from the various CBSE board Senior Secondary Schools of Meerut City. The Academic Burnout scale by Mohammad Hossein Khani, Mohsen Mohammadi, Fateme Anvari, Mahbube Farsi (2017) and Academic self-efficacy scale by k. Gafoor Abdul and P. Muhammed (2006) Ashraf was used. Descriptive, Correlation, and multiple stepwise Regression analysis was done to test the hypothesis. Results: showed that age, class 10th percentage (academic achievement), number of siblings, caste and gender, significantly predict the academic self-efficacy (ASE) of school students. All these five significant predictors jointly predict the 15.7% of variance in ASE. In this the highest beta value was found to be 3.394 (Educational Stream). Also, number of siblings, gender, mother's education level, class 10th percentage, residential locale, education stream and age significantly predict the ABO of school students. 21% of variance in. **Conclusion:** There is a significant negative correlation between ABO and ASE this explains the variation in the levels of different predictors for ABO and ASE.

**Keywords:** Academic-burnout, Academic Self-efficacy, Demographic factors

## Exploring the Mind-Body Connection in Human Psyche

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**Background:** The mind body riddle has been going around for a long time now. Mind and body are considered to be two separate entities and yet so entwined into each other that one cannot be ignored while exploring the other. Many ancient martial art forms incorporated the understanding of the dynamics between mind and body into their daily practices. Mind is also considered as an entity that resides within the brain. Recent researches in



neuroscience are adding up to the literature showing that there lies an important link between mind and body. **Objective:** To understand the dynamics of mind and body in the human psyche. **Method:** A systematic narrative review analysis was done of the mind-body literature in psychology and neuroscience. Research articles and research papers related to the literature were critically comprehended and a final conclusion was made. **Result:** After analysis of the research papers it was found out that the therapies including mind body exercises proved beneficial for physical and mental ailments and helped towards gaining holistic health and well-being of people. **Conclusion:** Post analysis it was concluded that there seems to be an important connection between mind and body. Furthermore, the researches related to the mind-body understanding should be emphasized which would lay a strong foundation for the therapeutic interventions in holistic health.

**Keywords:** Mind, Body, Human psyche

## Perceived Parenting Styles and Emotional Intelligence among Late Adolescents

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**Background:** Numerous researches have tried to understand the influence of different parental characteristics such as values, goals, and attitudes on different developmental dynamics in reference to an adolescent. The mitigation of emotional dysregulation and, subsequently, the development of emotional intelligence is crucial in today's fast paced life. **Objective:** To ascertain the effects of perceived parenting styles, of both mother and father, on emotional intelligence of late adolescents and to identify gender differences. **Method:** Data has been collected from senior school students of Delhi NCR, through online format, via Google forms. 100 students (50 males; 50 females), from the age of 16 to 18, were asked to respond to two questionnaires to measure perceived parenting styles and emotional intelligence: Parental Authority Questionnaire, developed by Buri, and Schutte Emotional Intelligence Scale, developed by Schutte and Bhullar. Coefficient of correlation was used to measure the relationship between the variables. **Result:** A positive relationship was observed between authoritative parenting style and emotional intelligence, whereas a negative relationship for authoritarian parenting styles. Gender differences were also noted. **Conclusion:** There is a significant relationship between perceived parenting style typologies and dimensions of emotional intelligence.

**Keywords:** Perceived Parenting Styles, Emotional Intelligence, Late Adolescents.

## Role of Alternative Therapies on Insomnia

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**Background:** Insomnia is the most common psychological disorder as it tends to pose significant challenges to public health and is prevalent among all age groups. It is very common to affect the Indian population nowadays because of excessive stress and anxiety. Insomnia is a state which marks the impairment in the function of quality





of life, psychiatric and physical morbidity, and life events. **Objective:** To study the effect of alternative techniques specifically relaxation therapies on insomnia other than medications. **Method:** A case-centric meta-analytic study was done to find out its efficacy in resolving insomnia, adding on to this an interview of the clinical psychologist was conducted to collect the knowledge from the practical field. **Result:** Based on, to all the reviews, it can be concluded that alternative therapies such as relaxation are more beneficial for treating insomnia because it doesn't have any side-effects and is also a kind of self-help therapy, whereas the medications tend to induce sleep with the help of molecules and poses a variety of side-effects and adding on to this doesn't induce the natural sleep. **Conclusion:** Alternative therapies are widely in use with no side effects. Relaxation therapies and more specifically progressive muscle relaxation therapies are the best options when we are looking to treat insomnia, the reason being that this therapy directly works of a person's natural sleep cycle, while also affecting the cognitive and behavioral aspects positively.

**Keywords:** Insomnia, Alternative therapies, and Relaxation therapies

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