



# Souvenir



## 7<sup>th</sup> International Conference of Indian Academy of Health Psychology

22 - 24 DECEMBER  
2022

### Focal Theme

Mental Health and Well-Being in Post Covid  
Scenario: Global Perspective

**Department of Psychology and Mental Health**

School of Humanities and Social Sciences,  
Gautam Buddha University, Greater Noida, UP - 201312



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# ICIAHP-2022

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

# Souvenir

*Organized by*

DEPARTMENT OF PSYCHOLOGY AND MENTAL HEALTH  
School of Humanities & Social Sciences

Gautam Buddha University,  
Gautam Budh Nagar, U.P.-201312



# *Messages*



**Anandiben Patel**  
Governor, Uttar Pradesh



**Raj Bhavan**  
Lucknow - 226 027

14 November, 2022

### Message

It is a matter of great reverence to me to know that the 7<sup>th</sup> International Conference Of Indian Academy of Health Psychology is being organized by Department of Psychology & Mental Health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida on the focal theme of "Mental Health and Well-being in Post Covid Scenario: A Global perspective" from 22<sup>nd</sup> to 24<sup>th</sup> December, 2022. To mark the occasion a souvenir is also being released.

I am glad that the theme of the conference focuses upon the mental health and well-being in post Covid scenario which is the need of the hour. I believe that the pandemic has affected virtually every sphere of life with detrimental impact extending to various lives and livelihood. I believe the outcomes from this conference would certainly contribute to existing evidence and enable the health care professionals to take concrete steps in order to safeguard the mental health and well-being of the entire population.

I wish the conference a great success and extend my best wishes to all the organizing committee members and national and international delegates.

*Anandiben Patel*  
(Anandiben Patel)



**Yogi Adityanath**



**CHIEF MINISTER  
UTTAR PRADESH**

**75**  
Azadi Ka  
Amrit Mahotsav

**Lok Bhawan,  
Lucknow - 226001**

No :

**14 DEC 2022**

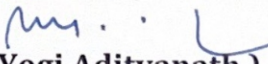
**Message**

I am happy to know that the Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida is organising the 7<sup>th</sup> International Conference of Indian Academy of Health Psychology (7<sup>th</sup>-ICIAHP) from 22<sup>nd</sup> to 24<sup>th</sup> December, 2022. A souvenir is also being brought out on the occasion.

Psychology is an important aspect of human behaviour. Covid-19 has impacted numerous lives and livelihoods globally. Though a lot has been done worldwide to safeguard the physical & psychological well-being of the people by adopting a pro-active and people-centric approach, still there is scope to reach at the root for addressing the mental health concerns of the affected persons. In this perspective, the objective of this conference to emphasize on the mental health and well being in the post-Covid scenario assumes much significance.

I am confident that the deliberations during the event would be beneficial for all.

My best wishes for the entire endeavour.

  
( Yogi Adityanath )



**Brajesh Pathak**

Deputy Chief Minister



Medical Education, Medical Health &  
Family Welfare, Mother and Child Welfare  
Government of Uttar Pradesh

Office : Room No. 99, 100, Main Building,  
Vidhan Sabha Sachivalaya

Phone : 0522-2238088 / 2213272 (Off.)

Date



**Greeting Message**

I am immensely happy to know that Department of Psychology and Mental Health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida is organizing 7<sup>th</sup> International Conference of Indian Academy of Health Psychology (7<sup>th</sup> ICIAHP-22) from 22<sup>nd</sup>- 24<sup>th</sup> December, 2022 with a focal theme of “**Mental Health and Well-being in Post-Covid Scenario: Global Perspective**”.

The world has encountered Covid-19 pandemic which was primarily a human catastrophe with serious mental & physical health repercussions. It is indeed the need of the hour that the health care professionals band themselves together to stand by community to overcome the devastating effects of this global issue. So it is necessary to promote health professionals, scientists, researchers and educationists to create the common platform to exchange their dialogues, knowledge and experiences to come with expounding solution to mental health concerns in post COVID scenarios.

I appreciate the Department of Psychology and Mental Health for this incredible step to prioritise mental health & wellbeing concerns. I congratulate the organizing committee too for this noble initiative and welcome all the national and international delegates to this event at Uttar Pradesh.

My heartily wishes for a grand success of this conference.

**(Brajesh Pathak)**



डा० दयाशंकर मिश्र "दयालु"  
राज्यमंत्री (स्वतंत्र प्रभार)  
आयुष, खाद्य सुरक्षा एवं औषधि  
प्रशासन विभाग (एम०ओ०एस०)  
उत्तर प्रदेश।



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दूरभाष सं० : 0522-2238466

दिनांक...18-12-2022

पत्रांक- 154/सं.मं.(स्व.प्र.)/आ.खा.सु.।22



## Message

It gives me immense pleasure to know that **Department of Psychology & Mental Health at Gautam Buddha University, Greater Noida, Uttar Pradesh** is organizing the **International Conference of Indian Academy of Health psychology (ICIAHP-22)** from **22<sup>nd</sup>-24<sup>th</sup>Dec, 2022** on the focal theme of **"Mental Health and Well-being in Post-Covid Scenario: Global Perspective"**.

It is a remarkable initiative by the department to have emphasised upon protecting the mental health and well-being after the pandemic hit the country on a large scale and impacted all the spheres of lives. I hope eminent speakers, scientists, researchers, and educationists from India as well as overseas will cover the theme & subthemes implicitly with different perspectives. I am privileged to say that this conference will definitely offer suitable solutions to this global issue.

Though, India, being an empowered nation has been able to mitigate Covid crisis successfully and continues to deal effectively with perceived threats in the healthcare sector but, the initiatives like this may help in coming out with enlightening solution to these global issues and building of health policy that caters to the need for inclusive healthcare and targets mental health continuum.

I congratulate to all the members of organizing committee for this noble initiative and extend my best wishes for a grand success of the programme.

  
(डा० दयाशंकर मिश्र "दयालु")  
( Dr. Daya Shankar Mishra )  
राज्यमंत्री (स्वतंत्र प्रभार)  
आयुष विभाग,  
खाद्य सुरक्षा एवं औषधि प्रशासन (MOS)  
उत्तर प्रदेश



**Prof. D.P Singh**

Education Advisor to Hon'ble  
Chief Minister, Uttar Pradesh  
Former Chairman, UGC



Lal Bahadur Shastri Bhawan,  
Lucknow-226001

**Date: 10/12/2022**



**MESSAGE**

I am happy to know that the Department of Psychology and Mental Health, Gautam Buddha University, Greater Noida is organizing the 7<sup>th</sup> International Conference of Indian Academy of Health Psychology (7<sup>th</sup> ICIAHP) with the focal theme of “*Mental Health and Well-being in Post-Covid Scenario: Global Perspective*” from 22<sup>nd</sup> to 24<sup>th</sup> December, 2022.

It is an established fact that the battle against COVID-19 was fought on many fronts. The COVID-19 pandemic hugely impacted all the spheres of human life, where mental health concerns have risen significantly worldwide. During this unprecedented time, healthcare professionals across the globe served humanity, and psychologists also emerged as the leading health professionals to help people adapt to the new normal conditions.

It is heartening to know that the Department of Psychology and Mental Health, GBU took this remarkable initiative to organize such an international event to promote holistic mental health and well-being, which is observed as the need of the hour. The conference will help in finding solutions to this global issue and mitigate the perceived stigma of mental health in our society.

I congratulate all the members of organizing committee for this noble initiative and extend my best wishes to all the national and international delegates.

I wish the international conference a grand success.

**(Prof. D.P Singh)**



प्रो. म. जगदीश कुमार  
अध्यक्ष  
Prof. M. Jagadesh Kumar  
Chairman

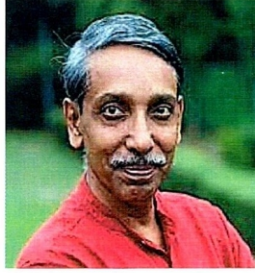


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शिक्षा मंत्रालय, भारत सरकार  
**University Grants Commission**  
Ministry of Education, Govt. of India



### MESSAGE

I am pleased to know that Gautam Buddha University, Greater Noida is going to organize its seventh International Conference of Indian Academy of Health Psychology from 22<sup>nd</sup> – 24<sup>th</sup> December, 2022. The theme of the Conference “Mental Health and Well-being in Post-covid Scenario; Global perspective” is quite pertinent to the time in which we are living. The Department of Psychology and Mental Health of the university has relentlessly worked to raise awareness of critical issues addressing the macro and micro levels of mental health.

I hope this Conference will provide a collaborative platform for researchers, Academicians to contribute to the efforts in the direction of an enhanced global perspective on the mental health and well being in the present scenario.

I extend my best wishes and greetings to the Vice Chancellor, Head of the Centre, dedicated Members and his team for giving the practical shape to this Conference.

(Prof. M. Jagadesh Kumar)  
Chairman, University Grants Commission

1<sup>st</sup> December, 2022

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प्रो० आनन्द कुमार त्यागी  
कुलपति  
Prof. Anand K. Tyagi  
Vice Chancellor



महात्मा गांधी काशी विद्यापीठ  
वाराणसी- 221002  
Mahatma Gandhi Kashi Vidyapith  
Varanasi - 221002



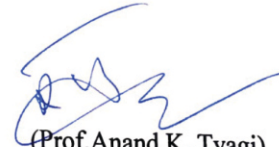
### MESSAGE

I am glad to know that Department of Psychology and Mental health, Gautam Buddha University, Greater Noida is organizing the 7<sup>th</sup> International conference of Indian Academy of health Psychology from 22 to 24 December, 2022. The focal theme of the conference “**Clinical Health Psychology : Training, Practice and Licensing**” is the most significant and important subject of contemporary world. Promoting holistic health and well-being is a much needed and well deserved aspect in today’s society and various sub-themes of this conference focus on various aspects of health and psycho-social well-being.

There is an immediate need to identify the long-term mental health consequences of the COVID-19 pandemic. Clinicians, researchers and policymakers are expected to be prepared for these mental health issues in terms of assessment, interventions and the model of care in the post pandemic era.

The benign shade of Lord Gautam Buddha in the venue of Gautam Buddha University will provide a great environment to the distinguished and eminent health care professionals, scholars and delegates to exchange their viewpoints and explore a road map of national and international collaboration for optimal care of health and well-being.

I wish this conference a great success to lead all of us for a happy, healthier and peaceful life in the present scenario.

  
(Prof. Anand K. Tyagi)  
Vice Chancellor



**Prof. Ravindra Kumar Sinha**  
Vice Chancellor



**Gautam Buddha University**  
(Established by UP Act No. (9) of 2002)



### **Message**

It is indeed a matter of pride for the University that the 7<sup>th</sup> **International Conference of Indian Academy of Health Psychology** is being organized by the Department of Psychology and Mental Health at Gautam Buddha University, Greater Noida from **22-24<sup>th</sup> December, 2022** on the focal theme of ***“Mental Health & Well-being in Post Covid Scenario: Global Perspective”***.

The theme of the conference has been chosen very aptly with respect to the current scenario and I appreciate that the department has taken an incredible step to prioritize and shield the mental health concerns which was completely traumatized with the sudden outbreak of the pandemic. The mental health concerns were observed on significant rise during & post the Pandemic time. This further led the mental health professionals to band together to help the people in overcoming their fight, flight and freezing responses in relation to pandemic and reintegrating them in new normal state. I believe the conference would be proven an effective means to bring the mental health professionals at one platform to discuss, share and exchange their thoughts and experiences in solidarity to stop the shattering consequences of the pandemic and to come with some intrusive solution to this global issue. Besides this, it will provide a podium to all the ignited minds and young researchers to foster their talents under the shadow of esteemed seniors and stalwarts in the field.

I take this pronounced opportunity to welcome all the national and international delegates to the Gautam Buddha University campus and extend my best wishes to the organizing team for a victorious outcome of this assiduous effort. I hope the conference brings forth new learning experience for all.

  
(Prof. Ravindra Kumar Sinha)

**N. K. Saksena, Ph.D.**  
**FIAAP: FInSPA**  
**Former Principal & HOD Psychology**  
**P.P.N. College, (CSJM University), Kanpur**

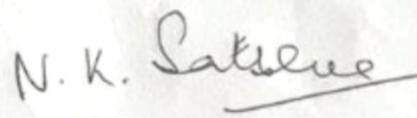


### **MESSAGE**

It gives me immense pleasure that the Indian Academy of Health Psychology is organizing the 7<sup>th</sup> International Conference (ICIAHP-22) from December 22 to 24, 2022 at Prestigious Buddha University, Greater Noida. I am also happy to note that the conference is being organized on a very relevant and important topic pertaining to the present scenario of post-Covid-19 health the world over.

The sudden unexpected breakdown of this pandemic created so many psycho-social problems globally. The global perspective in post covid era shows that the impact and the of this dreaded pandemic is still effecting the normal life. Professor Anand Kumar and Pr Anand Pratap Singh deserve commendation for inviting a galaxy of eminent national international scholars whose academic interactions with the active participation of the delegates will definitely bring out some useful suggestions for minimizing the problems caused by the Pandemic.

I wish the conference a great success.



(N.K.Saksena)





1<sup>st</sup> December 2022

Sunil Hasmukharay  
Founder & President,  
Malaysia Positive Psychology Association (MPPA)  
Group CEO,  
HC Consultants Group



I would like to congratulate Department of Psychology & Mental Health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida Uttar Pradesh for successfully organizing the 7th International Conference of Indian Academy of Health Psychology and bringing the global experts in mental wellbeing together to discover, design & develop the mental health solutions for our global citizens. I am indeed very grateful to be invited to deliver a Keynote Address at this prestigious conference themed ' Mental Health & Wellbeing in the Post Covid Scenario : A Global Perspective.

My humble invitation to all leaders, academicians and passionate advocates of mental health & wellbeing globally is to build greater synergies, design wholistic solutions and intensively drive positive well-being culture across organisations and communities globally. We lost millions of people during the pandemic and it is our moral responsibility to ensure we support global citizen in managing their mental health post pandemic and uplift mankind.

Let us work together to spread positivity and ensure we can touch the hearts & positively transform the lives of as many people as possible while supporting organisations to thrive and global communities to flourish in the post pandemic era.

Thank you

Yours truly,

A handwritten signature in black ink, appearing to read 'Sunil Hasmukharay', written over a light grey rectangular background.

Sunil Hasmukharay  
President

**Malaysian Positive Psychology Association (MPPA)**

PPM 0131224062020

21, Lorong Seri Damai 2, Taman Seri Damai, 88300 Kota Kinabalu. Sabah  
| [positivepsychologymy@gmail.com](mailto:positivepsychologymy@gmail.com) | +60129585357 |

Prof. Dr. Vladimir Trajkovski  
Full professor in Human Genetics, Medical Basis of Disability,  
Physiology and Functional Anatomy, Autism Spectrum Disorders  
President of Macedonian Scientific Society for Autism  
Editor-in-chief Journal of Health and Rehabilitation Sciences  
Institute of Special Education and Rehabilitation,  
Faculty of Philosophy, University "Ss. Cyril and Methodius"  
Blvd. Goce Delchev 9A, 1000 Skopje, Macedonia



## Message

It is a matter of great reverence to me to know that the 7<sup>th</sup> *International Conference Of Indian Academy of Health Psychology* is being organized by **Department of Psychology & Mental Health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida, Uttar Pradesh** on the focal theme of ***“Mental Health and Well-being in Post Covid Scenario: A Global perspective”*** from 22-24, December, 2022.

I am glad that the theme of the conference focuses upon the mental health and well-being in post Covid scenario which is the advent need of the hour. I believe that the pandemic has affected virtually every sphere of life with detrimental impact extending to various lives and livelihood. I believe the outcomes from this conference would certainly contribute to existing evidence and enable the health care professionals to take concrete steps in order to safeguard the mental health and well-being of the entire population. It is a great initiative by the Department of Psychology and Mental Health, Gautam Buddha University.

I affirm the conference to be a great success and extend my best wishes to all the organizing committee members and national and international delegates.

*B. Trajkovski*





## Gautam Buddha University

(Established by UP Act (9) of 2002)

**Prof. Bandana Pandey**  
Dean, School of Humanities and Social Sciences  
Gautam Buddha University, Greater Noida



### Message

With great pride, I extend my warm welcome to all the International & National delegates of the 7<sup>th</sup> **International Conference of Indian Academy of Health Psychology** which is being organized by Department of Psychology and Mental Health, School of Humanities & Social Sciences at Gautam Buddha University, Greater Noida, U.P., India from **22<sup>nd</sup> to 24<sup>th</sup> Dec, 2022** on the focal theme of **“Mental Health and Well Being in Post Covid Scenario: Global Prospective”**.

I believe this international conference is going to be a landmark event on the calendar of psychology fraternity in the country that seeks to bring together leading national and international voices in the field of mental health to discuss topical issues and challenges in order to evolve applicable solutions. In keeping with the tenet and its commitment to mental health, the Department of Psychology and Mental Health has always been at the forefront of imparting psychological services to the people in need during and post Covid time. The successful organization of this conference by the Department represents another attempt to provide a scientific platform for eminent scholars, delegates, academicians together to learn from each other and find solutions to the emerging psychological problems in the post Covid scenario globally. Under the guidance of Dr. Anand Pratap Singh, the organizing committee has left no stone unturned to ensure that the conference will be an enriching source of exchange of thoughts and a truly transformative experience for all through a variety of knowledge and perspectives.

As Dean of the School, I am delighted to welcome all the co-hosts, discussants, chairs, moderators and participants of this conference and extend my best wishes for their pleasant stay at our campus and a grand success to this mega event.

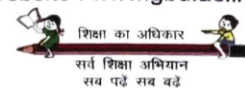
*Bandana*

(Prof. Bandana Pandey)

Greater Noida, Distt. Gautam Budh Nagar, Uttar Pradesh -201312

Ph. : +91-120-2344200, Fax : +91-120-2344205 & 215, E-mail : info@gbu.ac.in, Website : www.gbu.ac.in

बेटी बचाओ। बेटी पढ़ाओ।  
पढ़ी लिखी बेटी। रोशनी घर की।



सर्व शिक्षा अभियान  
सब पढ़ें सब बढ़ें



## Gautam Buddha University

(Established by UP Act (9) of 2002)

**Dr. Vishwas Tripathi**  
Registrar, Gautam Buddha University



### Message

I am delighted to share that the **7th International Conference of Indian Academy of Health Psychology** is being organised by the Department of Psychology and Mental Health, at **Gautam Buddha University, Greater Noida** from **December, 22 to 24, 2022** on the focal theme of **"Mental Health and Well-being in Post-Covid Scenario; Global perspective."**

It is well established that the Covid-19 pandemic had a huge impact on the mental health of people at large. During this unprecedented time, emotional well-being has become a general concern of the masses and they need to reach out to qualified professionals to seek supports for their mental health concerns. Not only this, the pandemic has also impacted the social and economic equilibrium in the society which further led the rise of mental health concerns widely. In the light of this demand, the conference theme on 'Mental Health and Well-Being in Post Covid Scenario: Global Perspective' is quite relevant and seems to be need of hour.

The Department of Psychology and Mental Health under the guidance of Dr Anand Pratap Singh has tirelessly taken initiatives to bring light to pressing concerns related to mental health at all levels. I would like to offer my heartfelt support to the entire team working towards the mission of making this venture a great success.

I congratulate the department and wish the students, participants, academicians and thought leaders a good luck for this noble initiative and all future endeavours.

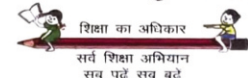
On this exceptional occasion I wholeheartedly welcome all the national and international delegates to our lush green expanded campus and extend my best wishes for their pleasant stay during the conference.

With best wishes!

(Dr. Vishwas Tripathi)

Greater Noida, Distt. Gautam Budh Nagar, Uttar Pradesh -201312  
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बेटी बचाओ। बेटी पढ़ाओ।  
पढ़ी लिखी बेटी। रोशनी घर की।



शिक्षा का अधिकार  
सर्व शिक्षा अभियान  
सब पढ़ें सब बढ़ें





**Prof. Anand Kumar**

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

**MESSAGE**

I am immensely delighted that the Department of Psychology & Mental Health Gautam Buddha University, Greater Noida is organizing the 7<sup>th</sup> International Conference of Indian Academy of Health Psychology on the focal theme: *Mental Health and Well-Being in Post Covid Scenario: Global Perspective* from **22nd to 24<sup>th</sup> December, 2022**. The central theme of the conference provides an opportunity for meeting of International Researchers, Psychologists, Scientists and specialists in the research and development fields of Health Psychology. The conference offers a premise for global experts to gather and interact intensively on the topics of chronic illness and wellbeing , advancements and future prospects of psychotherapeutic intervention and positive psychology to name a few. Promoting holistic community health and well-being is a much needed and well deserved aspect in today's society.

Health care professionals have stepped up and have shown sterling enhancement in the proficiency of their functionality in incorporating skills, knowledge and practice during the post-covid scenario. The current scenario requires the professionals to inculcate and harness new methodologies by brushing the ancient therapies and presenting them in the maximum efficacy in their current practices. This international conference will provide a common platform for fostering the training and igniting young professionals diligently and encouraging value based conduct. I am sure that the conference will see meaningful discussions and yield constructive results.

The success of this Conference is solely on the dedication and efforts of innumerable people who started working on the preparations for months in many ways to make this Conference become a reality. Finally, I congratulate Dr. Anand Pratap Singh, Head Department of Psychology & Mental Health, Gautam Buddha University, college faculty, student representatives and participant for their efforts in organizing and participating in this conference.

Whole heartedly, I express my gratitude and appreciation to all. I wish the conference a grand success.



## Gautam Buddha University

(Established by UP Act (9) of 2002)



### Dr. Anand Pratap Singh

Head, Department of Psychology & Mental Health  
School of Humanities & Social Sciences  
Gautam Buddha University

### Message

'Making mental health a priority' has become one of the important charters of duties of World Health Organisation (WHO). The mental and physical side effects of COVID-19 have alarmed most sectors of society and exposed lacunae in the health infrastructure across the globe. Particularly, the mental health infrastructure has been found severely inadequate in both human resources as well as skilled manpower for responding to the needs of society in usual times. Moreover, the proliferation of technology in a globalized world has made it imperative to prepare a mentally resilient society for a growing economy like ours. To address the concerns, the Department of Psychology & Mental Health, School of Humanities & Social Sciences, Gautam Buddha University, Greater Noida in association with the Indian Academy of Health Psychology have organized this International conference on the focal theme of "**Mental Health and Well-Being in Post Covid Scenario: Global Perspective**" from 22nd to 24th December, 2022.

The conference brings together young brains from more than 5 countries along with India who will collaborate to conceptualize innovative psychosocial-based solutions for the daunting problems of Covid-19 faced by humanity and also to promote a culture of innovation and future aspects of psychology fraternity in the Young Generation. This conference aims at creating a common platform for leading, psychiatrists, psychologists, scientists, doctors, and healthcare professionals to share new knowledge, ideas, and solutions for effectively dealing with the challenges of global mental health and emerging issues of public health.

I feel profoundly honoured and fortunate that the Indian Academy of Health Psychology and Hon'ble Vice Chancellor, Gautam Buddha University have confided in me for the organisation of this magnanimous International conference, where more than 600 delegates are participating, 300 scientific papers are being presented in various plenary and scientific sessions by eminent national & International experts in the field of Health Psychology.

I wholeheartedly express my gratitude to all the esteemed dignitaries who have consented to be the invited guests and keynote speakers on this occasion and our sponsors for their valuable contribution in facilitating the organization of event of this grandeur.

As we all know, an event like this cannot happen overnight, the wheels start rolling months and weeks ago which requires planning and bird's eye for each and every detail. We have been fortunate enough to be backed by a team of very motivated and dedicated members at the department, senior in the fraternity of Health Psychology who instilled their trust in our department's calibre and facilitated with their guidance & hard work for the success of this conference.

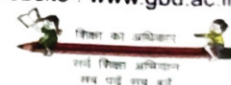
I extend my welcome and warm wishes to all the national & international delegates and hope for a pleasant stay at Gautam Buddha University with an engaging participation and enriching academic experience for all.

(Dr. Anand Pratap Singh)

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**DEPARTMENT OF PSYCHOLOGY AND MENTAL HEALTH**

**University School of Humanities and Social Sciences,**

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## 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 7<sup>th</sup> International Conference of Indian Academy of Health Psychology from 22 to 24 December, 2021. The focal theme of the conference “**Clinical Health Psychology: Training, Practice and Licensing**” is the most significant and important subject of contemporary world.

Health psychology is one of the most rapidly developing fields in contemporary psychology. It is now the sixth largest among 56 divisions of the American Psychological Association. In the field of physical health and psychological well-being, *health psychology is a specialization in: exploring biological, psychological, cultural, societal, and environmental factors of life and how each of these affects our physical health.*

Health and disease are the effects of a blending of biological, psychological and social factors. The bio-psycho-social model views health, wellness and illness as being a result of several different inter-related factors affecting a person's life from biological characteristics, to behavioral and social conditions.

- **Biological determinants** consist of genetic conditions and inherited personality traits.
- **Psychological determinants** are stress and anxiety levels, personality features and lifestyle etc.
- **Social determinants** consist of cultural views, family relationships and support systems.

Researches in the area of yoga, meditation and mindfulness have 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 COVID-19 pandemic has posed a serious threat to global mental health. Multiple lines of evidence suggest that there is a considerable increase in mental health issues among the general population and vulnerable groups. Recently published studies reveal a high probability of an increase in the burden of mental health issues in the post pandemic era. Furthermore, previous major public health emergencies showed that more than half of the population developed mental health problems and required mental health intervention. There is, therefore, an urgent need to reorganize existing mental health services to address the current unmet needs for mental health and to prepare for future challenges in the post pandemic era in terms of prevention and management.

We need to implement several action plans focusing on universal approach in the post pandemic era:

- Promoting mental health wellness and reducing distress through adequate sleep, healthy diet and exercise, mindfulness based programs (e.g., yoga and meditation) and awareness about mental health issues.
- Organizing mental health awareness campaigns and to encourage individuals to seek help with responsible, transparent and timely media reporting.
- Establishing community support for those at risk and encouraging staying connected and maintain





relationships.

- Establishing primary screening services for common mental health issues such as anxiety, depression and suicidal thoughts.
- Establishing the national suicide prevention helpline or other helpline.
- Integrating basic mental health services into primary care for early identification of post COVID related mental health issues.
- Developing self-help resources and promoting healthy coping strategies and life styles.

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:**

- First International Conference, University of Jammu, 6-8 December 2015.
- Second International Conference, Gautam Buddha University, Greater Noida, 16-18 December 2016.
- Third International Conference, National PG College, Lucknow 12-14 November 2017
- Fourth International Conference, MVP Samaj's Arts, Commerce and Science College, Nasik, November 23-25, 2018
- Fifth International Conference, M.G. Kashi Vidyapith, Varanasi, October 20-22, 2019
- Sixth International Conference, Gautam Buddha University, Greater Noida, November, 26-28, 2021

#### **IAHP Activities during COVID Pandemic:**

- 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.
- 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.
- Punarvika Foundation and IAHP jointly organized a webinar on Tele- Counseling (In the context of COVID) in May, 2020.

#### **FUTURE PRGRAMS OF IAHP:**

- We are moving towards promoting Clinical Health Psychology as a regulated profession in India.
- We intend to promote professional courses in clinical health psychology in Medical Institutes.
- Apart from full time long term professional courses, IAHP has plans to initiate short term courses on various aspects of health psychology.
- We are also planning to start an International Journal of health psychology.
- For career growth we are looking forward for encouraging jobs in health psychology in India.
- In coming years, we shall develop more and more overseas academic and professional collaborations in health psychology



- There is a definite proposal to bring out an edited Handbook of Health Psychology by Indian Authors.

I hope that this conference will provide opportunity for health professionals, scholars and researchers to learn and exchange their views and experiences on the preparation of future challenges in the post pandemic era in terms of prevention and management including emerging trends of health psychology as applied aspects of health and well-being.





## MANJU THAKUR ORATION AWARD

### Mental Health and Well-being among Aviation Personnel

**Dr. K. Ramachandran**

**Director, DIPR**

Technological advancements in aircraft system have put in high levels of stress amongst the aviation personnel. Due to ever increasing number of aircrafts and restricted airspace has contributed to high levels of stress and performance decrements, which lead to human error accidents. The above factors affect the overall health and well-being of aviation personnel. Mental health and well-being of aviation personnel are paramount important in aviation industry. There are various factors in an aviation industry which causes stress among the employees. Some of the salient factors are task demands, leadership styles, interpersonal relations, spatial orientation, situational awareness, operational environmental stress i.e., temperature, noise, vibration etc. Initially, it has not been given due importance but after the incident of German wings 9525 accident in 2015, the issue of management of pilot mental health and other work-related stress gained attention. Mental health is a key part of our wellbeing. Researches primarily focused towards the Pilots but it is utmost important to emphasise upon the issues related to other aviation personnel i.e., Air Traffic Controllers, ground staff and other operational staff. Researches pertaining to airline activities and attitudes to wellbeing indicates that airlines are not adequately addressing wellbeing risks. Study on a European aviation sector investigating safety culture with > 7000 pilots, only 17% of participants reported that their organisation cared about their wellbeing, and 21% felt that fatigue was taken seriously within their organisation (Reader et al. 2016). Due to heavy air-traffic, activities of the aviation personnel have increased in manifold. Keeping the sensitivity of the activities, it is necessary to explore the management of mental health issues of aviation personnel.

*Keywords:* Mental health, aviation personnel, well-being

## ANITA MEMORIAL INNOVATIVE SCIENTIST AWARD

### Quantum Consciousness in Psychotherapy

**Dr. Debdulal Dutta Roy**

Psychology Research Unit  
Indian Statistical Institute &  
Rabindrik Psychotherapy Research Institute Trust,  
Kolkata, India

Psychotherapy is the treatment by psychological means, of problems of an emotional nature in which a trained person deliberately establishes a professional relationship of the patient with the object for removing modifying or retarding existing symptoms, mediating disturbed patterns of behavior and of promoting positive personality growth and development (Wolberg, 1970). Psychotherapy is of different types - Psychoanalysis, Behavior therapy,





Cognitive, Cognitive behavior therapy. Generally, theories of learning and personality are discussed in them. Little attention is paid to Quantum theory resulting in difficulty in understanding the flow dynamics in Consciousness. Objective: The Objective of the present paper is to conceptualize Quantum theory derived from quantum physics in psychophysics. Description: Quantum consciousness is an innovative field in the research on Psychotherapy. It gives knowledge about how and why psychotherapy acts on human consciousness, the flow dynamics, how the quanta vis-a-vis mental images float on the above and deep levels of consciousness, how remote memories come to our present state of consciousness. Quantum consciousness is conceptualized based upon the theory of quantum physics. Rabindrik Psychotherapy, being one of the Indian indigenous psychotherapy, theorizes flow dynamics across three layers of consciousness. In this therapy, we find the role of quantum physics in consciousness. Rabindrik Psychotherapy is one of the indigenous Psychotherapy that gives emphasis on Indian psyche.

Rabindrik Psychotherapy refers to the evidence-based psychotherapeutic treatment to enhance mental wellness, meaningfulness in life and positive imagination using therapeutic postulates extracted from Rabindra Sangeet. This therapy is real time, object oriented, auto suggestive treatment guided by the powerful positive metaphors. Rabindrik Psychotherapy theorizes that consciousness is free floating, unbounded and composed of three layers (Murta, Raag and Saraswat). Each layer contains multiple floating atomic images. Each image has energy for bringing a change in / for changing our perception. The unwanted object becomes wanted over time by the change in image attributes and vice versa. This phenomenon is similar to quantum physics. Quantum physics is the study of matter and energy at its most fundamental level. Energy refers to the strength and vitality required for sustained physical or mental activity. A central tenet of quantum physics is that energy comes in indivisible packets called quanta. Quanta behaves very differently. It behaves like waves, and waves behave as though they are particles. Rabindrik Psychotherapy assumes laminar and turbulent flows in consciousness. It theorizes the role of buoyancy on change in Consciousness. Quantum physics is the study of things that are very, very small. This branch of science investigates the behavior of matter and the activities happening inside of atoms in order to make sense of the smallest things in nature. Like quantum physics, these images can be assumed as quantum as it gives energies having different wave amplitudes for multiple direction movement across time and space. A group of students were requested to plot a graph following Rabindra sangeet. Results show three things. Amplitude of depressed students is lower than their counterparts. And there was movement of consciousness over time. Third thing is the scattered plot as if an incident ray falls on the mind and different flows of images are created. The reason for creation of multiple images is probabilistic in nature like the probabilistic outcome theory of quantum physics. Images are breaking and create their own network of images. This paper will focus on how image creates scattering of multiple images across three layers of consciousness, how scattering develops conflicting flow fields, how quanta change cognitive structuring and restructuring in Psychotherapy. The proposed conceptual framework provides insight about mental health changes during and post pandemic period.

Keywords: Quantum physics, pandemic, flow dynamics, rabindrik psychotherapy

## KEYNOTE ADDRESS

### **Mental Health and Well-being in Post-Covid Scenario: Global Perspective**

**Prof. N. K. Saksena, Ph.D.**  
**Former Sectional President: Indian Science Congress**  
**Former Principal and HOD Psychology,**  
P.P.N. College, (CSJM University), Kanpur

I am humbled and honoured to have been invited to deliver the keynote address at the 7<sup>th</sup> International Conference of the Indian Academy of Health Psychology. The sudden outbreak of the coronavirus pandemic



(covid-19), created lots of mental health problems the world over. The context of unpredictability and uncertainty followed by lockdown, many restrictions, and adverse consequences like unemployment, changes in standard of living, and forced isolation created many mental health problems the world over. Problems like insecurity, anxiety, depression, and lower well-being (Psychological, Social, and Emotional) were the most adverse consequences faced by people globally. In India also, covid-19 saw three phases. The second phase was found to be very dreaded and took a toll on lakhs of people causing panic and other mental health problems mentioned earlier. It was observed that these adverse consequences were not faced by all. Robust observations and some researches evince that those persons who had negative mindsets, and negative personalities suffered more than their counterparts who were of positive mindsets and positive personality traits. This pandemic affected the children and adolescents more adversely since they were deprived of their playgroup and friends circle. There is minimal knowledge about the impact of large-scale epidemics on community mental health, particularly during the acute phase. This gap in knowledge evinces that we are critically ill-equipped to support the community as they face the unprecedented covid-19. During the acute phase, I posted on Facebook a write-up entitled ABCD of four Ps. AP meant Avoid Panic, BP meant Be Proactive, CP meant Create Positivity, and DP meant Develop Patience. During this pandemic, we observed that rumors and fake news created panic among the people. So the panic was to be avoided at all costs. Keeping a social distance, washing and sanitizing hands regularly were the only proactive measures as medicines and vaccinations facilities were not available. The most important chapter for checking the adverse consequences of this pandemic was to create a positive mindset. Since the start of the pandemic, mental health service providers have thrived to mitigate service disruptions. WHO recommends integrating Mental Health and Psychological Support (MHPS) within all aspects of preparedness and responses for all public health emergencies. One thing which we have observed is that during post covid period adverse consequences are different in different countries. For example, many African, European, and Asian countries (particularly China) still suffer from the adverse consequences of psychosocial and economic adversities. India on the whole has much less post covid impact as evinced by very low covid cases reported on daily bases. This is also evinced by the normal life being restored at a quite high level. I have been working on the development of a psychological immune system through a Growth Model. The impact of the growth model is seen after a long time. However, the need for enhancing the psychological immune system is through the Clinic Model (which has short-term usefulness) also. The Psychological Immune System is best developed through positive parenting and positive schooling through CASEL (Collaborative Academic Social Emotional Learning) through SFPs (School Family Partnerships). Social Emotional Learning consists of Positive Psychological traits like Hope and Optimism, Gratitude and Forgiveness, Well-being (psychological, social, and emotional), and Happiness, Resilience and Boldness, and other traits of a positive mindset. I came across a few cases in their 80s and 90s who suffer from covid in the first and second phases and came out successfully after almost complete recovery as is evinced by their normal routine of life. I could find contact numbers of a few and asked questions given in PISI (Psychological Immune System Inventory) has developed by Olah and found that they were high on PISI. It is my assumption that their high level of PISI was responsible for their speedy and successful recovery. However, we cannot make generalizations on the bases of a few cases about the impact of PISI. For making broader generalisations studies with larger samples are needed. In Kanpur, Dr. Aradhana Gupta (a Child Psychologist and Associate Professor at GSVM Medical College) has conducted a study on the Psychological Immune System and Coping Styles of Adolescents, and Dr. Rashmi Mishra (Department of Psychology, P.P.N. College, Kanpur) on the sample of teachers. These studies were conducted in post covid period. Earlier, before this outbreak of this pandemic, Prof. Anubhuti Dubey (HOD Psychology, DDU, Gorakhpur) had conducted a similar study on a sample of mental doctors. It is my considered opinion that people with a high level of Psychological Immune System face not only the dreaded diseases successfully but also face life-struggles also in an effective manner. PISI is a very effective tool which consists of three sub-systems, 16 scales (factors), and 80 items by the way of statements. Besides the differential impact of COVID-19 in different countries, intergroup and interpersonal impact are also observed.

*Keywords:* Well-being, mental health, global perspective, psychological immune system





# **SECTION-A PLENARY SESSION/ SYMPOSIUM**







## Trauma Release Exercise (TRE): A Wise Prescription for Sustainable Mental Health

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TRE is an innovative series of physical exercises that assist our bodies in letting and releasing deep muscular patterns of stress, tension and trauma to go out for good. As research findings indicate, these exercises are safely activating a kind of natural reflex mechanism of shaking or vibrating that lead to the release of all kinds of muscular tensions and negative charges and calm down the nervous system. When such a muscular shaking or vibrating mechanism took place in a safe and controlled physical and social environment (such as clinics, rehab., centers, schools and colleges), the body per se is enhanced to return back to its state of balance and homeostasis, that already due to a reason or another was lost. TRE can be designed to be a self-help tool as well as a collective practice, that once learned and mastered, can be used independently or with many others as needed throughout lifespan. Thus, thereby such a tool may support and promote personal and community mental and physical health and wellness. When it comes to benefits and fruits of TRE, it was reported that it is fruitful enough in lessening of worries and anxieties, reduces symptoms of stress and PTSDs, improve relationships, less load and workplace related stress, enhance and promote better sleep, less conflicts, reduce muscular and back pain, enhance emotional resiliency, and more far beyond.

*Keywords:* Trauma release exercise, natural reflex mechanism, mental and physical health

## Mental Health Issues during the COVID-19 Pandemic in Persons with Autism Spectrum Disorder

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Covid-19 pandemic starts in December 2019 and still is on the scene in November 2022. Persons with autism spectrum disorder (ASD) are at elevated risk for mental health problems in response to the COVID-19 pandemic. This risk is due to their high rates of pre-pandemic psychiatric comorbidities and the pandemic's disruption to routines and access to necessary supports. The aim of this article is to show how COVID19 pandemic influenced persons with ASD and to find possible solutions for this condition. The child's understanding of COVID-19 illness in the family, low family income, and depression and anxiety symptoms in the parent increase the risk for poor mental health during the pandemic. It was determined that the anxiety and stress of the children and parents increased, they needed more support compared to the pre-pandemic period, and they had difficulty coping. There needs to be greater emphasis on designing diverse, socio culturally appropriate programs to address mental distress and provide mental health care and psychosocial supports to mitigate the effects of prolonged isolation in children. Children and young adults with autism spectrum disorder are vulnerable to the effects of prolonged isolation or quarantine, and may have difficulty adapting to this new norm, especially as inflexibility and insistence on sameness are hallmark characteristics of this disorder. Integration of varied levels of intervention cocreated within a pandemic response program specific to children and families is needed. The COVID-19 pandemic has



given us the opportunity to expand and rethink service delivery to one of the most vulnerable populations. Findings emphasize the urgent need to provide effective and accessible mental health services for children and adults with ASD and their families during and after the pandemic.

*Keywords:* Mental health, autism spectrum disorder, COVID-19, pandemic

## **Our Hopes, Our Fears, Our Future: The Role of Future Expectations on Health and Well-Being**

**Andreas M. Krafft**

Is there still reason to hope, and if so, what keeps our hope alive? How we look to the future, whether with hope, fear or indifference, will determine our health and well-being in the here and now. We cannot change the past, but we have a common interest in shaping a healthy and sustainable future. In this presentation we explore the different ways of thinking the future and their consequences on anxiety, hope and well-being. We present the definition of collective hope as the shared desire for a better future not only for oneself, but for the entire social community, the belief that a better future for all is possible but not necessarily guaranteed or even likely, and the trust in the human capacity to cooperate and support each other towards the realization of a better world despite current struggles and challenges. We report on 10,665 people from 12 countries (including India) who provided information about their global expectations as well as their hopes and fears for the future and how these affect their psychological and social well-being. Based on data collected with the Hope Barometer, we evaluated people's long-term future expectations regarding the general quality of life, social trends and expected as well as wished-for future scenarios. We then related these expectations to social to perceived hope and well-being. Our results suggest that an overwhelming majority of participants preferred a social-sustainable over an individualist-competitive future scenario. Whereas negative future prospects had a significant effect on hope and (social) well-being, desirable images of the future hardly displayed an effect. Our findings highlight the importance of encouraging people to develop new positive pictures of the future which could foster hope, belief, and trust in a flourishing and sustainable world and to get engaged in its realization.

*Keyword:* Well-being, anxiety, quality of life

## **Pioneering a New Approach to Global Mental Health & Well-Being: Healing and Preventing the Prenatal Origins of Trauma, Addiction and Violence**

**Julie Gerland & François Gerland (hc)**

*France*

The life-long consequences of development in the womb has been known by cultures throughout the ages. This knowledge has been long ignored, pushed out and forgotten. The United Nations Nurturing Care Framework 2018 calls for the "creation of an interdisciplinary and holistic approach to this prenatal and perinatal psychology and provide early education to youth, couples and parents as well as offer significant support to couples." Prenatal and perinatal psychology is the missing key to understanding human development and the future of clinical health psychology. We can successfully heal the prenatal origins of trauma, addiction and violence. Parents can be pro-active in providing their child a life-long foundation for health, happiness and intelligence. Genetic determinism has long been surpassed by epi-genetics. Babies in the womb are vulnerable, conscious feeling beings who need to be desired,



welcomed, treated with respect, gentleness and unconditionally loved. Their brains and nervous systems are growing and developing more than at any time in their life. It is during this time that trauma, abuse and neglect are felt most acutely. Prenatal babies live everything the mother lives, feels and even imagines. Empowering future parents with prenatal and perinatal psychology will contribute greatly to creating the life-long foundation for mental health and well-being for every human being.

*Keywords:* Prenatal, perinatal, epi-genetics, life-long foundation, mental health, healing

## Neurodevelopmental Disorders and Recent Trends in ASD Research

**Prof. (Dr.) Waheeda Khan**

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Neurodevelopmental disorders (NDDs) are childhood disorders that impact in child's growth and development. It is an impairment of the central nervous system that impacts various domains of functioning like physical, social-emotional, cognitive, communication, and adaptive skills. Early perturbations in the developing nervous system often result in an atypical trajectory of cognitive and social development. NDDs are essentially the phenotypical manifestations of these neural deviations caused by multiple genetic as well as environmental factors which are characterized by impairments in cognition, communication, and social and motor skills. NDDs affect information processing and self-regulatory behaviors, including intellectual deficits, attention deficit hyperactivity disorder, autism spectrum disorder, cerebral palsy, and communication disorders. The research to date has focused on risk factors; however, more attention is required to understand the effect of environmental factors that impacts development. Irrespective of significant progress in recognizing biological markers of Autism Spectrum Disorder (ASD), most diagnostic tools and treatment methodologies rely mostly on behavior evaluations. Research in the area of autism gained much attention over the past decade with much work being done toward understanding the genetics of this disorder. Neonatal neurobehavior can predict the prospective diagnosis of children likely to be diagnosed with ASD who have impaired development of attention leading to social communication challenges. The recent research focuses on how technology can improve assessments, interventions, and monitoring services in neurodevelopmental disorders. Technology is currently used to facilitate assessment and treatment, especially for ASD and attention deficit hyperactivity disorder (ADHD) disorders. The use of mobile apps/tablets, family videos, and virtual reality is being widely used and has also shown some degree of effectiveness. Furthermore, telehealth technologies aided the screening and assessment of susceptible children which helped overcome the concerns of delayed diagnosis during unprecedented times of the Covid-19 pandemic. Although behavioral and cognitive investigations add useful knowledge that helps in early intervention, parent training, functional assessment, challenging behavior, social skills, and independent living skills. Despite the knowledge of biological markers, there is no clinical evidence that connects brain and behavior changes as a result of early interventions. Since the underlying causes and accompanying behavioral deficits of autism are not well understood, our ongoing research aims to explore the neural correlates of certain cognitive processes such as emotional recognition and prospective memory which are two ubiquitous tasks and precursors to independent living. Therefore, using technology in neurology, biology, and behavior and its connections can show promising results in enhancing treatments of NDDs.

*Keywords:* Neurodevelopmental disorders, intervention, diagnostic tools





## Today's Struggles, Tomorrow Strength: Cultivating Resilience

**Prof. Dr. N. K. Chadha**

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World is changing very fast with ample challenges to stay in line with the competitive world. The demands are increasing and creating large amount of stress and loneliness to affect mental health. With changing of generations and competitive demands, everyone is experiencing large amount of pressure to remain in line with the change. The answer to all these may lie in cultivating resilience.

One wonder to think why some people bounce back while other collapse. The factors which are contributing to the lowering of resilience in an individual are (1) treating young people little infants; (2) spotlight on the individual; (3) black and white thinking; (4) entitlement; (5) wrapping up in cotton wool, (6) psychological cleanliness; (7) negative emotions are wrong; (8) ignoring the importance of bad feelings; (9) the need to be perfect; and finally (10) too much choices. One needs to understand how these factors hinder in the process of developing resilience. The development of resilience is the need of the hour, which is to be developed systematically. Addressing the need and intervention is the key in the right direction of development and cultivating resilience in today's youth to excel in life, personal as well as professional.

*Keyword: Resilience, psychological cleanliness, negative emotions*

## Women and Mental Health

**Prof. Promila Batra 'Prabha'**

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World Health Assembly resolution of WHO (2013) calls for a comprehensive mental health action plan at the national level. Women and adolescents have been frequently highlighted as special concerns by psychologists, sociologists, economists and other experts researching in the area of public call for mental health.

Women has always been perceived as poor on mental health, thus receiving a large sum of focus around the globe. But the specific dimensions the mental health of women to be focussed by health researchers and policy makers have not been established. Best is to look at the conceptualisation of mental health by WHO for the purpose: "Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". So, it is about the women lacking abilities to realise her potential, or being poor at coping with everyday life stresses, or being less productive, fruitful and efficient, or not being able to contribute to the society! If the women had not realised their potentials, they would have not been able to establish them as high achievers and become doctors, engineers, scientists and army/naval officers. Had they been poor at coping strategies they would have probably not been able to survive the double burden of work and family together.

Looking at the recent data in India, Sanyukta Kanwal presents that, "As of October 2021, women had the highest share of mental health disorders in India, amounting to 39% for stress and anxiety health disorders against 38% among men. Comparatively, 33% of men had depression as compared to women with 31 percent during the same period." WHO (2018) also stated that gender differences in rates of overall mental disorder, including rare disorders such as schizophrenia and bipolar disorders, are negligible. However, highly significant gender differences exist for depression, anxiety and somatic complaints that affect more than 20% of the population



in established economies. Similarly, there is enough data indicating that men are higher on the alcohol and substance abuse related disorders. Generally, adolescent girls have a substantially higher prevalence of depression and eating disorders during adolescence, as well as suicidal ideas and attempts than boys, while adolescent boys are more likely than girls to have anger issues, engage in high-risk behaviours, and commit suicide. Teenage girls are more likely to have inward-directed symptoms, whereas juvenile boys are more likely to act out. Women have a significantly higher frequency of depression and anxiety in adulthood, while men have a larger prevalence of substance use disorders and antisocial behaviours. Women also have a higher prevalence of depression and anxiety disorders due to genetic and biological factors. Many other data now indicate that such gender differences are either evading or do not exist in many nations. Evidently both the men and women suffer from health issues though differently across the age. Within the family there is a spillover effect and the mental health of both is interdependent.

Such data have also created the labels/fixations in the mind of general public and the health experts. Prejudiced minds affect the perception of symptoms and diagnosis. Malteud and Okkes (1998) reported that "... another barrier is that medical doctors either attribute different meanings to identical symptoms for presenting male and female patients. This was supported by WHO (1998) that medical experts attribute women's illnesses to psychiatric disorders and prescribe inappropriate medication. Gender stereotypes regarding proneness to emotional problems in women and alcohol problems in men, appear to reinforce social stigma and constrain help-seeking along stereotypical lines.

For a better understanding it is worth mentioning that gender-based differences may emanate from a biomedical (genetic, hormonal, anatomical, physiological); psychosocial (personality, coping, symptom reporting); epidemiological (population-based risk factors); or even a more global perspective. Thus physical, psychological, social, cultural, spiritual and other interrelated factors contribute to mental health. WHO (2002) has also drawn attention towards socio cultural factors, that fairness and justice in the distribution of benefits and responsibilities between women and men need to be looked upon. The available data evidently indicate that women mental health is also a socio-cognitive issue and socio temporal learning. Therefore, the intervention strategies to improve the women mental health should focus on strengthening the self of women.

The purpose of the discussion is not to undermine the importance of studying gender differences in mental health, with a special emphasis on mental health. No doubt that such researches reflect upon the intervention and coping strategies planning and recommendations for psychological intervention and policy making. The purpose is to draw the attention of the young researchers towards the fact that while studying the women mental health one needs to consider all the above-mentioned social aspects and check if they are jumping to the conclusion while generalising the findings of our studies. Therefore, we the psychologists need to be cautious and more specific while recommending or planning interventions for the gender based mental health. At the same time, we need to understand that women and men mental health is interdependent and men's mental health is equally important to study. So there seems to be a missing link. Designing the studies that focus on the linkage in their health and studying the mental health of both together, in relation to the psychosocial development issues is needed in order to achieve the goal of wellbeing in the families and thereby raise mentally healthier societies and communities.

*Keywords:* Mental health, women, stereotypical lines



## Suicidal Behaviour: Underlying Dynamics

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Suicidal behavior being one of the prime causes of losing human lives has long been an issue of interest for the behavioural scientists across the globe. Enormous efforts are devoted to comprehend the associations that such a behavior bears with varied kinds of circumstances working on an individual and a host of internal attributes making him either susceptible to or guarded from indulgence in suicidal behavior. Simultaneous to the scientific focus on explaining the etiological process of suicidal behavior, abundance of literature exists to reveal the functional patterns of negative attributes and delineate upon the causal links between suicidal behavior and vulnerable personal traits. Likewise, there is no paucity of scientific deliberations on the role of protective factors that play crucial role in safeguarding an individual from taking such life ending steps. However, there has been relative dearth of syntheses of the concurrent interplay of protective viz-a-viz vulnerable personality traits that play determining role in development or suppression of suicidal thoughts and acts. The present paper is an attempt to uncover the intermingling influence of varied kinds of such negative and positive personal factors and to delineate upon the ways leading to heightened vulnerabilities versus the strength of protective factors. An analytical synthesis of the psychological links between various underlying catalytic and controlling aspects of suicidality is presented.

*Keywords:* Suicidal behavior, vulnerable personality, suicidality

## Psychological correlates among Indian patients of Coronary Artery Disease after their Angioplasty: A Health Psychology Perspective

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Health Psychology refers to the understanding of psychological influences on how people stay healthy, how they become ill and how they respond when they get ill. Coronary Artery Disease (CAD) is the most common type of heart disease all over the world. CAD is caused by plaque building up in the walls of the arteries that supply blood to the heart and other parts of the body causing the inside of the artery to narrow over time which can partially or totally block the blood flow. Angina and discomfort are the most common symptoms of CAD. Overweight, physical inactivity, unhealthy eating, smoking, hypertension, Diabetes Mellitus, family history could be the risk factors for CAD. (2015, Indian Heart Journal, Rao M et al). About 20.1 million adults aged 20 years and older have CAD. CAD has spiked by 300% among Indians in last 3 decades. Indians have the highest mortality and morbidity rates from CAD of which 23 million is below 40 years. In 2020 about 2 in 10 deaths from CAD happen in adults less than 65 years ([www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease), 2020). For CAD, Angioplasty treatment has been recognized as a revolutionary change (Kumar, 2003, as cited in Devi, 2009). Positive outcomes associated with Angioplasty have been well verified for physical health, however, for psychological functioning it is yet to be uncovered. Hence, the present research aimed at verifying the variance in psychological functioning among patients with CAD in relation to their Angioplasty status. Psychological functioning includes Cognitive functions, Perceived stress,



Emotion regulation, and Quality of life. This research was focused to extract the association of demographical and clinical characteristics with health status, i.e., i) Angioplasty, ii) Angiography & iii) Healthy Control among 206 participants including cardiac patients with CAD and heart healthy people using purposive sampling technique from CIMS hospital situated in Ahmedabad city of Gujarat state. A cross-sectional research approach was adopted to achieve the objectives and more than two independent group designs were used. The sample was administered on Comprehensive - Trail Making Test (C-TMT) devised by Cecil R. Reynolds (2002), Emotion Regulation Questionnaire developed by Gross and John (2003), Perceived Stress Scale developed by Sheldon Cohen (1983), and Euro Quality of Life scale (1990). Statistical analysis was aptly done. The results revealed that the clinical cohort of patients with coronary artery disease (CAD) were deteriorated in their psychological functioning such as cognitive functioning, highly oriented towards use of unhealthy technique of emotional regulation strategies, higher in their perceived stress and also found to be poorer in their health-related quality of life (Hr-QoL). The analysis highlighted the significant association of demographical and clinical characteristics with CAD in relation to Angioplasty. Results demonstrated that except cognitive functioning, variance in Perceived Stress, Emotional regulation (Cognitive Reappraisal and Expression Suppression), and Quality of life (EQ-5D) was significant for CAD patients in relation to their angioplasty status, highlighting the variance in psychological functioning among cardiac patients in relation to their Angioplasty status. The research addresses the need for continuous efforts for management by not only the cardiologist, but also the clinical health psychologist towards maximizing the quality of life for cardiac patients even after their treatment, which is yet to be achieved.

*Keywords:* Angioplasty, coronary artery disease, psychological correlates

## **Internet Addiction among Adolescents and Implications for Well-being**

**Prof. Navin Kumar**

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Recent years have witnessed a dramatic increase in the use of internet across the world. In particular, internet has become an important part of the daily life of adolescents (Ballarotto et al., 2018). Globally, India ranks fourth in terms of the number of internet users (approximately 64.8%). Studies have documented a growing phenomenon of excessive internet use and internet addiction (IA) among adolescents, including online gaming (Shek & Yu, 2016). A previous study in Aligarh showed that male adolescents are more liable to IA compared to female adolescents (Arthanari et al., 2017). A study conducted in China found high prevalence of IA among adolescents, which adversely affected their well-being (decreased self-esteem, life satisfaction, and increased depression; Wang et al., 2013). IA has been shown to affect physical and psychosocial well-being by inducing mental distress, impairing academic performance, and affecting family relationships (Al-Gamal et al., 2016; Clark et al., 2004; Kusnanto et al., 2020; Tsitsika et al., 2011). In this study, we found that several factors related to the COVID-19 pandemic aggravated IA among adolescents. The internal factors (loneliness, boredom, and avoidance of danger from gangs) and external factors (friends and family environment) contributed to excessive internet use and addiction among male adolescents. Participants were typically first introduced to the internet by their peers. This finding is similar with that of a study conducted in the United States in which peer attachment had an influence on internet use among adolescents (Reiner et al., 2017). On the other hand, poor relationships with friends or family, leading to feelings of loneliness and boredom were reported as a trigger for excessive internet usage. Participants used the internet excessively as a coping mechanism for loneliness and boredom. Previous studies have found a significant relationship of IA with loneliness (Cheung et al., 2018; Yayan et al., 2019) or boredom (Tenzin et al., 2019). Poor family relationships may also lead to reduced parental control over adolescent internet use (Cacioppo et al., 2019). The IA is worsened during the COVID-19 pandemic because of school closures and the need to stay at home. This situation is similar to that





reported in China, where addictive internet use among children and adolescents increased during the COVID-19 pandemic (Dong et al., 2020; Duan et al., 2020). Moreover, this information may underlie the occurrence of IA behavior among adolescents. As an effect of IA, adolescents experience an unmet social need in the absence of internet. This is certainly a worrisome connotation of IA, wherein the internet affects the condition and social needs of adolescents. Participants in our study spent a lot of time on the internet, more than 8 hours per day. They mostly accessed the internet using their mobile phones, which made it an inseparable part of their daily life. Keeping the mobile phones turned on possibly made it easier for them to access the internet anytime and from anywhere (AlBarashdi et al., 2016; Tenzin et al., 2019). The effect of IA expressed by adolescents included physical and psychological health problems and the adverse effect on interpersonal relationships and daily activities. This finding is consistent with those of studies conducted in Malaysia and Bhutan, which have reported the adverse effects of IA on the psychological health of younger generations (Shah Alam et al., 2014; Tenzin et al., 2019). Adolescents with severe IA must immediately seek treatment to prevent mental health problems, which can adversely affect their development and growth. Insights gained from this study can help assist health professionals and families in understanding the experiences of IA among male adolescents. Our findings can help inform interventions to manage, prevent, and reduce IA among male adolescents. Educational and psychosocial counseling are required to increase awareness about the effects of IA. In addition, introvert adolescents were found to be at a greater risk of IA. Thus, promotion of physical activity, group activities, and interaction between parents and adolescents can help prevent IA.

*Keywords:* Internet addiction, COVID-19 pandemic, wellbeing

## **Role of Bhagwad Gita in Promoting Well-being**

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In modern psychology, well-being happens to be one of the most researched upon and debated concepts as it is something sought after by just about everyone because it makes our life psychologically comfortable, relaxed and purposive and also induces the sense of worth in life. It includes the elements like health, prosperity, happiness and a balanced approach to life. Its dimensions such as emotional, physical, social and societal well-being relate to the ability of person to manage stress and anxiety in his/her life. It helps us in connecting with people which, in turn, enhances our happiness and health. Today people are relatively in more comfortable situation with regard to their socio-economic conditions and availability of required resources for meeting the needs of their life. Yet, it is striking to note that, unfortunately, well-being is said to be in decline. There have been proposed some valuable models of well-being like Carol Ryff's six factor model (Self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relations with others), Diener's tripartite model (cognitive, affective and contextual factors), and Seligman's PERMA model etc. to enhance well-being of people. As regards the Bhagwad Gita, it is said to be the eternal and perennial source of direction to ensure a happy life, developing positive attitudes and making our life reality-oriented. In Indian approaches, such aspects in human life are assumed to be the surest way to the well-being of people. In view of the above, this article deals with the stress and conflict management strategies as suggested in the Bhagwad Gita which pave the way for promoting an increased feeling of well-being among people.

*Keywords:* Well-being, bhagwad gita, six factor model, tripartite model, perma model



## Need of Psychological First Aid in VUCA World

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VUCA is an acronym first used in 1987, drawing on the leadership theories of Warren Bennis and Burt Nanus—to reflect on the volatility, uncertainty, complexity and ambiguity of general conditions and situations worldwide. VUCA stands for volatility, uncertainty, complexity, and ambiguity. It describes the situation of constant, unpredictable change that is now the norm in certain industries and business world. Surviving and thriving in that world demands a different approach and a new way of seeing the organization. The term has been embraced by leaders in all sectors to describe the challenges they find themselves facing.

In a VUCA world, it's important to be aware of what's going on around you. Pay attention to the news, current events, and global trends. For acquiring this skill, you need to have mindfulness. You need to be aware about your emotions thus comes in to picture Emotion management. Effectively coursing through life in a VUCA world has been attributed to one's level of learning agility which constitutes nine key factors: flexibility/ adaptability, speed in comprehending novel concepts, collaboration, active information seeking, feedback gathering, self-reflection, risk taking at the interpersonal levels' interaction.

Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. Psychological First Aid is an evidence-informed modular approach in the immediate aftermath of disease, disaster, death or any crisis situation.

*Keywords:* Psychological first aid, VUCA, traumatic events

## Internet Addiction: Behaviour or Disorder?

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The past decade, particularly pandemic period recorded exponential increase in dependence on electronic devices often labelled as 'Network Dependence'. Multiple studies and clinical reports mention internet addiction problem to be as high as 1.5 to 8.3 % with range up to 32%. Many inpatient and outpatient settings all over the world are reporting increasing number of people particularly adolescents and young adults with internet addiction coming for treatment. First mention of excessive or problematic internet use as disorder on lines of behavioural addiction was in 1996 by Young KS. Ever since there is increasing clinical interest as well as debate over the topic. The research so far recognizes many inherent difficulties for internet addiction to be formally included in diagnostic classification such as defining clear diagnostic criteria about the amount of use, the extent of damage as well as high comorbidity and overlap with anxiety, depression, impulse control disorder, attention deficit disorder. The validity and reliability of measuring tools has also been questioned. While DSM-V has not formally recognised it as disorder recently ICD-11 included Internet Gaming Disorder as formal diagnostic category. Thus, controversy continues. The fact that Internet addiction is clearly a behaviour that negatively impacts mental health and cognitive capacity of an individual and fulfils all the criteria for behavioural addiction including dependence, tolerance and withdrawal and involvement of reward pathways in neuroimaging studies a further understanding in this area as clinical entity needing attention is necessary.

*Keywords:* Network dependence, addiction, internet gaming disorder



## SYMPOSIUM

### Tele-counseling Services in Mental Health: Advantages & Challenges (Experiences from IHBAS: A tertiary care Neuropsychiatric Hospital)

## Ethical Issues and Challenges related to Tele-counselling services

**Prof. (Dr.) Vibha Sharma**

*Dept. of Clinical Psychology, IHBAS*

The COVID-19 Pandemic abruptly changed the world including Therapy and Counselling services. During Pandemic, professionals had no other option except to move for Online or Tele services without enough preparation. The need for mental health services was a real concern at the time as mental health problems were on rise during the pandemic and even after it. In India, mental health counseling is mostly restricted to urban areas. Hence, usage of technology in the form of Tele counseling may increase accessibility to mental health services, especially for people residing in remote areas of the country. On the other hand, it can be difficult for a client to reach out quickly and effectively in crisis situation, as there are still feasibility and access issues related to Internet services in the rural areas. In some cases, lack of in-person connection creates difficulties in rapport formation and lack of visual expression may also hamper to follow nonverbal communication. Ensuring confidentiality and to maintain ethical and legal guidelines are another major challenge in tele-counselling services faced by the mental health professionals. The present symposium has been planned to discuss these practical issues based on the experiences of mental health professionals who were directly involved in providing tele counselling services during and after Pandemic from one of the largest centers of Mental Health in North and Central India. Abstracts of each talk are also given here.

*Keywords:* COVID-19 pandemic, tele-counseling, mental health

## Integration of Tele-Counseling in Mental Health Services

**Dr. Manisha Jha**

*Assist. Prof., Dept. of Clinical Psychology, IHBAS*

Integration of Tele-Counselling services to facilitate and continued psychological intervention might prove one of the major additions in providing help to those who cannot visit hospitals/ clinics on regular basis due to various factors. To make it more viable and effective option for providing psychological interventions, it is high time to assess the benefit and challenges of Tele services, which somehow were started and utilized more during pandemic time without much preparation from both therapist and client's side. Now is the right time to review the advantages and challenges to make the Tele- counseling services a regular mean and mode to be included in day-to-day practice. The presenter would share the experiences from the services extended during and after the pandemic time from IHBAS.

*Keywords:* Tele-counseling, mental health professionals, pandemic



## **Teleconsultation Services for persons with Chronic Mental Illness: Advantages and Challenges**

**Saswati Chakraborty**

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During the COVID-19 Pandemic, technology proved to be a major role in health care as well as mental health care management. There are a very large number of patients who need follow up consultations and can benefit greatly from Teleconsultation Services. This service helped to bridge the distance. Persons having mental illnesses coming from distant places for only follow ups and refilling of medicines might have benefitted largely from tele consultation services which were also supported by several research studies. But Govt. Institute like IHBAS, Delhi, where free medicines are available, persons with mental illness from lower and lower-middle socioeconomic background are bound to visit hospital physically for only availability of medicines. Number of patients and their family had reported and were found distressed due to non-availability of medicine during lockdown period. Persons having acute psychotic symptoms may not be suitable for Teleconsultation services. Other major challenges like, availability & connectivity of internet services, ensuring ethical & legal considerations will be discussed during discussion in Symposia.

*Keywords:* Teleconsultation, mental illness, pandemic

## **Advantages and Challenges in providing Tele-Counselling for Children and Adolescents**

**Dr. Shahzadi Malhotra**

*Associate Prof., Dept. of Clinical Psychology, IHBAS*

Children and Adolescent population might have suffered most during Pandemic; as their activities related to their academic, physical, social, emotional and personal growth were hampered due to the restrictions and anxieties faced during and after the pandemic. They had to face lots of challenges and to make many compromises in their growing years, which led to serious problems not only in the academic area but also in the interpersonal and social areas. Children could not go out to play so they missed not only the physical growth but also the social and emotional interactions and bonding with peers. Excess use of mobile phones or computers and their access to Internet, though helped them in learning, also created lots of mental health issues among them.

*Keywords:* Tele-counseling, internet, pandemic





SYMPOSIUM

Role of Clinical & Neuropsychologists in the Continuum of Healthcare in Neurological Conditions

**Glance into the Gaps in the Role of Clinical & Neuropsychologists with regard to Neurological Conditions**

**Dr. Pratibha Anand Singh\***

*\*Consultant Clinical Psychologist & Director, Kasturba Institute of Psychology & Behavioural Medicine (KIPBM), Greater Noida*

A review of the global burden of care indicates that the neurological conditions are one of the greatest threats to Public Health Care. As yet, Clinical and Neuropsychologist have attempted to focus on assessment of few Neuro-developmental conditions and a few geriatric conditions without taking much note of the huge gamut of neurological conditions wherein nothing much can be accomplished with medication and pharmacological management and rehabilitative interventions need to be essentially drafted. The paper highlights that a systematic glance into the role and work of clinical or neuropsychologists reveals various gaps in addressing the entire domain and this area of specialization of Neuropsychology in reference to Neurology : a) First in having clear understanding about what falls in the purview of neuropsychology b) Second is the various neurological conditions and their manifestations in clinical settings b) Third is the dearth of adequate standardized tools and clinical expertise to learn and identify these conditions and c) Fourth, lack of systematic and empirically tested intervention approaches in dealing with such conditions. The paper presents a critical view into the gaps in understanding, assessment and intervention within Neuropsychology.

*Keywords:* Neuro-developmental conditions, neuropsychology, intervention

**Role of Neuropsychologist in Neurodevelopmental conditions & Early Start Denver Model (ESDM): An Evidence Based Approach for the Treatment of young children with Autism Spectrum Disorder**

**Dr. Renu Sharma\***

*\*Child Psychologist, Department of Psychiatry, AIIMS, Delhi*

This paper would highlight various neuro-developmental conditions where there is a need for more systematic and structured intervention approaches by neuro-psychologists. Also, it would highlight the key components of *Early Start Denver Model (ESDM)*. Although, many intervention approaches based on Applied Behaviour Analysis are available, the ESDM is a comprehensive developmental, behavioural and relationship-based intervention program for infants and toddlers with ASD. It aims to increase the rates of development in all domains for children with ASD and decrease the symptoms of Autism that impair child's ability to learn from everyday experiences and interactions. More awareness of such effective intervention programs are essentially needed in Indian context for effectively intervening with various other neuro-developmental conditions as well.

*Keywords:* Neuro-developmental conditions, early start denver model, intervention



## Role of Neuropsychologists in Validated Rehabilitative Care for Dementia

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The paper highlights how various neuro-cognitive deficits and associated decline in functioning is inevitable during old age. The discourse surrounding Dementia is largely pessimistic and hopeless. The term 'burden' was widely applied for such conditions. Some of the negative associations with dementia impede opportunities. The paper emphasizes the much-needed expansion in the role of neuropsychologists merely from assessment focused to intervention focused. Psychologists can identify a bigger role in Rehabilitative programs for elderly with greater focus on assisting the elderly in developing their personal resources and capacities that are on decline and those that are still intact for a better living and coping. Few Positive Psychology measures have been created or validated for this demographic. The paper ends up highlighting how one can learn to *Flourish* with Dementia instead of how to *Cope* with Dementia.

*Keywords:* Neurocognitive deficits, dementia, rehabilitative programs

## Emerging Trend: Neuro-Palliative Care

Dr. Prerna Sharma\*

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This paper emphasizes the role of Neuro-palliative care. Neuro-palliative care is an emerging subspecialty in neurology and palliative care. As we continue to make remarkable advances in the prevention, diagnosis, and treatment of neurological illness, neurologists will face an increasing need to guide and support patients and families through complex choices involving immense uncertainty and intensely important outcomes of mind and body. There is a need for training in addressing the psychosocial care in chronic neurological disorders and end of life care. The past few decades have seen remarkable progress in lessening the burden of neurologic disease, for example by reducing symptoms and prolonging independence in Parkinson disease (Morgan & Fox, 2016). Most neurologic diseases remain incurable, shorten a person's lifespan, reduce time to dependence, diminish quality of life, and are associated with pain and other physical, psychological, and spiritual sources of suffering that are often difficult to control (Creutzfeldt et al., 2018), suggesting the need for psychological interventions. Patients with PD and their caregivers have been found to have poor quality of life and there is a pressing need to have an integrated holistic care for such population to decrease the burden of care on individual and community level. To provide the structured stepped care approach in managing PD there is a need to understand the psychosocial and palliative care aspects of PD in patients and caregivers in the Indian context.

*Keywords:* Neuro-palliative care, psychosocial care, quality of life





# **SECTION-B SCIENTIFIC PAPERS (ABSTRACTS)**

**SUB-THEME : CLINICAL HEALTH PSYCHOLOGY**







## Role of Academic Achievement and Demographic on Internet Addiction of School Going Students

Aarti Mishra\*

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Due to the advanced development of network construction in universities, the number of internet-using university students is increasing. The present study aims to find out the predictors of internet addiction of school going children from age group of 14 to 19 years (Class 9, 10, 11, 12<sup>th</sup> students). A total number of 755 of students (male = 50% and females = 50%) comprised as the sample for study. Stratified random sampling technique was used to select the sample. Internet Addiction Test (IAT) of young was used to assess internet addiction. Data was analyzed using regression analysis, correlation, and confirmatory factor analysis. The reliability and validity of IAT was examined. Firstly, measurement model of IAT was evaluated. It was seen that the factor loads of the IAT varied between 0.40 and 0.82. Cronbach's alpha coefficient for the internal scale was found to be 0.905. Item total correlations were calculated and had a value range from 0.406 to 0.659 for the 20 items. The results revealed that academic achievement and the locality of students predicted significant change in criterion variable (Internet addiction). The study showed that there was positive relationship between internet addiction and academic achievement. It can be discussed in the light of increasing use of internet with high education, may also be increase internet addiction.

*Keywords:* Internet addiction, demography, academic achievement

## A Study of Health, Motivation, Anxiety and Depression in Medical Students

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Medical education is considered to be a highly burdensome due to vast content of syllabus. There are numerous studies which have proved this delicacy. In order to complete their studies, they need an adequate level of motivation and should be free from any health and mental health issues. Current study has focused on this population to take care of these students when they join this prestigious professional course. The current study was undertaken in order to check the well-being of medical students and the main objective of this study was to assess general health, motivation, anxiety level and level of depression of medical students. Approximately 48 students who were consented for this study comprising of both the genders were taken for study. Psychological tools administered were general health questionnaire, motivation checklist, anxiety scale and scale of depression. Considering the attributes like general health, motivation, anxiety and depression, there were significant finding. It was found that these are the determinants of student's well-being. Same study should be repeated every academic year on a same population before starting their internship so that they may turned out to be suitable professionals.

*Keywords:* Health, motivation, anxiety, depression, medical students



## Effectiveness of Eye Movement Desensitization and Reprocessing in Anxiety

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Eye Movement Desensitization and Reprocessing (EMDR) is an eight-phase, three-pronged therapeutic approach that helps in reprocessing maladaptively stored and inadequately processed memories. The present case is a part of pilot study for the main research titled 'Efficacy of Eye Movement Desensitization and Reprocessing Intervention in Adults with Anxiety Disorders and Insecure Attachment.' The case is of a client X, 24-year-old male, graduate and pursuing CS (Company Secretary), unmarried, living in nuclear family presented with chief complaints of fear and anxiety related to mathematics since school. More recently, as he was preparing for CS exams, one of the subjects being math, he started experiencing anxiety again. The objective of the study was to study the effectiveness of EMDR in anxiety. A case study approach was used. The tools administered were Hamilton Anxiety Rating Scale, Experience in Close Relationships-Relationships Structure, Dissociative Experiences Scale and Self-soothing Behaviours Scale. The results indicated that ten sessions were conducted for adaptive resolution. The therapy concluded with the client reporting decrease in anxiety related to math in terms of trigger, images, cognitions, emotions, and body sensations as well as increase in self-soothing behaviour. In the present case, EMDR was found to be helpful in decreasing anxiety and increasing self-soothing behaviour. Further, larger sample to be taken for better generalization.

*Keywords:* Eye movement desensitization and reprocessing, anxiety, adaptive resolution, three-pronged approach

## Loneliness and Depression: A Person Centric Approach

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Loneliness is a negative experience arising from a mismatch between perceived and actual social relationships. Loneliness has been linked to poorer mental health, with its co-occurrence with depression most widely reported. While expressions of these symptoms are heterogeneous across individuals in the non-clinical population, it remains unclear how these symptoms co-occur with various dimensions of loneliness: social and emotional (family and romantic) loneliness. Therefore, the purpose of the current study was to identify profiles of lonely university students across three dimensions of loneliness: social, family and romantic loneliness. Moreover, to identify association of different profiles of lonely individuals and depression. Data was collected through self-report scales. A total of 945 (18-29 years) university students were recruited across U.P. Loneliness was measured using SELSA-S (DiTommaso et al., 2004) and depression was measured using depression subscale of the DASS-21 (Lovibond & Lovibond, 1995). Five fit statistics: AIC, BIC, adjusted BIC, entropy, and LRT were used to identify the profiles of lonely university students. ANOVA and post-hoc analysis showed the difference of loneliness profiles and its relation with depression. Using a sophisticated person-centered approach, our findings underscore the heterogeneity of the co-occurrence of loneliness from a multidimensional perspective and its associations with depression among university students. Identifying individuals would help in designing of interventions which would cater specifically to a certain group rather than a one-size-fits-all intervention.

*Keywords:* Latent profile analysis, loneliness, depression



## Mental Health Assessment and Impact of Death Anxiety on Psychological Well-Being and Successful Aging among Chronically Ill Geriatrics

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Aging is a natural process bringing in multidimensional changes involving physical, psychological, and social aspects. Comorbidities due to aging, and Covid-19 pandemic have resulted in increased death anxiety. Death anxiety, in general may have detrimental effect not only on physical health but also on one's psychological resources. The study aimed to assess mental health, prevalence of death anxiety and impact of death anxiety on psychological well-being and successful aging among chronically ill geriatrics. Correlational survey research was conducted on 100 chronically ill geriatrics (age = 60 & above) drawn from Patna, Bihar using stratified random sampling technique. GHQ-12 was used as screening tool for mental health assessment. Self-report measures of Thakur death anxiety scale PERMA- Profiler and successful aging scale was used to assess death anxiety, psychological well-being, and successful aging respectively. It was found that seventy-nine percent of geriatrics sampled were screened to be distressed. High death anxiety was prevalent that significantly negatively associated with overall wellbeing and its six dimensions (positive emotions, engagement, relationship, meaning, accomplishment, and self-perceived health), as well as with successful aging and its three dimensions (namely healthy lifestyle). Further, death anxiety was reported to have strong predictive value for psychological wellbeing and successful aging with all their dimensions. Findings strongly advocate and call for timely intervention program designed for chronically ill geriatrics to help them reduce death anxiety for enhanced psychological well-being and successful aging.

*Keywords:* Mental health assessment, death anxiety, psychological well-being, successful aging, elderlies.

## Internet Addiction: Nature, Implication and Intervention

Alok Tripathi\*

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Problematic computer use is a growing social issue which is being debated worldwide. Internet Addiction Disorder (IAD) ruins lives by causing neurological complications, psychological disturbances, and social problems. Surveys in the United States and Europe have indicated alarming prevalence rates between 1.5 and 8.2%. There are several reviews addressing the definition, classification, assessment, epidemiology, and co-morbidity of IAD, and some reviews addressing the treatment of IAD. The aim of this paper was to give a preferably brief overview of research on IAD and theoretical considerations from a practical perspective based on years of daily work with clients suffering from Internet addiction. Furthermore, this paper intends to bring in practical experience in the debate about the eventual inclusion of IAD in the next version of the Diagnostic and Statistical Manual of Mental Disorders (DSM).

*Keywords:* Addiction, computer, internet, restart, treatment





## Depression, Quality of Life, Positive and Negative Emotions in Females with Premenstrual Dysphoric Disorder

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Premenstrual dysphoric disorder (PMDD) is a more serious form of premenstrual syndrome (PMS). Premenstrual dysphoric disorder (PMDD) refers to the depression that occurs during the premenstrual phase and remits soon after the onset of menses. It affects the quality of life (QOL) and positive emotion of patients with PMDD. The present study aimed to highlight quality of life, positive and negative emotion on Premenstrual Dysphoric Disorder (PMDD). In this study 80 clinically diagnosed Premenstrual Dysphoric Disorder individuals were sampled through selected purposive sampling method, age range of 18 to 25 years from Varanasi, Uttar Pradesh. Correlational Design was used in this study. WHO Quality of Life -BREF Hindi (Saxsena, 1996), (PANAS-SF) by (Watson, Clark, & Tellegen, 1988) and Beck Depression Inventory II (Beck et al., 1996) were individually administered. The statistical analysis of descriptive Mean, Standard Deviation (SD) correlation and regression was used. The results revealed that quality of life significantly positive correlation on PMDD as well as significantly negative correlation between negative emotion and depression. However, simple regression analysis revealed that negative emotion is most significant predictor and its influence on depression. The study proved that the depression, positive negative emotions all affect negatively on PMDD patients. Scientific effort can permit more public awareness with the menstrual disorder and expanded information, giving patients enhanced involvement in dealing with their conditions.

*Keywords:* Quality of life, emotion, depression, PMDD

## A Comparative Study of Depression, Quality of Life, Positive and Negative Emotions in Females with Premenstrual Dysphoric Disorder & Premenstrual Syndrome

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Premenstrual dysphoric disorder (PMDD) is a more serious form of premenstrual syndrome (PMS). Premenstrual dysphoric disorder (PMDD) refers to the depression that occurs during the premenstrual phase and remits soon after the onset of menses. It affects the quality of life (QOL) and positive emotion of patients with PMDD. The present study aims to highlight quality of life, positive and negative emotion on Premenstrual Dysphoric Disorder (PMDD) and premenstrual syndrome. In this study total number 80 study clinically diagnosed Premenstrual Dysphoric Disorder and PMS individuals were sampled through selected purposive sampling method, age range of 18 to 25 years from Varanasi, Uttar Pradesh. Cross section study was used in this study. WHO Quality of Life -BREF Hindi (Saxsena, 1996), (PANAS-SF) by (Watson, Clark, & Tellegen, 1988) and Beck Depression Inventory II (Beck et al., 1996) were individually administered. The statistical analysis of descriptive Mean, Standard Deviation (SD) correlation and regression was used. Results revealed that depression and negative emotion is high on PMDD rather than PMS. Quality of life and positive emotion is low on PMDD rather than PMS. The study proved that the depression, positive negative emotions all affect negatively on PMDD patients. Scientific



effort can permit more public awareness with the menstrual disorder and expanded information, giving patients enhanced involvement in dealing with their conditions.

*Keywords:* Quality of life, emotion, depression, PMDD, PMS

## Effect of Fear of Rejection on Suicidal Ideation in Medical and Non-Medical Students: An Analytical study

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Acceptance and rejection both are extremely important events in an individual's life; both can rouse him/her emotionally and psychologically. On being rejected a person can develop a number of negative feelings which can leads to Suicide. The objectives of this research were to assess the level fear of rejection and suicidal ideation among the medical and non-medical students, to explore the difference between medical and non-medical students on the degree of fear of rejection and suicidal ideation and to examine the effect of fear of rejection on the suicidal ideation among the students. The sample (N=80) consisted of 40 medical and 40 non-medical students in the age group of 16-24 from Patna district. Fear of Rejection scale by Nida Nafees & Musaddiq Jahan while Suicidal Ideation Scale by Sisodia and Bhatnagar have been used in this study. Results have shown that medical students have more fear of rejection than non-medical students. Also, students with high level of fear of rejection were having high suicidal ideation. Results concluded that fear of rejection is a prominent factor in suicidal ideation among students.

*Keywords:* Fear of rejection, suicidal ideation, medical & non- medical students

## Relationship of Body Area Dissatisfaction with Body Image in Female Students of Early Adulthood

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Every person has some ideals for his or her ideal physical appearance. Body Image is a multifaceted term that has grown focused with youth, body form, and personal health control. It is the mental image of our own body, or how our body seems to us. Body Dissatisfaction is a negative subjective judgement of one's own body caused by a disparity between one's perceived and ideal body. Body dissatisfaction and unease can trigger avoidance, compulsive monitoring, and alienation sentiments, leading to somato-psychic depersonalization. The present study investigated the relationship of body area dissatisfaction with body image among female students of early adulthood. This is an Ex-post facto correlational study. A total of 100 female participants belonging to the age group of 17 to 25 years were recruited in the study. The subjects were selected randomly from different faculties of DDU Gorakhpur University, Gorakhpur, Uttar Pradesh. To measure body image and body area dissatisfaction, scales (BIS and BADS) developed and standardized in Hindi language by the present authors utilized. Body Image total score found to be correlated negatively with Body Area Dissatisfaction (BAD) total score ( $r=-.70$ ). The dimensions of BIS also significantly correlated with BAD total score. BAD predicted the variance of Body Image (49%) negatively. Findings discussed in the light of recent theories of body embodiment and body objectification theory. Findings suggested that in body image and well- being relationship, body area dissatisfaction play an important role and have an implication in counselling.

*Keywords:* Body image, body area dissatisfaction



## **Rorschach Inkblot Test to Measure Neurocognitive Endowment in Patients with Alcohol Dependence: An Exploratory Study**

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The Rorschach test is sensitive to measuring the neuro-cognitive capacity of the person. It conceived a lot of cognitive abilities such as thought organization, perceptual accuracy, organization, language production and executive functioning. The present study aimed to identify the potential relation of the cognitive triad variable of the Rorschach test and the neurological examination of the Wisconsin card sorting test for the evaluation of the neurological status of the Rorschach test through the Rorschach Assessment System (R-PAS). This study examined the association of cognitive processing variables of the Rorschach inkblot test, i.e., information processing, Ideation and Mediation, with the neurological variable of the Wisconsin card sorting test (WCST). This study was carried out with a sample of 20 male (18 to 50 years) alcohol-dependence patients (ICD-10) selected through a purposive sampling method. All patients completed the Rorschach test and Wisconsin card sorting test, which is highly valid and reliable, to understand the neuro-cognitive perspective of the Rorschach test. Data were analyzed using by Pearson correlation method by SPSS 26 software. The result showed a strong correlation between the cognitive triad variable of the Rorschach test and the dimension of the cognitive variable of the Wisconsin card sorting test (WCST). This research found a significant statistical correlation between the Rorschach variable and the dimension of the Wisconsin card sort test ( $P < 0.05$ ,  $P < 0.01$ ). It shows that the cognitive triads variable of information processing significantly correlated with the percentage of perseverative errors and non-perseverative errors of WCST ( $P < 0.05$ ). The second cognitive triad variable of cognitive Mediation is also associated with a number of correct, the total number of errors, perseverative responses, conceptual level of response and categories completed of WCST ( $P < 0.05$ ,  $p < 0.01$ ). The last cognitive variable of Ideation significantly correlated with the perseverative variable and conceptual level of response ( $P < 0.05$ ). The Rorschach test can predict neurological deficiency in alcohol patients. This study showed that variables of the cognitive triad were associated with the neuro-cognitive variable of the WCST test. These findings contribute to the neuropsychological perspective of Rorschach research to clarify the neurological status of the Rorschach test.

*Keywords:* Rorschach test, wisconsin card sorting test, cognitive triad, alcohol dependence patients

## **The Effect of Mindfulness Based Cognitive Therapy on Resilience and Emotion Regulation of the School Going Early Adolescent with Anxiety**

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Anxiety is the most common psychological problem or disorder found in school-going children which is mediated by poor resilience and poor emotion regulation capacity. Thus, this population become high risk population for many other vulnerabilities including mental illness. The psychological intervention directed towards high-risk populations at an early stage of adolescence can prevent such problems. The study aimed to assess the applicability and effectiveness of mindfulness-based cognitive therapy (MBCT) on resilience and emotion regulation of school going adolescents with anxiety. This quantitative research study used pre, post and follow up



with randomized control group design. The sample aged between 10 to 14 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 used were Preliminary Identification Performa and Clinical Interview Schedule (PI&CI) General Health Questionnaire – 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) and Emotion Regulation Scale – Child and Adolescent (ERS- CA). A ten week-long manualized packed of MBCT C was administered as an intervention. There was significant difference in the scores of Mindfulness, resilience and emotional regulation between two groups and among three assessment duration of the treatment group. The findings suggested there was a significant effect of the MBCT C on mindfulness, resilience and emotion regulation. 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.

*Keywords:* Mindfulness, resilience, emotion regulation, anxiety, early adolescent

## **A Comparative Study of a Personality and Emotional Intelligence of Drug Addicts and Alcoholics with Non-Drug Addicts and Non-Alcoholics**

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Addiction is a health, cultural, economic and social issues for the future development of any country and also endangers the socio-economic and political status of countries. Addiction not only changes the personality of addicts; it also impacts the emotional intelligence (EI) level of addicts. The objectives of the present research were to measure the level of emotional intelligence and personality among alcoholics and drug addicts and non-alcoholics and non-drug addicts and to observe the factors affecting the emotional intelligence and personality in the drug addicts and alcoholics. For the study, 200 samples for each category i.e., drug addicts, alcoholics, non-alcoholics and non-drug addicts has been considered. In the current study, Mangal Emotional Intelligence Inventory and Eysenck Personality Questionnaire have been used. It was found that average neuroticism score was significantly higher in addicts than that of non-addicts. Average extraversion score was found to be significantly higher in non addicts as compared to addicts. Average Psychoticism score was found to be significantly higher in the addicts as compared to non-addicts. On the basis of the findings, it is needless to say that this might be a positive effect on psycho-education and medical treatment and will help medical researchers and practitioners.

*Keywords:* Personality; emotional intelligence, drug addicts, alcoholics

## **Sleep Quality as related to Levels of Anxiety among Young Adults**

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The college population is highly prevalent to sleep difficulties like having difficulties falling asleep or having a disturbed night’s sleep. it is the age when a person enters college after school and there is a feeling of independence but, these young adults also face many issues like homesickness as with most young adult’s it’s their first time





stepping out of the house for higher studies causing adjustment issues; they are more likely to have anxiety. The main objective was to assess the relationship between sleep quality and level of anxiety among young adults and also to examine the gender difference in sleep quality and level of anxiety among young adults. The sample comprised of 50 subjects (N=50) from age range 18 to 25. Subjects were divided into two groups; Male (N=25), Female (N=25). Pittsburgh Sleep Quality Index (PSQI) was used to measure sleep quality and Beck Anxiety Inventory to measure levels of anxiety. From the obtained data it was found that sleep quality affects level of anxiety and there is a significant gender difference in sleep quality and level of anxiety. Sleep quality impacts the level of anxiety in young adults.

*Keywords:* Sleep quality, anxiety, young adults

## **Effectiveness of Neuro-psychoeducation, Intrinsic Motivation and Metaphoric Content Integrated with Cognitive Behavioural Therapy in the Treatment of Obsessive-Compulsive Disorder**

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OCD is characterized by frequent unnecessary thoughts that lead to repetitive actions to reduce anxiety. This repetitive sequence can interfere with daily activities. The remedial procedure of OCD includes medication with psychotherapy (viz., CBT, ERP etc.). Despite the trend of using CBT and ERP to treat OCD, only half of patients experience a full reduction. Further, there is no doubt that OCD patients getting CBT-ERP show positive results, but the literature also revealed that there is a huge number of patients who do not reach remission, and there are significant numbers of drop-outs. In the current study, researchers developed a proposed therapy that includes neuro-psychoeducation, intrinsic motivation, and metaphoric content integrated with CBT to treat OCD patients and validated the efficacy of the proposed therapy through psychometric ratings (YBOCS). The results of the present study revealed that there is a significant decrease in scores on the obsessions domain, compulsions domain, and overall total scores on YBOCS among OCD patients. This finding shows that this proposed therapy which includes neuro-psychoeducation, intrinsic motivation, and metaphors contents integrated with CBT in combination with pharmacological management is effective in the treatment of OCD. Therefore, the proposed therapy may be beneficial in the treatment of OCD. It has far-reaching implications in the area of clinical, psychiatry, and mental health.

*Keywords:* CBT, OCD, neuro-psychoeducation, metaphors, intrinsic motivation

## **Behavioural Modification Training in children with Intellectual Disability: A Case Report**

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Intellectual disability (ID) is a neurodevelopmental disorder characterized by deficiency in intellectual, adaptive functioning and have onset during the developmental period. India has a prevalence of 10.5/1000 in ID. Children with ID engage in difficult behaviours such as temper tantrums, hyperactivity, rebellious, anti-social, fear, repetitive



behaviour, odd behaviour, misbehaviour with others and also self-injurious behaviour (SIB), making parents very anxious about the modification of these problematic behaviour in children with intellectual disabilities. The present study examined the effectiveness of behavioural modification training in children with intellectual disability. A single case study method was adopted. After conducting the baseline assessments and clinical interview, the patient was diagnosed with intellectual disability as per ICD-10. The Behavioural Assessment Scale for Indian Children with Mental Retardation (BASIC-MR) was used to measure the behavioural issues of the patient. Thereafter, behaviour modification training as an intervention was given to the children with ID. The results indicated significant improvement in the behavioral issues as measured by BASIC-MR in the patient indicating the effectiveness of behavioral modification training in treating the problematic behaviours among patient with intellectual disability. Behavioural Modification Training was effective in the treatment of problematic behaviour among patient with Intellectual Disability.

*Keywords:* Intellectual disability, adaptive functioning, behavioural modification

## **The Impact of Positive Therapy on Fear of Recurrence among Head and Neck Cancer Patients**

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The patient who suffers from cancer facing number of difficulties among those Fear of Recurrence playing major role while taking treatment as well as maintaining the quality of life. This study aimed to statistically evaluate and to investigate the effectiveness of Positive Therapy on head and neck cancer patients as Fear of Recurrence is higher side before Intervention and Fear of recurrence is lower side after Intervention. Fifty patients were taken for the study on OPD and follow-up basis, pre and post FOR/P assess before and after intervention. Purposive sampling method were used. NCCN Distress Thermometer (DT) screening tool used for identification and 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. Positive Therapy used for the psychological intervention which is developed by Hamaltha Natesan, 2002. At the baseline, the most common symptoms presented was Anxiety, worry + fear, and 70% 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. The overall FOP scores were significantly decreased after the intervention, and patient were able to cooperate to ongoing medical treatment. These findings confirm the high rate of symptoms co-morbidities among HNC patients and highlight strong association between FOP/R and treatment cooperation and level of tolerance during treatment. Positive Therapy is effective in reducing anxiety, fear.

*Keywords:* Head and neck cancer patients, fear of recurrence, positive therapy

## **Mental Health among Parents of Intellectually Disabled Children**

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Mental health refers to our cognitive, and/or emotional well- being - it is all about how we think, feel and behave. Our mental health can affect our daily life, relationships and even our physical health. Mental health also



includes a person's ability to enjoy life – to attain a balance between life activities and efforts to achieve psychological well-being. The objective of this study was to investigate the level of mental health of parents of intellectual disabled children. The sample consisted of 240 parents (120 fathers and 120 mothers) of intellectual disabled children who were selected from Ahmadabad city. Their age range was 35 to 55 years and education minimum up to high school. A control group of 120 parents (120 fathers and 120 mothers) of normal children were also selected for this study. Mental Health of Parents Questionnaire developed by Dr. Kamlesh Sharma was administered to measure the level of their mental health. Results revealed that mental health of parents of intellectually disabled children was found to be impaired as compared to the parents of normal children. Parents of intellectually disabled children possess poor mental health and they need psychological intervention for optimal mental health.

*Keywords:* Mental health, intellectually disabled, psychological intervention

## **Alienation, Depression and Quality of Life of Rheumatoid Arthritis Patients**

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Psychological factors like alienation, anxiety, depression, negative affectivity, social inhibition and quality of life are directly associated with onset of rheumatoid arthritis. There are limited number of studies understanding the psychological status of rheumatoid arthritis patients. Such studies are almost absent in Indian research reports. No research works have been reported in India on association of depression and alienation with rheumatoid arthritis. This study explored the quality of life, depression and alienation status of rheumatoid arthritis patients. 2 X 2 factorial designs with 2 group (Rheumatoid arthritis patients and Control group) and 2 genders (Male and Female) were planned. Sample consisted of 50 male and 50 female Rheumatoid arthritis patients of the age range 45 to 65years selected from various hospitals of Varanasi. These patients were selected by the purposive sampling technique. 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. Asha - Deep Depression Scale (Kumar, 2002), Alienation Scale (Patil, 1989) and P.G.I. Quality of Life Scale (Moudgil et al.,1998) were administered to patient group and control group individually. Findings revealed that Rheumatoid arthritis patients were found to be depressed, highly alienated and they exhibited impaired quality of life as compared to control group which reflects that Rheumatoid arthritis patients escape from social situations, and they feel themselves to be estranged from their social surroundings. Thus, it was concluded that such patients have pessimistic attitude, exhibit marked social withdrawal, negative self-image, fatigue, lack of interest in their work, worthlessness and, decreased sex desire and motor activities. Cognitive behaviour therapy is suggested for improvement of mental health of such patients. Rational emotive therapy may be beneficial for the management of depression of these patients.

*Keywords:* Depression, alienation, quality of life, rheumatoid arthritis



## Effects of Cannabis Abuse on Executive Functioning among Young Adults

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Cannabis usage has been proven to impair cognitive abilities on multiple levels, ranging from fundamental motor coordination to more complicated executive function skills, such as the capacity to plan, organize, solve problems, make decisions, recall, and regulate emotions and behavior. The severity of these abnormalities varies according to quantity, recency, age of initiation, and duration of marijuana usage. Understanding how cannabis use impairs executive function is important. The objective was to examine the effect of Cannabis Abuse on Executive Functioning among young adults. The participants were selected using purposive sampling method which consisted of 30 participants belonging to 18-25 years of age. The participants were screened using the CAST (Cannabis Abuse Screening Test) to assess the level of consumption of cannabis use and Stroop Neuropsychological Assessment was used to assess executive functioning. The results of the study indicated that there was a significant effect of cannabis use on executive functioning among young adults. Executive function is essential to an individual's multiple abilities in daily life. Understanding the nature of impaired executive function following the use of cannabinoids is crucial in view of the increasing use of these drugs.

*Keywords:* Cannabis, executive functions, cognitive impairment

## Personality Correlates of Internet Addiction in Young Adults.

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Personality refers to individual differences in characteristics patterns of thinking, feeling and behaviour. The big five-factors of personality is the most popular categorisation of personality traits. The traits that constitute the five factors model are extraversion, neuroticism, openness, agreeableness and conscientiousness. The internet is an increasingly important part of everyday life around the world. Internet addiction are excessive uses of internet detriments of your physical, psychological, social or vocational well-being. This research purposes to study the how the personality of a person determines whether they will be indulged in internet addiction or not, in other words, which personality traits among the big five traits are more prone to exhibiting internet addiction. The main objective was to assess internet addiction and to find the relationship between Personality traits and Internet Addiction. The sample comprised of 40 subjects (N=40) age range from 18 to 25 in college going students. NEO-FFI-3, developed by McCrae and Costa, 2007 and Internet Addiction scale by Young, 1998 were used in the present study. There is no significant correlation between extraversion, openness, agreeableness, conscientiousness but there is a only positive correlation between neuroticism and internet addiction. Hence, through this study it can be concluded that there is correlation between neuroticism personality traits and internet addiction.

*Keywords:* Personality traits, internet addiction, young adults





## **Efficacy of Complementary and Alternative Therapies to Promote Mental Health: A Theoretical Analysis**

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In post Covid-19 scenario the number of cases related to mental health problems such as anxiety, depression, psychosomatic problems, etc. have been increased. Despite of the large number of individuals suffers by mental illness, not even fifty per cent of the individuals received proper medical treatment. During the Covid-19 pandemic Government, NGOs and World Health Organization have taken initiative to promote complementary and alternative therapies to manage the effects of stress, anxiety and improve our psychological well-being. Complementary and alternative techniques cover lots of different treatments like- body- based therapies, meditation- based therapies and herbal remedies, etc. In this review paper, a plausible approach has been made to explore the applications and effectiveness of such non- conventional treatments for mental health promotion, improvement, recovery, healing and ultimately to lead successful personal and social life. A qualitative, non-systematic literature review was conducted to identify literature describing complementary and alternative approaches for strengthening mental well-being. For a variety of complementary and alternative therapies clinical evidences was identified, indicating beneficial effects. In the present study mind-body based therapies, biological-based therapies, and herbal remedy have been included. According to the studies reviewed, it is appeared that Complementary and alternative therapies are beneficial for strengthening psychological well-being through mind-body intervention like-yoga and meditation, relaxations, naturopathy, herbal remedies and positive attitude of life and relationship. Complementary and alternative therapies offer a variety of preventive and therapeutic options for strengthening physical and mental resilience. Though this qualitative review has many limitations, it might be useful for future research on this topic.

*Keywords:* Complimentary & alternative techniques, herbal remedies

## **Role of Social Media on Suicidal Ideation and Self-Harm among Adolescents**

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Suicide in adolescents is a global tragedy. It is applied to all cases of death and also is now understood as a multidimensional disorder. The purpose of the research was to study the role of social media on suicidal ideation and self-harm among adolescents. Digital and manual searches were carried using the following databases such as google scholar, pubmed, research gate, NCIB, springer, science direct and Jstor. Based on the review, it was found that individual who are already pathologically distressed that have more chances to commit suicide and studies indicated that, individual who do not have their family and friend support they are more vulnerable to commit suicide.

*Keywords:* Suicide, social media, self-harm, adolescents



## Diagnostic Indicators of Somatic Inkblot Series SIS-II & Rorschach Inkblot among Depressive Patients: A Comparative Study

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Projective techniques' is a tool which uncovers the unconscious or repressed aspects of behavior, allows varied responses, and produces data which is rich in quality with the least awareness on the part of the subject regarding the goal of the test. SIS-II & Rorschach have been investigated in coronary patients, drug addicts, normal subjects, obesity, chronic schizophrenia, and other clinical conditions however, a few researchers have demonstrated that these tests provide diagnostic indicators. Only few studies have addressed few diagnostic categories and replication studies to cross-validate the findings are scant. The aim was to study the diagnostic indicators of Somatic Inkblot Series-II and Rorschach Inkblot among depressive patients. The sample comprised of 30 participants selected through purposive sampling method. The age-range of the participants was 18-55years (young, middle & elderly) belonging to urban domicile and across socio-economic status having basic education level and meeting out the diagnosis of Depression according to DSM-5. Becks Depression Inventory (BDI) was administered for assessing the severity of symptoms. Rorschach Inkblot Test and SIS-II were administered on both the groups. The results indicated that diagnostic indicators among depressive patients on Rorschach came out to be lower total no. of responses, Human responses, Movement responses, popular responses, good Form responses and higher on Anatomical responses whereas on SIS-II low Total no. of responses, Movement responses, Most Typical responses and Typical responses came out to be significant diagnostic predictors. It was also observed that the diagnostic efficacy of the SIS-II was comparable to that of the Rorschach and both tests were found to provide psychometrically compatible information in a sample of normal subjects.

*Keywords:* Diagnostic Indicators, Depression, Rorschach, Somatic Inkblot Series

## Self-Esteem and Indonesian Early Childhood Teachers' Attitude Toward Inclusion of Children with Emotional and Behavioral Disabilities

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In early childhood education settings in Indonesia, there is a lack of research on teachers' attitudes toward inclusion and the relationship between that attitude and their self-esteem in the context of including children who have emotional and behavioral disabilities in their classrooms. Using the Multidimensional Attitudes toward inclusive educational scale (MATIES), which has three sub-dimensions: cognitive, affective, and behavior to measure attitudes and The Rosenberg self-esteem scale for self-esteem measurement. The purpose of this paper was to identify the connection between self-esteem and attitude among teachers of childhood education. A survey was given to 157 Indonesian teachers, and five participants were also asked to take part in a semi-structured interview. The findings indicate that Indonesian early childhood educators have a positive attitude toward including children



with special needs in the classroom and a mixed level of self-esteem; however, they continue to have concerns regarding specific disabilities, particularly those that affect children's emotional and behavioral disabilities.

*Keywords:* Teachers' attitudes, self-esteem, Indonesian inclusive education

## **Profile of Smartphone Addiction of School Going Students exhibiting Non-Suicidal Self-Injurious Behavior in Reference to their Gender**

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Nowadays non-suicidal self-injury (NSSI) become an enormous subject matter of discussion, because studies have started in this subject in India but in specific reference to the Uttarakhand there is a paucity of information. Independently smartphone addiction is also the centre of attention. The present exploratory study was conducted with the aim firstly, to identify NSSI behavior in school going adolescents in the context of gender differences, secondly, to assess the level of smartphone addiction in the context of gender differences and finally, to explore the demographic details on various dimension according to their gender. For the purpose Inventory of Statements about Self Injury (ISAS) was employed on 500 (250 male and 250 female) school going students randomly selected from 8 (4 Government and 4 Private) schools from Pithoragarh district of Uttarakhand and out of which 49 (26 male and 23 female) reported NSSI behavior. Further, Personal Data Schedule, Structured interview and Smartphone Addiction Scale was taken of 49 school going students who reported NSSI behavior. Results revealed 6 (0 male and 6 female) students exhibiting very low, 4 (3 male and 1 female) students reported low, 4 (2 male & 2 female) individuals revealed below average, 14 (9 male & 5 female) individuals revealed average, 5 (2 male & 3 female) students reported above average, 8 (4 male & 4 female) students exhibiting high and 8 (6 male & 2 female) students reported very high level of smartphone addiction. Further studies with larger sample size and sophisticated statistical techniques are required.

*Keywords:* Non-suicidal self-injury, smartphone addiction, adolescents, gender

## **Human Figure Drawing Test Indicators in Students with and without Specific Learning Disability**

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Adolescence with specific learning disability often experience lack of confidence and low self-esteem along with extreme academic difficulties, this further reinforce academic difficulty along with number of psychological and cognitive issue like feeling of frustration, anger, sadness, features of anxiety and depression. These difficulties are often not prominent to a clinical level therefore go unnoticed. In this study an effort was made to assess and compare indicators of difficulties found in adolescence with SLD through Human figure drawing test (HFDT). The study was conducted on 72 students with SLD (n=36) and without SLD (n=36). Malin's Intelligence Scale for Indian Children (MISIC), Human Figure Drawing Test Indicators in Students with and without Specific Learning Disability) and NIMHANS Index for Specific Learning Disabilities were used as assessment tools. Human Figure Drawing Test



(HFDT) was administered on the students who met the necessary eligibility criteria. Significant difference was observed in impairment, distortions, simplification. The prominent qualitative indicators were lack of details, omission, appearance and age of figure and omission of ears. The major qualitative indicator emerged in the form of regression. The findings have important implications to the use of HFDT indicators in identifying certain deficits as well as to the development of appropriate intervention strategies targeting the fine motor skills of children with SLD.

*Keywords:* Specific learning disability, indicators, human figure drawing test

## **Need for Positive Psychotherapy Interventions in Patients with Major Depressive Disorder to Enhance Wellbeing**

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Depression is one of the common mental disorders affecting individuals is seen to be increasing in recent years. It is contributing to increased burden and results in decreased quality of life, wellbeing, satisfaction from life. Studies have shown that negative relationship exists between depression and wellbeing but on literature search, few studies from India could be found. In view of this, the present study was done to assess the psychological wellbeing of patients with depression and to study the relationship between severity of depression and psychological wellbeing. This cross-sectional study was carried out on patients with major depressive disorder (MDD). Beck Depression Inventory II and PGI General Wellbeing Scale was conducted to assess severity of depression and well-being respectively. 55 patients with MDD were recruited into the study. Most of the patients were between the age of 18 and 35 years of age (79.8%) and males (56.4%). The results showed that the average wellbeing score was -0.205 which indicates low level of feeling of wellbeing. Further there was a negative correlation between the severity of depression and wellbeing which was significant at <0.001 level of significance. This study showed that with decrease in depression there was increase in wellbeing. The therapies generally employed in depression focus more on the negative emotions and negative cognitions but it should be more on positive emotions, wellbeing and strengths of the individual. Thus, positive psychology intervention will be more useful in dealing with depression as its focus is mainly on enhancing wellbeing, happiness and satisfaction

*Keywords:* Depression, wellbeing, beck depression inventory

## **Effect of Positive Psychological Intervention on Depression**

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Positive psychological intervention (PPI) involved doing activities which promote wellbeing and happiness. They may play a positive role in the treatment of depression. The present study of the effectiveness of positive psychological interventions for the general public and for individuals with specific psychosocial problems. The goal of this study was to investigate the effect of Positive Psychological Intervention on Depression. The present study of undergraduate college students from Chhattisgarh. A total sample of 110 students selected on the basis of





stratified random sample selection technique in the age range of 18-23years. The research is based on pre-post research design. Results showed that decrease in depression symptoms and increase in happiness from Positive Psychological Intervention. Positive psychological intervention (PPI) decreases in depression symptoms and increase in happiness. Positive Psychological Intervention are effective in this population and should be utilized with greater frequency.

*Keywords:* Positive psychological intervention, depression, happiness

## **Effect of Perceived Stress on Substance Abuse among Young Adults**

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The age range that begins at 18 and includes the mid- to late-20s is often the one when substance usage, such as alcohol, cocaine, and marijuana, is highest. Being a young adult comes with its own set of difficulties. People frequently move away from their parents during this time in their lives, start college, join the military, begin a career, or start their own family. While each person follows their own path, it cannot be denied that young adulthood is a time of change and stress. The main objective was to assess stress levels and substance abuse in young adults and also to examine the gender difference in stress levels and substance abuse in young adults. The sample comprised of 50 subjects (N=50) from age range 18-25. Subjects were divided into two groups; Male (N=25), Female (N=25). Perceived Stress Scale (PSS) was used to measure perceived stress and Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) was used to measure the substance abuse. From the obtained data it was found that perceived stress affects substance abuse and there is a significant gender difference in stress levels and substance abuse. Perceived stress impacts substance abuse among young adults.

*Keywords:* Perceived stress, substance abuse, young adults

## **Trends of Anxiety Among Medical Entrants**

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Considering the present scenario on students whether they belong to school education or professional education they remain anxious throughout or in other words they carry study burden whether it is pre covid period -19 or post covid -19. As far as medical education is concerned the study content is so much along with clinical academic responsibilities therefore medical students at the stage of joining the course, immediately they get exposed to stress due to hectic schedule. Such exercise continues till the end of medical graduation and followed by preparing and pursuing post-graduation. This has been proved by number of studies. This study has considered the anxiety level of the medical entrants just to see whether they are really anxious because if the anxiety is generated from the day one it will definitely increase and keep on increasing till the end of the course. The medical entrants were selected from the batch of 2015 to 2021 (means 6 batches) were continuously observed annually only at the time of joining MBBS first year. Sinha anxiety scale (SAS) was administered to collect data. The findings revealed high level of anxiety among all the batches, significant high level of anxiety among 2021 batch was found. Medical entrants remain anxious when they get exposed to this professional education There should be continuous programs and efforts by the university to support their students in order to manage their anxiety.

*Keywords:* Anxiety, medical students, MBBS, education



## A Systematic Review Based Paper on Premenstrual Dysmorphic Disorder (PMDD)

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Premenstrual dysphoric disorder is a severe form of premenstrual syndrome which affects females' physiological and psychological health. This study shows a systematic review-based paper on PMDD. The main objective was to assess PMDD affects psychological health of females. The studies were randomly collected (PubMed, Google Scholar, and Scopus) on PMDD which affects psychological health of females between the year of 2018-2022 and including which method is used in study and discussed about results of the studies. Results revealed that PMDD is severe form of premenstrual syndrome and PMDD is severely affects psychological health of the females. Regular aerobics exercise: meditation, yoga poses, cognitive therapy, contraception, healthy diet, and quality of life can improve anxiety, depression, mood swings and other psychological symptoms which are faced females with PMDD.

*Keyword:* PMDD, yoga, psychological health

## The Effect(s) of Childhood Trauma on Adult Emotional Expressiveness

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The present paper undertakes an exploration of contemporary literature on the adult emotional expressiveness as affected by childhood trauma, to varying degrees. Trauma is an experience that, because of its intensity and unexpectedness, is damaging. The initial reaction is shock, which may or may not be followed by recovery. Freud came to believe that all neuroses were caused by childhood traumas that remained unresolved in the adult (Straussner & Calnan, 2014). Childhood trauma is one of the earliest experiences that leads to intense physical & psychological reactions, and influences cognition and other behavioural affectations. Academic parlance describes "big T" and "micro" trauma to identify the event and reaction curve of traumas, including overlaps or extent of impact. The following study aims to investigate literature to review; inform an understanding of patterns of current attitudes and norms about it; and, how it constitutes elements to deal with it. The distinction between emotional dysregulation in informative, distressed, and avoidant patients is also examined, as a typification of overt and sub-typical clusters of symptoms. It examines how childhood trauma impacts an individual's capacity for emotional expression, and how it challenges emotional self-recognition and experiential conditions. This paper will also highlight such concerns- causal or otherwise to foreground the generative patterns of childhood trauma that overarches and underlines into adulthood with significant detriment to the overall being. For this (descriptive) study, a methodological framework combining content analysis, summative analysis, as well as meta-analysis was utilised, in addition to formative analysis via close reading. Thus, the results indicated that history of abuse as a child was linked to chronic emotional inhibition as an adult, including ambivalence toward emotional expression and thought suppression, and avoidant stress reactions. In response, emotional restraint strongly predicted psychological distress, including signs of depression, PTSD, and anxiety.

*Keywords:* Childhood trauma/aces, adult emotional expression, symptomatic comorbidities



## Nomophobia in relation to Personality among University Students

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Our lives have become easier as a result of technological advancement, but it has also introduced great level of dependency on smartphones and internet. In this study, the levels of nomophobia among students at the university level has been measured, and the relationship between personality and level of nomophobia has been investigated. A total of N=100 students of UG and PG courses located in different universities in Delhi/NCR has been taken as the study sample. Participation is from those who volunteered in the study. The level of nomophobia among students and their personality factors were examined in relation to participant gender, age groups, educational attainment, department, phone usage over time, and daily smartphone use has also been assessed. The Nomophobia Scale, created by Yldrm and CorreiaT (2015) and NEOFFI by Mc Crae and Costa (1992) were taken in the study. SPSS-22, a programme for quantitative research technique was employed in this study. Descriptive statistics and Pearson Product Moment correlation was applied. The results revealed significant correlation between neuroticism and extraversion with nomophobia whereas no significant relationship was found between agreeableness, openness to experience and conscientiousness with nomophobia.

*Keywords:* Nomophobia, personality, university students, digital addiction.

## Impact of Social Media Addiction on Marital Adjustment: An Analytical Study

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Globalization and Information technology have changed the lives of every person. Where it has shortened the distance between people, there also it is causing distance between them. Internet Addiction has been emerged as a curse after the information technology. Its effect has been found prominent on Interpersonal relationships especially on the relationship of husband and wife. The present research was intended to study the effect of Social Media addiction on the marital adjustment of newly-wed couples. As a sample, 50 newlywed couples were selected from Patna district. They all were from equal socio-economic status (Middle SES). Marital Adjustment Inventory (MAI) developed by Dr. Harmohan Singh (1987) was used as a measure of marital adjustment and a Personal Data Sheet have been selected as tools. Marital Adjustment Inventory measures the marital Adjustment between couples, while Personal Data Sheet collected the details about the time subjects spend on the internet. The results revealed that those wives who spent most of the time on social media (Facebook, WhatsApp, Instagram, etc.) had shown poor marital adjustment. They admitted that once in a week, they have fight with their husbands. Social media Addiction has been a major cause of distance between newlywed couples.

*Keywords:* Social media addiction; marital adjustment; newlywed couples



## Dream Analysis: Psychological and Philosophical Aspects of Dreams

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Dreams are thought to be a reaction to the daily stimuli you are exposed to. Your unique life experience shapes your dreams, which are influenced by your emotions, desires, and even your food. During REM sleep, the brainstem is activated. Dreams are allegedly brought on by the "activation-synthesis hypothesis." The purpose of the study was to explore the implications of dream analysis in counselling. Qualitative research was conducted through dreams analysis of 100 respondents by using thematic analysis. It was found that dreams are not pure fiction and have deep psychological meanings. They are a very powerful tool to give a significant direction to a Counselling session and give a lot of insights which helps to better understand the client's problem as well as his/her environment while taking history and recognizing responding to cognitive patterns. The findings of the study stated that dream analysis is a powerful tool that gives a lot of information about the client's problem, responding patterns, cognitive errors and cognitive schemas.

*Keywords:* Dreams analysis, counselling, cognitive schemas

## Religious Impact in Management of Psychological Disorders

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India has a long history of spiritual traditions and has given birth to some of the world's biggest faiths. Religion Islam, one among all the religions, gives a spiritual haven for Muslims to live a peaceful existence by relying on their inner resources, developing a close contact with Allah, the supreme power, being upbeat, purifying their emotions, and not waiting for external circumstances to change. Islam recognises the value of spirituality as an internal force that can be used to maintain a tranquil mind, a healthy consciousness, and happy thoughts. The Quran and Islamic teachings give a clear path and outline the prerequisites for psychological well-being. The Qur'an provides the essential direction that people require. Believers can be shielded from undesirable situations in a variety of ways. Islam offers a profound understanding of both man and the universe, making the genesis of psychiatric disorders unlikely. Meanwhile, by advocating a few crucial actions, Islamic teachings protect human life from unpleasant incidents and psychological instability.

*Keywords:* Religion, Islam, psychological health

## A Study Based on Medical Entrant's Personality and Anxiety

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It is necessary for a medical professional to maintain the balance of psychological status in order to effectively deliver their duties while dealing with different challenging situation in their profession. Many of medical students





might be highest scorer in their academics but get failed to adjust to the demands of highly challenging career. During the intensive training if they can be identified and provided adequate support to reorganize their personality dynamics and to manage anxiety, they may sustain healthy life with successful career. By going through the personality dynamics and level of anxiety of MBBS students, it can detect the unhealthy personality patterns and anxiety provoking elements, which can be managed during their training. Considering this notion, the main objective of this study was to analyze the personality dimensions and anxiety level of medical entrants. Approximately 70 undergraduate belonging to MBBS were taken on random basis after receiving their consent. The findings revealed different types of personality dimensions, and many were found to be highly anxious. Thus, it is suggested that students who are found to be sensitive enough must remain under regular counseling by the respective professionals which can maintain their overall wellbeing.

*Keywords:* Medical students, anxiety, career, stress

## **Exploring Defence Mechanism and Personality Correlates among patient with Substance Use Disorder**

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During adulthood the mind of human being develops and adults learn newer things but these days due to much exposure of the society the adults are indulging into harmful and risk-taking behaviour. The substance abuse is increasing at a faster pace among young adults. Consuming substance become addictive because they have the power to alleviate, remove or change human behaviour and impact overall well-being of an individual. The purpose of the present study was to explore the defence mechanism and personality correlates among patient with substance use disorder. The sample consisted of 30 male age range between 25-60 years. Purposive sampling was used for the present study. The measures used were Defence style Questionnaire (DSQ-60) and Big Five Factor Inventory. The results indicated that patient with substance abuse disorder were found to have high scores on neuroticism, extraversion whereas low scores were obtained on the emotional stress tolerance. The defence mechanisms that were found among the patient were denial, rationalization, and projection. From the present study it can be concluded that the defence mechanism and personality factor could be studied in detail and further intervention can be planned on larger sample. The substance abusers can be taught healthy defence mechanism and healthy ways of coping.

*Keywords:* Defence mechanism, personality factor, substance abuse

## **Relation between Internet Addiction and Alexithymia: A Study among College Students**

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Internet Addiction leads to various detrimental results, including bad academic and professional performance, relationship problems, insomnia etc. This is one of the problems that mainly affect young people in the community and may create problems throughout the education of pupils and students. Alexithymia is impaired capacity to



consciously experience emotions. The objectives of the research were to identify the level of addiction for internet among the college students and to find the association between Alexithymia and the Internet addiction among the college students. The sample consisted of 80 college students in the age group of 18 to 25 years. They belong to the different colleges of Patna district. Toronto Alexithymia Scale by Michael Baghby, James Parker and Graeme Taylor while Internet Addiction Test by Kimberly S. Young have been used in this study. The results have revealed that college students had more than average level of Internet addiction. Also, Students with high internet addiction were more alexithymic in comparison with students with low internet addiction. The Alexithymia and Internet addiction among the subjects are positively correlated. Conclusively, it can be said that internet addiction leads to Alexithymia among the college students.

*Keywords:* Internet addiction, alexithymia, college, students

## **Role of Online Gaming Motivation and Trait Emotional Intelligence in Internet Gaming Disorder**

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The increasing ease of accessibility and use of internet in recent years has led to an exponential rise in Internet gaming disorder especially among young adult population. The present study aims to investigate the mediating role of online gaming motives and moderating role of trait Emotional Intelligence in Internet Gaming Disorder. A total of 200 young adults in the age group of 18-24 years selected from Delhi NCR formed the sample. The three measures administered on the participants were Internet gaming Disorder (IGD-10, Király et al. 2017), Motives for Online Gaming Questionnaire (MOGQ Demetrovics et al, 2011) and Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF, Petrides 2009). Results showed that Trait Emotional Intelligence is inversely associated with Internet Gaming Disorder and motivations for Internet Gaming are complex constructs, composed of multiple interdependent motivational drivers.

*Keywords:* Online gaming, online gaming motivation, trait emotional intelligence

## **Effects of Usage of Internet on Psychological Behaviour of Adolescents**

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Adolescence is a stage of changes which includes physical changes, psychological changes, mental changes and social changes. This research paper will try to find out the effect of internet use on adolescents. Internet addiction has become a big problem for everyone, especially the adolescents. Most of the time they spent on the internet, on their mobile phones, due to which they spend less time with their families, which has a significant impact on the parent-child relationship. It has also been observed that excessive internet usage is causing many mental health issues. Several studies have been done on the usage of internet but there is a gap in the knowledge as no study has tried to see the psychological effect of internet usage. The aim of this study is to investigate the usages of internet and their psychological effect. Internet Addiction test and DASS –Y (depression, anxiety, stress) test were used in this study. The cross-sectional study included 100 high school students belonging to the age



group of 13-18 years old from SRS convent school. Internet usages is associated with online learning, academic engagement, and its effects on different adolescence age and their mental health.

*Keywords:* Internet, addiction, mental health, adolescents

## **Effect of Internet Addiction on Psychological Well-Being of College Students: An Analytical Study**

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Rapid expansion and proliferation of the internet have provided better opportunities for communication, information, and social interaction. However, the excessive undisciplined use by some individuals has led to the emergence of the concept of internet addiction. Excessive internet usage presents a negative effect on face-to-face interactions by reducing time spent with friends and family members, which leads to increased loneliness and depression, thus decreasing psychological well-being. The study was aimed to examine the effect of Internet Addiction on Psychological well-being of college students of Patna district. A total of N = 150 participants (75 male and 75 female) was taken into age group of 18 to 25 years. Young's (1998) Internet addiction test and Ryff's (1989) Psychological well-being inventory were used for data collection. A demographic self-structured questionnaire was used to reduce biased data and improve accuracy and T-test was used for data analysis. It was found that moderately addicted students have high mean score of psychological well-being compare to non-addicted students. But internet addiction has an absence of gender differences i.e. internet addiction affects boys and girls in same way. The internet addiction influences (deteriorates) the psychological well-being of college students.

*Keywords:* Internet addiction, psychological well-being, college students

## **Managing PTSD Patients through Culture Based Instruction (CBI)**

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Apart from the individual and situational factors culture has been found to play a significant role in the treatment of psychological disorders. One of the loop wholes to the western therapies has been mentioned as the absence of culture specific elements in the treatment procedures. Treatment of PTSD has been found more effective when cultural aspects of the patient are being taken care off. In the backdrop of importance of cultural factors in the treatment of PTSD the present study was aimed to examine the effectiveness of Culture Based Instruction (CBI) as compared to CBT among PTSD patients. For this purpose, two groups with 25 PTSD patients in each group were given two different treatment procedures CBT and CBI. The results of the study revealed significant difference in the effectiveness of these two treatment procedures. While administering CAPS and HADS as pre and post-test for the assessment of effectiveness of these two treatments it was found that CBI was more effective than CBT. The results have been thoroughly discussed in the light of the available literature.

*Keywords:* CBI, CBT, PTSD



## Correlates of Internet Addiction in Adolescents

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Internet has become an integral part of everyone's life. Everyday use of internet has its advantages as well as disadvantages. Internet plays a significant role as one of the key mediums for education, entertainment, communication and many other purposes in school students especially adolescents. Adolescents face difficulty in solving the problem and most of the time remain in the state of confusion. Identity crisis is also very common in adolescents which often produces a negative impact on their overall development and well-being. Research has shown that a stable and strong sense of identity is associated with better mental health of adolescents. The aim of the study was to find out the correlates of internet addiction in adolescents. The study was conducted in three schools of Varanasi city, India. 120 students (61 male and 59 female) in the age group of 12-15 years were selected through purposive sampling. The Internet addiction test (Young, 1998), Psychological well-being scale (Ryff, 1995), Social Desirability Scale (Marlowe & Crowne) and Emotional Intelligence test (Sharma, 2011) were administered individually. Linear regression and product moment correlation were performed. The results revealed a significant negative relationship between Internet addiction and psychological well-being. Also, a negative correlation was found between Emotional Intelligence and Social Desirability. Internet addiction was not significantly related to emotional intelligence and social desirability.

*Keywords:* Emotional intelligence, psychological well-being, social desirability, internet addiction, adolescents

## Challenges in Psychological Counselling for Patients with Drug-Resistant Tuberculosis

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The importance of providing psychoeducation has been included in the treatment of drug-resistant tuberculosis treatment. A major challenge observed is that there is no therapeutic approach applied to the counselling session for dealing with the psychological well-being of the patient throughout the treatment plan. The literature review shows that the mental and social well-being of patients with long-term drug-resistant tuberculosis has more psychological and well-being concerns about their medical condition and prolonged treatment. This review includes full-text articles in the English language on the relationship between psychological intervention and psychological well-being, the effectiveness of psychotherapy at different levels of drug-resistant tuberculosis diagnosis and treatment, need for psychological care specific to drug-resistant tuberculosis. This research aims to focus on these areas such as the need for psychological intervention at different levels of treatment for the psychological well-being of patients with drug-resistant tuberculosis and to include a therapeutic approach such as rational emotive behaviour therapy to see the effect on the psychological well-being of patients with drug-resistant tuberculosis. The research would contribute to improving the understanding of the need for psychological intervention and helping the patients have self-regulation, better coping mechanism, and psychological states of





well-being for pain management during prolonged treatment. Keeping in mind the benefits of the therapeutic approach of counselling this paper proposes a step-by-step psychological intervention model which can be used for treatment initiation for psychological therapies.

*Keywords:* Drug-resistant tuberculosis, psychological counselling, psychological well-being

## **A Comparative Study of Social Networking Addiction between Rural and Urban Higher Secondary School students**

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Social networks allow users to share content, ideas, opinions, beliefs, feelings, and personal, social, and educational experiences. They are also used for communication between a wide range of users at global level. Instagram, Telegram, Facebook, Twitter, Skype, and WhatsApp are among the most popular and commonly used virtual social networks. Social media addiction is a behavioral addiction that is characterized as being overly concerned and driven by an uncontrollable urge to use social media. The purpose of the study was to investigate the relationship of Social Networking Addiction of different Higher Secondary School Students from rural and urban areas. The total sample comprised of 420 students of out of which 210 were rural students and 210 were urban students. Social Networking Addiction Scale by Shahnawaz, Ganguli, Manchong & Zou had been applied on the subjects. The results revealed that the students have high level of addiction towards social networking. Also, significant difference was found between higher secondary school students from rural and urban areas. Urban students have shown more addiction than rural students. Conclusively, it can be stated that locality is an important factor in social networking addiction among the school students.

*Keywords:* Social networking addiction, higher secondary school, urban, rural

## **Impact of Home-Based Intervention on Behavior of Children with Learning Disability**

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Present piece of research was planned to examine the role of home-based intervention among the children having symptoms of specific learning disability and slow learning. Specific learning disability is a Neuro-developmental disorder which is entirely different from slow learners or learning difficulties. However, there is a consistent comparison between the children having various issues. It was observed that intervention in these two categories of children caused improvement of academic performance, social adjustment and behavioral outcomes occurred. In India, due to COVID-19 pandemic, children with neuro-developmental condition and having difficulties in a challenging situation developed different cognitive and behavior related issues. In the present study, researcher studied the impact of intervention on children's cognitive and social behaviors. Data was obtained from 10 students having these issues. Malin's Intelligence Scale for Indian Children (MISIC), NIMHANS Index of Specific Learning Disability, NIMHANS for Children for BCSLD- were used to assess the children. The



findings of the study indicated that home-based intervention led to improvement in children's behavior (cognitive and social) having specific learning disability.

*Keywords:* Specific learning disability, inattention, intervention

## **A Study of level of Insomnia among Bihar Administrative Officers**

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Insomnia is a type of sleep disorder that makes it difficult for a person to fall asleep and stay asleep. Daytime sleepiness, low energy, irritability, and a depressed mood are also commonly-reported manifestations during insomnia. Sleep disturbances have been documented in response to the working conditions among many people. The present study was an attempt to explore the level of insomnia among administrative officers of Bihar. The sample consisted of 36 officers in which 21 were male and 15 were female. Accidental cum purposive sampling method had been used in the study. Insomnia Severity Index by C.M. Morin was applied on the subjects. The results of the study revealed that the level of insomnia in both male and female was not found clinically significant. The male and female administrative officers displayed equal level of insomnia. Gender is not a factor for insomnia in Bihar administrative officers.

*Keywords:* Insomnia, administrative officers, bihar

## **Depression, Resilience and Perceived Social Support among Male and Female**

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Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person's everyday activities. Perceived social support (PSS) and Resilience has been reported previously to be a protective factor against depression. The present study examined the gender differences and relationship between Depression, Perceived Social Support (PSS) and Resilience among male and female. The sample of the study consisted of 64 male and 75 female. Multidimensional Scale of Perceived social support developed by Zimet, Dahlem, Zimet & Farley, (1988), Resilience Assessment Questionnaire (RAQ 8) developed by Dr. Derek Mowbray and DASS21 constructed by Lovibond & Lovibond, (1995). Results indicated insignificant differences was found in depression between male and female. Depression was significantly negatively correlated PSS from friends and Resilience among male. Depression was significantly negatively correlated PSS from friends, family and Resilience among female. Step-Wise regression analysis revealed that PSS from friend (12.3%) and Resilience (16%) significantly contributes to variance in depression among male and PSS from family (19.9%) and Resilience (8.5%) significantly contributes to variance in depression among female. PSS and Resilience both plays a protective role in dealing with depression outcomes among male and female. Strong perception of support from friends, family may reduce the deleterious effects of exposure to mental illness. Resilience is the process of successfully adapting to life adversities and situations, including trauma, tragedy, danger, and high amounts of depression, anxiety and stress.

*Keywords:* Depression, perceived social support, resilience



## Internet Addiction among Adolescents

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Internet addiction is the term used to describe excessive and compulsive use of the internet that interferes with a person's personal, professional, and social life. Adolescence can be defined as the period between puberty and adulthood, usually between the ages of 11 and 18 years. They are exceptionally vulnerable and receptive during this period and can become drawn to the Internet as a form of release. Using it without adult supervision, particularly for teenagers who have unrestricted access to material that is not appropriate for their age and developmental stage. Over time, this can lead to an addiction. Researches show that obsessively scrolling through social media has been linked to depression, anxiety, low self-esteem, social anxiety, insomnia, and other problems with cognitive functioning that impair adolescent scholastic performance, mental health, and harmful food and lifestyle choices. Therefore, it is advised that more oversight and control be applied to how teenagers use the Internet, and that they be made aware of the consequences of misuse or excessive use of this technology.

*Keywords:* Internet addiction, adolescent, mental health

## Understanding Suicidal Ideation of Indian adults: A Qualitative Study

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Suicidal ideation refers to thoughts, ideas, or ruminations about the possibility of ending one's life. Research shows that physical and mental illness, disrupted interpersonal relationships, and economic difficulties were the main reasons for suicide. Although the study of suicidal ideation among women and college students is popular, there is little research on ordinary people. The main aim of the study was to identify the main causes of suicidal ideation in normal people. A qualitative research design was used. Using a purposive sampling method, 30 participants, consisting of men and women, were recruited. The data were collected through a semi-structured interview based on suicidal ideation. The interview content was audiotaped, transcribed verbatim and analysed using the thematic analysis method. The results showed that a lack of social and family support was the main cause of suicidal ideation. Participants also described higher expectations and anxiety about their career or future, depression, and family pressures as the major causes of suicidal ideation. The study findings revealed that there are many causes of suicidal ideation. These emanate basically from a lack of family support, undue expectations, career-related anxiety and a feeling of social support. These challenges are very common and are faced by every individual. Individuals may differ in their perception of the relevance of life's challenges. It was evident that majority of them over-think and exaggerate their life's problems and pay less attention to the available resources around them. Cognitive factors may play an important role in the development and maintenance of suicidal ideation. People sometimes blame their life and do not observe its positive aspects. The tendency to suicidal ideation may be reduced if people pursue positive life goals. Developing self-compassion can help reduce suicidal thoughts. The findings may have theory, research and practice implications.

*Keywords:* Suicidal ideation, thematic analysis, normal adults



## Neurodevelopmental Disorder in Children: ADHD and Autistic

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Neurodevelopmental disorders are disabilities associated primarily with the functioning of the neurological system and brain. Children with neurodevelopmental disorders can experience difficulties with language and speech, motor skills, behavior, memory, learning, or other neurological functions. The present study reviewed the experimentally investigated childhood problems post-pandemic and how they affected neurodevelopmental disorders like ADHD and Autism among children. The present review extracted and summarized previously published studies and made comparisons between pre-pandemic and post-pandemic data on the number of cases being reported. It was noticed that there had been a sudden increase in the number of children suffering from ADHD and Autism as their aggression got triggered and stability got disturbed due to the lockdown. First they spent two years trying to adjust to their new schooling schedules then post-lockdown they were again forced to change their routine to shift from online to offline classes. It was concluded that the pandemic has an alarming effect on neurodevelopmental disorders but they can be managed with meditative activities to some extent in a way better manner than drugs.

*Keywords:* ADHD, autism, post-pandemic,

## Projective Indicators of Rorschach Inkblot among Patients with Obsessive Compulsive Disorder: An Exploratory Study

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The human behavior is understood and interpreted through assessments. An essential contribution has been made by the projective techniques to explore the underlying unconscious behavior. This is reflected through deep rooted urges and desires. It works effectively when it comes to working with people suffering from some kind of psychopathology. The aim of the study was to explore the projective indicators of Rorschach Inkblot Test among patients with obsessive compulsive disorder. A sample of 30 participants were selected for this study through purposive sampling. Only those participants were part of the study who were diagnosed with Obsessive Compulsive Disorder. The sample comprised of 30 participants selected through purposive sampling method. The age-range of the participants was 18-35years belonging to urban domicile and across socio-economic status having basic education level and meeting out the diagnosis of obsessive- compulsive disorder according to DSM-5. Yale Brown's Obsessive-Compulsive Scale (Y-BOCS) was administered for assessing the severity of symptoms. Rorschach Inkblot Test was administered on the participants. The results indicated that projective indicators among obsessive-compulsive patients on Rorschach came out to be high total number of responses, Dd responses, F+%, popular responses and low C or CF responses. The projective indicators very well identify the attributable





personality factors of the person with the disorder, the preoccupations and the key considerations that could be used during the therapy.

*Keywords:* Obsessive-compulsive disorder, projective indicators, rorschach inkblot test

## **Internet Addiction Leads to Negative Effect on Family Relationship**

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Internet is one of the communication tools that make important contribution to our day-to-day life by enabling people to access all kinds of information in a short time. Internet addiction has become one of the major issue nowadays. Internet addiction is when a person has a compulsive need to spend a great deal of time on the internet. High internet use leads to conflict between parents and adolescent, lack of social skills, cheating with partner and lack of conversation. It profoundly affects the family by decreasing family time, less caring attitude towards family, reducing socialization and face to face interaction. The aim of the study was to assess the negative effect of internet addiction on family relationship. A self-report data were obtained from 25 males and 25 females. The result showed positive correlation between internet addiction and negative effect on family relationship. As internet addiction is a major issue in today's life and its usage ratio is tremendously increasing, it is important to make people aware about its negative impact on family relationship and how they can get rid of internet addiction.

*Keywords:* Internet, family, internet addiction

## **Correlational Study Between Perceived Social Support and Depression, Anxiety, and Stress among Infertile Females with IVF in Gujarat**

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Infertility is a serious health issue affecting millions of people of reproductive age globally. Available data reveal that 48 million couples and 186 million individuals have infertility worldwide. This problem is perceived differently in each socio-cultural context in which it is experienced. "Infertility" is a couple's failure to conceive after 12 months of unprotected sexual intercourse and pregnancy attempts. The objectives were to study the infertile females who had been undertaking IVF treatment after been diagnosed with infertility with the social stigma, family support, and marital status (love or arranged). In non-probability, the snowball sampling method was employed to fulfil the study's objectives. The 120 females entered into the study. The tools used were Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet et al. in 1988 and Depression Anxiety and Stress Scale (DASS) by Lovibond, S.H. and Lovibond, P.F. (1995). The obtained data was analyzed using SPSS 23 (Statistical Program for Social Sciences) Packaged Software. The significance level was  $p < 0.05$ . In the consequence of this study, it is observed that as the perceived social support score is lower, the level of depression, anxiety, and stress is automatically higher. It was determined that marital status and family support highly influenced social stigma, females who received social support from family have a less social stigma.

*Keywords:* Infertility, in-vitro-fertilization, perceived social support, depression anxiety and stress



## Indicators of Suicide ideation on Rorschach Psychodiagnostics Assessment

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Globally suicide is the fourth leading cause of death. According to World Health Organization its estimated 703000 people died by suicide in 2019. Suicide assessment is a challenging task and can be masked by the willingness of the client to share information. The Rorschach psychodiagnostics assessment is a relatively nonthreatening task without any right or wrong answers. A patients' interpretations of the innocuous inkblots can provide a glimpse into the patient's way of thinking and interpreting the world. Suicide constellation on Rorschach psychodiagnostics assessment has not been found to be sensitive to Indian population, thus there is a need to find significant indicators of suicide ideation on Rorschach. The objective was to identify the suicide ideation indicators on Rorschach psychodiagnostics assessment. Purposive sampling method was used to select 200 individuals with depression with and without suicide ideation from a clinic with psychiatric OPD from Delhi Region. Tools used for assessment were the DSM-5 Level 2 – Depression – Adult measure, The Modified Scale for Suicidal Ideation, and Rorschach Psychodiagnostics assessment. The results indicated that the specific indicators of suicide constellation have been identified which are different from the established suicide constellation of the Exner's comprehensive system. Overall, it may be concluded that the parameters indicating suicidal tendencies may need more exploration in Indian context

*Keywords:* Rorschach, suicide ideation, depression

## Effect of Emotional Intelligence and Narcissistic Traits on Internet Addiction

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Internet addiction among young adults has become one of the major concerns in today's world. The Internet has changed the ways people work and spend their leisure time. However, uncontrolled Internet use may have negative impacts on social, occupational, academic, marital and interpersonal adjustment. The present study focuses on the effects of emotional intelligence and narcissistic traits on internet addiction. The sample comprised of 100 adolescents including both male and female. The participants were selected within the age group of 18-25 years and the scales used for this study were Narcissistic, personality, inventory (NPI), Yong's, Internet, addiction, test 20 (YIAT20), The Schutte, Self-report Emotional, Test (SSEIT). After scoring the data was put into statistical analysis and it was found that there is a significant effect of narcissistic traits on internet addiction and no significant effect of emotional intelligence was found on internet addiction. Emotional, intelligence and Narcissistic, traits have significant positive or negative effect on internet use. The Internet has turned out to be fundamental apparatuses in the cutting edge of business and social world.

*Keywords:* Internet addiction, emotional intelligence, narcissistic traits, young adults



## Newer Usages of Intelligence Tests

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History of intelligence testing can be traced from the work of Binet Simon who developed intelligence test to estimate, who are likely to benefit from normal schooling and who will need special education. Since then, IQ is used routinely in conditions including issuance of certificate for disability and correction of behavioral and school problems. Since then, the purpose of allotting IQ point is changing. In this article, attempts are made to assess certain other usages that were not known earlier from the profile of intelligence test battery. The present study deals assessing marital competence, outcome of head injury, and 2 parenting style through intelligence tests. During clinical practice it was observed that intelligence tests give an IQ point that serves many stipulated purposes. But in addition to that intelligence test batteries can serve some other purposes also that were not known earlier. The difference in the performance of Pass Along and Kohs' block tests on the short form of Bhatia battery can give idea of marital competence in young unmarried girls, [ Kohs block > Pass along]. It can also give outcome index in the subjects suffered head injury in roadside accidents. Better performance on Kohs block compared to pass-along [good outcome] and better performance on pass-along than Kohs block is indicator of poor outcome. On children intelligence scale, a shorter form of MISIC, gives idea of permissible and authoritarian parenting styles that interfere with the schooling of the child. These findings are discussed.

*Keywords:* Intelligence testing, performance, parenting style

## Dark Triad and Big Five Personality Traits Among School Going Students and Juvenile Prison Inmates: A Comparative Study

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Dark Triad Personality is formed by the constellation of three conceptually distinct but overlapping personality types. It consists of Narcissistic, Subclinical psychopathy and Machiavellianism who have the core of callous - manipulative traits. The personality type has low level of agreeableness according to the big five personality test which leads to negative personality trait. Traits that are common among the young are selfishness, lying, opportunistic behaviour, self-promotion etc. The distinctive traits which contribute to the dark triad are the capacity to influence, being deceitful, manipulative, having higher levels of narcissism which makes them extremely dishonest, callous and rebellious in nature. The aim of the study was to compare the traits among the school going students and juvenile prisoners of same age group. A sample of 60 subjects was taken in total out of which 30 were school going students and 30 were juvenile delinquents. Purposive sampling was done, and only male participants were taken. The age range was from 16 to 18 years. Those who exceeded the age range were not included in the study. A preliminary screening was done to check the presence of any significant mental health disorder among the school students. Those who met any criteria according to DSM-5 or ICD-10 were also excluded from the study. The results were indicative of a significant difference between the means of the two groups ( $p < 0.05$ ) and their  $t$  values. High score on narcissism among both the groups and high psychopathy among the juvenile. The predicting big five factors were found to be low level of agreeableness and high level of openness among juveniles and school going boys. Conclusion: An overlapping effect of openness and agreeableness of the big five factors can be an early indicator for development of dark triad personality traits.

*Keywords:* Dark triad, big five factors, adolescents



## The Association Between Parenting Style, Social Support on Suicide Ideation among Young Adults

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According to the Registrar General of India, reported a total of 1,39,123 suicides in 2019 which had increased from 2018, in which 1,34,516 young adults committed suicide, an increase from 1,29,887 in 2017. The aim of research was to investigate the relationship between parenting style, social support on suicide ideations among young adults. A sample of 100 participants were collected from which 50 were male and 50 were female aged from 18 to 25 years old. The scales used were Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet et al. (1988), the Scale for Suicide Ideation by Beck and Parental Authority Questionnaire by Baumrind (short-version). The findings suggested that there was no correlation between parenting style, and suicide ideation as there was negative correlation between social support and suicide ideation, also there could be seen a slightly higher difference between male suicide ideations than female.

*Keywords:* Parenting style, social support, suicide ideation, gender

## Exploring Narcissistic Personality Traits among Young Adults with Siblings and Without Siblings

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Narcissism is characterized by excessive self-love or egocentrism. A person's level of narcissism is determined by both 'nature & nurture', upbringing plays a relevant role in the development of narcissism. Two major parenting styles that are particularly relevant in this context are parental overvaluation and inflated parental expectations. The basic assumption is that such expectations & praises are internalized by the children, and as a consequence they develop narcissistic features. Most researches have stated that being the centre of attention of the family and having no siblings to grow up with individuals with no siblings are more prone to develop narcissistic traits, while some researches disagree. The main objective was to assess and compare narcissistic personality traits in young adults with siblings and without siblings and also to look for any gender differences, if present. The sample comprised of 70 subjects (N=70), age ranging from 18-25. The sample consisted of 35 young adults with siblings and 35 young adults without siblings. Snowball sampling was used for the selection of the sample. Narcissistic admiration and rivalry questionnaire (NARQ) by M.D. Back was used in the present study. From the obtained data, it was revealed that no significant difference exists between the two groups ( $p > 0.05$ ). Hence, through this study it can be concluded that young adults with siblings and without siblings do not differ in terms of narcissistic personality trait.

*Keywords:* Narcissistic personality trait, young adults with siblings, young adults without siblings







# **SUB-THEME**

## **PANDEMIC & MENTAL HEALTH**





## Explore the Meaning of Emotional Well-Being during Covid-19

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The Covid-19 outbreak has become one of the largest public health issues of recent time around the globe in the year of 2020. Governments have by implementing self-isolation and physical distancing measures that have profoundly impacted daily life throughout the world. Emotional wellness as a set of positive attitudes about oneself and it gets activated in the face of fear, loneliness, lack of interaction, and other kinds of adversities in life. The basic objective of the study was exploration and gender difference in the status of emotional well-being in adults at the end of the first lockdown of covid-19 pandemic. A qualitative research design was used. Using convenient or purposive sampling, 5 males, and 5 females were recruited. The data were collected through a semi-structured interview based on the mental health continuum (short form). The interview content was audiotaped, transcribed and analysed by using the thematic analysis method. The four major themes were identified. Major themes of the study identified were (State of Emotion, Opportunity & Responsibility, Nature of Emotional Satisfaction, Essential Learnings and Experiences. The qualitative study provides the four major themes, which is the most important part of the whole study. Themes of the study provide an understanding, importance of the emotional aspects of the individual. There are some sub-themes which create some difference on emotional well-being between both males and females.

*Keywords:* Mental health continuum, emotional well-being, unconditional fear, lack of awareness

## Understanding the Life Satisfaction of Female Professionals during the COVID-19 Pandemic

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New working conditions and demands on female professionals during the COVID-19 pandemic posed new challenges in their work and family life. They had to overcome their challenges and maintain their quality of life. The main objective was to determine the factor related to the life satisfaction of the different professions (police and teachers) during the Covid-19 pandemic. A qualitative research design was used, in which 40 women, comprising an equal number of participants from police and education departments aged 26 to 32, were selected by the purposive sampling method. A semi-structured interview protocol based on the life satisfaction scale was used for data collection. The interviews were tape-recorded, transcribed verbatim and analyzed using the thematic analysis method. The results revealed significant information regarding the life satisfaction of the two professional groups. The main themes of the study were: the importance of family, changes in self-confidence during the pandemic and self-autonomy, self-concept, the desire to realize potential, cognitive assessment of their life and hope. The findings reveal the COVID-19 pandemic has significantly changed the meaning of life satisfaction. Female professionals faced many challenges during COVID-19 depending on their working conditions. According to teachers, the important and essential factors of life satisfaction were safety, comfort, moral worth, healthy family relationships and social well-being. Findings provide an understanding of family support as a key supportive force for participants during the pandemic. For police officers, important attributes of life satisfaction were cognitive assessment, self-concept and decision-making, family support, and fear of loss.

*Keywords:* Life satisfaction, well-being, pandemic, COVID-19





## Impact of DASS on Students after Pandemic Period

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The objective of this study was to compare the anxiety, stress and depression between male students and female undergraduate and postgraduate students during the 2nd year of Covid 19 pandemic. A Purposive sampling method was conducted where the Depression Anxiety Stress Scale (DASS-21) was employed to assess symptoms of depression, anxiety and stress. An online survey was completed by 100 students/members of University. One way analysis of variance (ANOVA) was used for statistical analysis and the F ratio was not significant for the null hypothesis, hence the null hypothesis was accepted. The result showed no significant difference between males and females in response to their stress, anxiety and sadness. Sleep disturbances, bad diet, increased time spent in front of a screen, and a lack of leisure time were found to be significant predictors of negative mental health and anxiety in undergraduate and postgraduate students.

*Keywords:* Pandemic, DASS-21, university students

## A Study of Negative Attitude towards COVID Vaccination Related to Risk Taking Behavior

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Corona has shattered the whole world. People have suffered a lot from this pandemic. They are living in doubt. They are feeling insecure and getting depressed. Suspected isolated cases suffer from anxiety due to uncertainty about their health status. The Corona Vaccine has been developed which is being taken by people all over world. Vaccine hesitancy is a widespread challenge in India, fuelled by misinformation and mistrust, particularly in rural areas. The present study was undertaken with the following objectives: To assess the level of Risk-Taking behaviour among youths who have not been vaccinated against Corona. To analyze how they show negative attitude towards the COVID Vaccination. To explore the relation between risk taking behaviour and negative attitude among youths especially the college students. 50 male and 50 female college students were selected as the sample between the age of 18-30 years. Risk Taking behaviour scale by Dr. Virendra Sinha and Dr. Prem Nath Arora has been used in this study. Purposive sampling technique was applied for determining the sample. Results have shown that the youths with high risk-taking behaviour have not taken the Corona vaccine. They have displayed negative attitude towards the COVID vaccination and do not have fear about contamination with Corona. They believed that they can handle this problem very well. Conclusively, it can be said that risk taking behaviour is an important aspect in negative attitude towards COVID vaccination.

*Keywords:* Risk taking behavior, attitude, youth, COVID vaccination



## Health of Women during the Second Wave of COVID-19 Pandemic

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COVID-19 pandemic was announced as a global public health emergency in March, 2020. It noticeably affected every aspect of human life. It is meaningful to study its impact on women who worked appreciably hard to protect the family by taking the charge of all the household responsibilities along with immense psychological and domestic challenges. To assess health of women (physical, mental and reproductive) during second wave of covid-19 pandemic. To assess group difference in physical health, mental health and reproductive health among women on the basis of socio-demographic information (working status, background, marital status, family type). To investigate the relationship between physical health, mental health and reproductive health of women. A sample of 50 women aged 21-50 years from Department of Obstetrics and Gynecology, Sir Sunder Lal Hospital, Institute of Medical Sciences, BHU, Uttar Pradesh, India were recruited. Participants were assessed reproductive health, mental health and physical health. Descriptive statistics, correlational analysis were performed to accomplish the purpose of the study. Overall, women were found to experience high level of mental health issues, above moderate level of reproductive and somatic health complaints. Non-significant group difference was found in the mental health of women (working status, background, marital status, family type). Significant group difference was found in the physical health of working and non-working women, married and unmarried women whereas non-significant group difference was found in urban and rural women and nuclear and joint family type women. Non-significant group difference was found in the reproduction health of working and non-working women, urban and rural women, married and unmarried women whereas significant group difference was found in nuclear and joint family type women. Correlational analysis makes it evident that mental health and reproductive health were significantly positively correlated at 0.05 level, reproductive health and physical health were positively correlated at 0.01 level and mental health and physical health were significantly positively correlated at 0.01 level. The COVID-19 pandemic had a significant impact on health of women, irrespective of socio-economic strata. They faced a higher degree of health risks while taking responsibility of both fronts - family and work. It deteriorated their overall health – physical, mental and reproductive while planning, managing and handling COVID-19 pandemic.

*Keywords:* Mental health, physical health, reproductive health, women

## Thriving in Adversity: The Quality of Life During and After the COVID-19 Pandemic

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The COVID-19 pandemic has negatively impacted people's quality of life, but there is little research comparing the nature and dynamics of quality of life during and after the pandemic. This study compares the nature and dynamics of adults' quality of life during the COVID and post-COVID periods. The study recruited 20 participants aged 18 and older, with equal numbers from the COVID and post-COVID periods. Using a qualitative design, data were collected with a semi-structured interview protocol and analyzed using the thematic analysis method (Braun & Clarke, 2022). The findings identified 4 themes: pandemic causatum, differences in self-care, differences in coping strategies, and saturation of leisure desires. During the pandemic, sleep disturbances, and vigilant health habits shaped physical health, while psychological health was reflected in fear, helplessness, decreased



motivation, increased self-care, and new life lessons. The social relationship included an immediate community relationship, limited personal relationships, and dependence on social media, while the environmental quality of life was expressed in increased domestic activities, online engagement, and creative pursuits. Conversely, physical health was reflected in flexible health habits, adequate sleep, and lingering post-pandemic health problems, while the psychological aspect was reflected in decreased self-care, clarity of life goals, normal anxiety, and relationship orientation. Social relation was characterized by reduced free time and extension. The findings revealed that the pandemic has significantly impacted the quality of life of people whose remains are still visible. Despite the return to normal, quality of life needs more time to recover.

*Keywords:* COVID-19, quality of life, self-care, leisure, pandemic causatum

## **A Qualitative Study of Adults' Pain Experiences during the COVID-19 Pandemic**

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The COVID-19 pandemic was a novel, unexpected and infectious disease that caused much pain to people across the globe. It resulted in human loss as well as loss of money, relationships, and community life. This study attempted to study the pain experiences of normal adults of different age groups. We selected 14 participants aged 20 to 70 years. Using a qualitative research design, a semi-structured interview protocol was employed to collect the data. The contents of the interviews were recorded through a mobile device and transcribed verbatim. The data was analyzed using the thematic analysis method of Braun and Clarke (2006). The thematic analysis led to identify 4 major themes. These themes were: unusual pain experiences, multiple sources of support, variety of mental and physical pain, and fear related to future prospects. Bothering, irritation, over-thinking, pain caused by fear and restrictions, and disrupted routine of normal life and workplace were characteristic pain experiences described by the participants. More frequent availability of traditional sources, enhanced suggestions for precautions and prevention and use of traditional medicines were features of social support. Fear of infection, symptom-related fear, death, loss of near and dear, pain caused by others grieves, loss of financial resources, incomes, and opportunities were major factors behind their experiences of pain. They described that their career dreams were seriously challenged. The study findings revealed that the pandemic led the participants to undergo a variety of pain experiences caused by fear, uncertainty, perceived loss, and obstacle to future prospects. Theory, research and practice implications are discussed.

*Keywords:* Pain experiences, social distancing, qualitative research design, future prospect

## **Coping Strategies, Mental Health Challenges and Quality of Life with COVID-Related Deaths among Close Family Members**

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During the COVID-19 pandemic, people died in extraordinary circumstances, which resulted in serious grieves among close family members. They had to cope with their mental health challenges and maintain their quality of life. The major objective was to understand the coping strategies, mental health challenges and quality of life of the close family members who lost their close ones due to COVID-19. Using a correlational design, 50 participants



aged 16 to 60 years were chosen through the purposive sampling method. General health questionnaires, Coping Orientation to Problems Experienced Inventory and Quality of Life were used. Correlation coefficient and linear regression were used to analyze the data. The findings revealed that all three coping strategies, namely avoidant, problem and emotion-focused coping, correlated positively with General health and quality of life. Regression analysis indicated that avoidance-focused coping was the strongest predictor (18.80%) of their general health. In contrast, problem-focused, as well as emotional-focused coping, accounted for very little variability in predicting their general health. Further, problem-focused coping proved was the strongest predictor (12.80%) of the quality of life as compared to emotion-focused coping (08.40%) and avoidance coping (08.90%). Appropriate coping strategies are useful resources to face severe life situations. The situation compelled them to involve in cognitive and behavioural efforts that lead them to deny, minimize, or avoid the negative consequences. These findings may provide insight to the sufferers to deal effectively with these challenges.

*Keywords:* Coping strategies, mental health challenges, quality of life, COVID-19, close family members

## **A Case Study of the COVID-19 Recovered Individuals**

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COVID-19 affected different people in different ways. Most infected people adopted different ways to fight against the insecurities related to this disease. People became aware of the importance of health and putting attention to both mental and physical. The major objective was to understand the coping strategies of the participants who were infected by COVID-19. A qualitative research design was used. Using purposive sampling, 10 COVID-19 positive patients were recruited. The data were collected through a semi-structured interview. The transcriptions from semi-structured interviews were analysed by the Thematic Analysis Method. The findings revealed 4 themes namely a feeling of strong fear, a feeling of pride and self-worth, enhanced health awareness, and a sense of gratitude towards the government. These themes explicitly showed that facing the disease was a great challenge to the participants. They faced strong fear of severe loss and in some cases death. The recovery symbolizes their victory which improved their self-esteem. The experiences of being ill with the coronavirus enhanced their awareness of the disease. They also showed their satisfaction with the arrangements of the government. In essence, the study findings revealed that the experience of being inflicted with the COVID-19 disease carried a lot of new life experiences. The fear of loss, the caretakers, the support and the medical facilities significantly shaped their experiences of life.

*Keywords:* COVID-19, mental health, case study, recovered individuals

## **A Qualitative Study on the Pandemic Experience during COVID-19 Lockdown**

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The COVID-19 pandemic has impacted the lives of students drastically. The imposing of lockdown by the government authorities made them miss out on critical experiences of their lives. This study aims to analyze the experiences of Indian youth during covid Pandemic. The study recruited 5 participants aged 16 and older who





lived during covid pandemic lockdown and attended online classes and gave online exams. Using a qualitative design, data were collected with a semi-structured interview protocol and analyzed using the thematic analysis method (Braun & Clarke, 2022). The findings identified 4 themes: familial relations, technological impairments, privacy issues and educational impact. During the pandemic, students were confined to their home due to lockdown norms and had to experience crucial time of their educational and social lives through virtual medium only. Strengthening of bonds with parents and increased sibling competition over mobile were few observations in Familial Relations. Faulty internet connection and Limited mobile devices were observation in Technological impairments. Privacy issues include lack of personal space and reduced social interaction with peers. Increased digital proficiency and reduction of anxiety in online exams were few observations made in educational impact. The findings revealed that covid-19 pandemic lockdown drastically changed lives of student and changed their educational and relational outlook.

Keywords: COVID-19, bonding, mobile devices, privacy, online exams

## **Study on Level of Anxiety and Depression among Males and Females of Rural Community during COVID 19 Pandemic**

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The COVID pandemic had significantly affected the mental health of individuals in all categories. Anxiety and depression were assumed to be the common psychological reactions among people during the pandemic. This objective of this study was to look at the experience of anxiety and depression among rural community across gender and age parameter. The sample in the study was randomly selected from the rural areas of western Uttar Pradesh using inclusion and exclusion criteria. The participants were administered using Hospital Anxiety and Depression Scale (HADS) individually by the researcher with their consent. The scores of anxiety and depression of the participants were tabulated and subjected to analysis with the help of appropriate descriptive and inferential statistical methods. The comparison of anxiety and depression among male and female as well as participants below and above 40 years of age were attempted during the analysis. Findings of all the research objectives were analyzed by computing mean, standard deviation, t test and correlation between the variables. The results indicated that the tendency to report depression was more in females as compared to males. Although the anxiety was commonly present in both males and females. Similarly, the individuals above 40 years (40-70 yrs) experienced high level of anxiety and depression as compared to individuals below 40 years (20-39 yrs.) of age in rural community during COVID 19. This study provided us the details that will help enhance the clinical database on the emotional reaction of rural population during coined pandemic.

Keywords: Anxiety, depression, rural community

## **Role of Artificial Intelligence in Psychological Services and Its Contribution in the COVID Scenario**

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The growing demand for and usefulness of Artificial Intelligence in various aspects of life is a widely known fact, including its role in psychological services. Intelligence of computers has been rapidly evolving and this fast-



paced evolution is viewed in a negative aspect by some critics. But, in the field of psychology, it has proven to be of great use. A.I. technology offers valuable tools for therapy, combining techniques and analysis and opens up the door to diagnose existing and potential problems, test and confirm predictions and treatment. The purpose of this research is to explore the role of AI in psychological services and its contribution in the covid-19 scenario. In the present research, 11 research papers (five national and six international papers) were systematically reviewed for the mentioned purpose. When the pandemic hit the globe, it brought along with it many never-before experienced scenarios which led to repercussions. As a result of this, there was a stark increase in the dependence of psychological services on artificial intelligence. Psychological services are methods utilized by professionals in the field to treat emotional and mental complications. The paper discusses how the complexity of today's world has brought A.I. to the forefront in this field while taking into consideration the many ways it has impacted the said field and what the future holds for A.I. in this domain. The findings from this paper will enable one to understand the impact of the pandemic on mental health and how the utilization of A.I. has helped in the scenario.

*Keywords:* Artificial intelligence, psychological services, mental health, pandemic

## **Internet Addiction and Its Impact on Mental Health during Covid-19 Outbreak**

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COVID-19 is an infectious disease which presented a major threat to public health. Its sudden outbreak had significantly disrupted normal activities globally. During this pandemic, people around the world were not just physically and socially affected but also encountered several mental health challenges. The word “social distancing” and “social isolation” were very common during the Covid-19 outbreak. Social distancing enforced adolescents to spend most of their time at home, thus are increasing the duration of Internet use, not only for academic reasons but also for playing video games and indulging in social media. The purpose of the research is to investigate internet addiction and its impact on mental health during covid-19 outbreak. For the present research, an in-depth analysis of 15 articles have been done which enabled one to understand thoroughly the psychosocial factors associated with internet addiction during this period and also how life after pandemic posed many psychosocial complications. COVID-19 and the limited social interaction with their peers had contributed to their loneliness and which in turn escalated the risk of mental health problems such as depression, anxiety, traumatic experiences, and sleep disorders amongst the adolescent population worldwide. Excessive Internet use created a heightened level of psychological arousal, resulting in little sleep, failure to eat for long periods, and limited physical activity, leading to the user experiencing physical and mental health problems such as depression, OCD, low family relationships and anxiety. The issue of internet addiction and its effect on mental health of adolescents during this Covid 19 era has been broadly discussed.

*Keywords:* Covid 19, internet addiction, social distancing, mental health, adolescents



## Impact of Pandemic on the Mental Health of Children

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COVID-19 pandemic brought a complex array of challenges which had repercussions for everyone, including children and adolescents. The physical health was not the only concern during and after the pandemic. The mental health of millions of children worldwide has been put at risk as they were forced to remain at home under nationwide public health orders during the COVID-19 pandemic. It is not unusual for children to experience negative emotions such as fear, disappointment, sadness, anxiety, anger, loss etc. But it is the prolonged, restrictive, and widespread nature of the COVID-19 pandemic that has exacerbated the situation. Increased screen time, strained family relations or sedentary lifestyle at home posed additional challenges to our young minds. The objective of the present paper is to focus upon the mental health of the children in the post COVID era. Extensive literature review has been done for the mentioned purpose. It was found that the consequences of the first pandemic wave were essentially associated with an increase of internalizing symptoms in children, particularly anxiety, depression and eating disorders. And the externalizing symptoms seem to concern mostly adolescents with behavioural disorders, like PTSD, OCD. During the later waves of the pandemic, an upsurge of suicidal ideation and attempts have been reported in many countries. This paper discusses the changing emotional and behavioural patterns of the children in context of the pandemic. Further, it throws light upon the adverse impact of social isolation and also the role of parents, teachers and guardians in helping children overcome the psychological issues and the various ways/methods suggested by professionals in curbing these issues have also been broadly discussed.

*Keywords:* COVID-19 pandemic, Children & Adolescents, Mental health, behavioural, emotional disorders

## A Study on Perceived Stress and Coping Styles Amongst the Employees of Oil India Limited, Duliajan during Post COVID Scenario

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The COVID-19 pandemic altered the daily lives of all people. One such aspect of lives that had been affected mostly because of COVID-19 situation is the working context. The current study investigated the relationship between Perceived Stress and Coping styles amongst the employees of Oil India Limited (OIL), Duliajan (Assam) during the Post COVID scenario. The study also examined the difference in Perceived Stress and Coping Styles based on the job tenure of the employees. Investigation was also done to see if coping styles and job experience acted as predictors of Perceived Stress. Data was collected by using Perceived Stress Scale and Brief- COPE Scale, administered on 60 permanent employees of OIL, Duliajan aged between 25-60 years. Convenience sampling technique was used while selecting the sample. Both descriptive and inferential statistics were used to analyse the data. Results indicated the following: (1) There was a moderate level of stress amongst the employees. (2) The mean for Problem-focused coping was comparatively higher than the emotion-focused and avoidant coping. (3) A negative significant correlation exists between perceived stress and problem-focused coping. (4) Problem-focused coping and Avoidant coping act as a significant predictor of Perceived Stress. Thus, the study throws light on the effective use of coping styles to alleviate perceived stress, promote positive outcomes, and to foster development and effectiveness in the workforce. Further implications of the study have been discussed in the paper.

*Keywords:* Post COVID scenario, perceived stress, coping styles



## Wave of Psychological Pandemic post COVID-19 Pandemic: A systematic Mental Health

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The COVID-19 outbreak which originated in the markets of China will mark its third birth anniversary in December 2022, but its birth has brought more sorrow & pain than joy. This deadly Coronavirus Disease or COVID-19 has affected each and every individual breathing on this planet Earth. COVID-19, declared as a Pandemic by World Health Organization (W.H.O.) in March, 2020, has have a tremendous amount of impact on people's physical as well as psychological health. The pandemic has apparently been predicted to bring a "tsunami of mental health illnesses" as its aftermath. Restrictive measures like social distancing, mandatory lockdowns, quarantines/ isolations, along with other psycho-socio-economic issues like loss of human lives, jobs, opportunities, livelihood, relationships, fearfulness about future has brought an upsurge in the cases of mental health problems during the pandemic especially in the country like India which is known for its unified-diversified demographic's. The review employs a fair outlook of the published literature on the effects of COVID- 19 on the mental health of the people and understanding the risk factors involved in India. Across the globe, studies has shown the rise in prevalence of mental health disorders like Depression, Anxiety, Suicide, PTSD etc, helping. The COVID -19 pandemic is strongly associated with high levels of psychological distress, thus increasing the burden of mental health problems which needs to be addressed with utmost priority.

*Keywords:* COVID-19, pandemic, mental health, India

## Flourishing or Languishing: A Thematic Analysis of the Positive Mental Health of Indian Adults during the COVID-19 Pandemic

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The COVID-19 pandemic has significantly impacted the life outcomes of all age groups people around the globe. Although negative life outcomes have been studied extensively, there is little research on the qualitative assessment of its impacts on the flourishing of people. The current study aims to understand the positive mental health of Indian adults through a qualitative study. The semi-structured interview based on the mental health model of Keyes (2005) was used to collect the data. Twenty-seven participants (age range = 18-25 years, M =, SD =) were chosen who described their experiences with the various aspects of positive mental health. Eight themes were generated: interdependence orientation in happiness, new interest and life satisfaction sources, virtual personal, social and community relationships, new trends in social actualization, vague social acceptance and coherence, enhanced self-exploration and perturbed responsibility, new challenges for growth and relationships and modified sense of meaning and autonomy. Restrictions and distancing led the participants to rely on face-to-face family and adjacent community relationships marked by interdependence for seeking happiness. The pandemic restrictions paved the way for finding virtual sources of interest, life satisfaction and relationships. They also described new sources of acceptance, sense-making and autonomy. Restrictions led to a search for new avenues for meaning, relationships, autonomy, performance and productivity, and methods for satisfying well-being needs to be prompted by family practices and immediate community relationships through a fresh focus on interdependence, indigenous self-construal and collectivistic values.

*Keywords:* COVID-19 pandemic, flourishing, Indian adults, languishing, positive mental health, thematic analysis





## A Study of Mental Health and Resilience after COVID

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The outbreak of Covid has had a profound impact on our mental health. Covid has forced us to confront our mortality, and the resulting anxiety can be overwhelming. We also deal with losing loved ones, disrupting our daily routines, and the financial stress of job losses and business closures. These challenges can be especially difficult for those struggling with mental health issues. There is also a growing recognition of the importance of resilience –the ability to cope with adversity. There are several things that people can do to build their resilient, including staying connected to friends and family, maintaining a healthy lifestyle, and taking time out to relax and de-stress. Covid has been a tough time that tests our resilient ability. But it has also shown us that we are capable of overcoming adversity. This study aims to examine the mental health and level of resilience after covid. In this study, we use the mental health battery (MHB- SS ), 130 items, and the Academic Resilience Scale (ARS- MMKS ), 52 items among college students. The sample distribution of the test is 20. The results of the study show that the student’s resilient ability is more as compared before covid. This study shows that resilient people are more likely to recover from traumatic events and have better mental health in the long term. With the right support, we can all emerge from this crisis stronger and more resilient.

*Keywords:* Mental health, resilient, COVID

## A Study of level of Aggression among College Students during Corona Period

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Human civilization has faced so many natural calamities since origin of the world. Corona was one of them. In the COVID-19 pandemic, fear, anxiety, and worries have been the major psychological consequences. Studies have reported that psychological impact of quarantine can vary from immediate effects, like irritability, fear of contracting and spreading infection to family members, anger, confusion, frustration, loneliness, denial, anxiety, depression, insomnia, and despair. The present study was intended to find out the level of aggression among the college students during the Corona Pandemic. It was also an attempt to examine the role of gender in aggression in students. 50 students were selected as the sample in which 25 were male students and 25 were female students. Aggression Inventory by M. K. Sultania was used in this study. Data Analysis was done using Mean, SD and t-ratio. Results have shown that there has been high level of aggression among the students during the Corona pandemic. Also, male students have shown high aggression in comparison with female students. Conclusively, it can be stated that Corona period has induced aggression among the students.

*Keywords:* Aggression, college students, corona



## Internet Addiction in Relation to Mental Health and Academic Performance of Adolescent Students Post COVID

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Every student desire to perform well in schooling whether it is academic performance or others. Student's performance gets distorted by many factors like overburden, difficulty of subject etc. Information technology has put another kind of burden on students. It is interesting on one hand while distracting on the other hand. This is mainly use of internet among adolescents due increasing literacy of computer and its uses in day today life. Home-schooling of children due to COVID has increased the chances of internet addiction among school going children. Observing present scenario, the current study is aimed to find out the effect of internet addiction on mental health and academic performance of adolescent students post COVID. The sample consisted of 100 high school students, age ranging, 14 to 16 years drawn randomly from English and Hindi medium schools of Delhi. Findings of the present study revealed that there was a significant effect of internet addiction on academic performance and mental health of students/adolescents. Results further indicated that the students who were in the severe and profound groups of internet addiction were found to have detrimental effects on both in their academic performance and mental health rather than the students who were addicted to the internet usage moderately.

*Keywords:* Internet addictions, academic performance, mental health

## A Qualitative Study of Empathy of Adults during the COVID-19 Pandemic

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Many individuals were seen in distress either due to the infliction of the COVID-19 and its fears. These cumulatively affected the empathy of people. The fear of the pandemic naturally modified the nature and expression of empathy unparallel to previous life experiences. The current study attempts to develop an understanding of empathy towards aggrieved persons and its altered processes of adults. The study employed a qualitative research design that used a semi-structured interview protocol to collect data on 14 participants aged 22-48 years. The participants were chosen through convenient sampling method. The interviews were audio-recorded, transcribed verbatim and analyzed using the thematic analysis method. The data analysis revealed 4 themes: altered empathetic experiences, unusual supportive behaviours, multiple emotional outcomes and challenges to empathy. The participants described changes in their empathetic experiences in terms of intensity, level and readiness. They also became more supportive to all people. Happiness, satisfaction, and peace were major emotional outcomes. New challenges such as, loneliness, helplessness, constant pain, financial problems, fear of loss, and health issues were described as major challenges to their empathetic experiences. The findings demonstrated that empathetic behaviours and experiences of the participants were characterized by new challenges caused by uncertainty, fear, novelty and perceived non-functionality of usual resources of human life during the pandemic. They reported an enhanced need of empathy with a feeling of helplessness. The pandemic increased empathy with new trends and challenges. Many positive outcomes were also reported.

*Keywords:* Empathy, emotional outcomes, qualitative study, normal adults



## COVID-19 Pandemic: An Associated Risk Factors of Geriatric Mental Health

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The COVID-19 pandemic was an unprecedented challenge for the whole world's health and well-being. Although the virus appears to affect all ages equally but the geriatric population was at higher risk. Apart from the infection, conditions like social withdrawal and quarantine put them at significant risk of various physical and mental health issues because such conditions may relapse or worsen the existing conditions like stress, anxiety, obsessive-compulsive disorder etc. The aim of the present review is to explore the research gap of existing literature regarding the impact of COVID-19 on mental health conditions of geriatrics. To identify relevant research papers and articles, search was carried out using electronic search engines like, google scholar, google, ResearchGate & Academia. This study included article published during the year of 2020 to 2022. Some mental health conditions like, Anxiety, depression, loneliness, fear of death, PTSD, Insomnia, compulsive hand washing, substance dependence and compulsive sanitizing household articles was found more prevalent during COVID-19. Considering the cultural variations and geographical diversity paucity of researches found in reference to geriatric mental health. To reveal the numerous elements of the area further advanced statistical study should be conducted.

*Keywords:* COVID-19 pandemic, mental health and geriatric

## A Qualitative Study of Internet Use of Indian Youths in Post-COVID Times

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The COVID-19 pandemic has changed the patterns of internet usage in Indian youths. This has increased internet usage time of individuals which in turn have impacted their worldview and life style. This study aims to analyze the internet usage and possible addiction during post-COVID pandemic scenario. The study recruited 10 participants aged 18 and older who are using internet during post-COVID times. Using a qualitative design, data were collected with a semi-structured interview protocol and analyzed using the thematic analysis method (Braun & Clarke, 2022). The findings identified 4 themes: social relations, knowledge and skills, emotional impact and work productivity. During the pandemic, there was a marked increase in use of internet which impacted the various spheres of life of individuals. Decrease in parental interaction, increased virtual interaction and digital intimacy were new trends observed in social relations. Cooking, software proficiency, increased understanding of a subject were few knowledge and skills acquired through internet use. Emotional impact included anxiety and frustration due to bad or poor internet connection. Procrastination and increased digital efficiency were few observations made under work productivity. The findings revealed that the internet use during pandemic has significantly impacted the lives of people and a tool employed for leisure has turned into an inseparable part of existence.

*Keywords:* COVID-19, skill, procrastination, digital intimacy, frustration, digital efficiency



## Level of Death Anxiety of those people who have lost their parents in COVID-19 pandemic

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The recent COVID-19 pandemic has causal and understandable surge in death anxiety. Fear of death has also been shown to play a casual role across a number of mental health conditions. The purpose of present study was to find out level of death anxiety of those people who have lost their parents in COVID-19 pandemic. For the purpose of the study 50 adults were selected In the study. They were in the age group of 18-25 years. Death anxiety scale by Vijay Laxmi Chauhan and Gayatri Tiwari has been used in the study. The finding revealed a significant role of COVID-19 in increasing death anxiety of adult. Finally, it can be said the COVID-19 has played a role in development of death anxiety in adults.

*Keywords:* COVID-19, death anxiety, adult

## Study of Suicidal Ideation among COVID-19 Recovered Patients

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Suicidal behavior is a leading cause of death and disability worldwide. Fortunately, recent developments in suicide theory and research promise to meaningfully advance knowledge and prevention. One key development is the ideation-to-action Framework, which stipulates that (a) the development of suicidal ideation and (b) the progression from ideation to suicide attempt are distinct phenomena with distinct explanations and predictors. A second key development is a growing body of research distinguishing factors that predict Ideation from those that predict suicide attempts. For example, it is becoming clear that depression, hopelessness, most mental disorders and even impulsivity predict ideation, but these factors struggle to distinguish those who have attempted suicide from those who have only considered suicide. Means restriction is also emerging as a highly effective way to block progression from ideation to attempt. A third key development is the proliferation of theories of suicide that are positioned within the ideation-to-action action framework. These include the interpersonal theory, the integrated motivational- volitional model, and the three-step theory. These perspectives can and should inform the next generation of suicide research and prevention. The present study was to investigate to measure the suicidal ideation among Covid-19 recovered patients of Patna district. The sample of 30 recovered patients in all the age group and all the gender in the age group of 19-70 years were taken from the Patna purposive sampling was used in the study. There has been on research tool used in the study which is suicidal ideation scale was developed by Dr. Devendra Singh and Dr. Vibhuti Bhatnagar. Result has been revealed that the level of suicidal ideation among Covid-19 recovered patients is moderate. The label of suicidal ideation is slightly high among youth. There would be significant difference between male and female on the score of suicidal ideation.

*Keywords:* Suicidal ideation, suicide, Covid-19 recovered patients, Patna





## The Effect of Positive and Negative Mental Health on Psychological Adjustment During COVID-19 and Post-Covid Conditions

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In the midst of the COVID-19 epidemic, Patna was one of the towns of Bihar with the highest number of infections and a high mortality rate. The threat of the virus and consequences of the pandemic have a discernible impact on the mental health of citizens. The aim of this study is (1) to evaluate the levels of anxiety, depression and well-being in a representative sample of the Patna population during the confinement, (2) to identify predictor variables associated to experiencing both clinical levels of distress and well-being during COVID-19 and post-covid conditions. A representative sample of 200 citizens in Patna, stratified by age, gender and family income, participated in a survey. Psychological adjustment was analyzed by using descriptive analyses and logistic regression to estimate associations with variables likely to influence psychological adjustment. High rates of depression, anxiety and well-being were found. Logistic regression indicated that: (1) the strongest predictor of distress was high levels of anxiety about the COVID-19 pandemic, and also the level of anxiety during post-covid condition, increased substance use and loneliness, (2) while the strongest predictors of well-being were gross annual incomes and loneliness. The present study allows us to identify which population groups are at risk of experiencing higher levels of distress and which factors contribute to greater well-being and which could help in the treatments after covid situation is overcome.

*Keywords:* Psychological adjustment, depression, anxiety, well-being, happiness covid-19

## Psychological Distress and Quality of Life among Caregivers of Patients with Schizophrenia in New Normal

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Taking care of schizophrenic patients at home is a task that strains an individual emotionally, physically and financially. COVID-19 Pandemic has adversely affected the entire world and has forced people to be confined at home causing stress to people and affecting the quality of life. This study aims to assess the level of psychological distress and quality of life among the caregivers of schizophrenic patients in new normal. The data for the study was collected from a sample of 45 caregivers attending patients at home using World Health Organisation QOL BRIEF and DASS-21 scales. The data was analysed using SPSS and correlation was found out between the variables. The results showed a negative significant correlation between quality of life and psychological distress in the life of caregivers. A low level of psychological distress and high quality of life was observed in new normal among the studied sample of the population.

*Keywords:* Schizophrenia, caregiver, psychological distress, quality of life, COVID-19 pandemic, new normal



## Post Covid Believe Changes in Covid Patient in Specific Tribal Area of Chhattisgarh

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Covid pandemic has changed the life style, economy, social behaviour in many ways world-wide. There are many negative mental health issues in Covid pandemic period in individual and community. This negative mental health issues in Covid positive patients changing the believes for their post Covid physical and mental problems. As in tribal areas specially in Bastar district of Chhattisgarh where level of education and economical status is poor. The tribal population still believes that their illnesses either physical or mental are due to resentment of God and goddess. For the treatment of their such problems they firstly approach to ojha, baygaas, gudi pujaries and when the failed to get relief from illnesses then they approach to doctors and hospital. Objective of this study is to find the changes in believes towards the physical and mental health issues after Covid and to find out the mental health related problem in Covid patients. Samples are Covid positive patients from Bastar district of Chhattisgarh. Non experimental telephonic interview is done in Covid positive patients during Covid and after one year of recovery from Covid, no numerical data is used. Results- result showing changes in believes for physical and mental health problems and the results also showed the possibility of SSD. As the results are pointing towards the changes in believes and new mental health issues after Covid importantly SSD, this needs to go further evaluation clinically, Laboratory and Radiological like magnetic resonance imaging, computed tomography brain, high resolution computed tomography of lung Currently and after two years of post-Covid period to get final results. But this investigation is costly and availability of this investigation is still challenging for tribal areas and population. Here there are conflicts situation as mental health professional either intervention are given to prevent the mental health issues or wait and watch for the final results after two years of post-Covid period.

*Keywords:* Somatic symptoms disorder, magnetic resonance imaging computed tomography, high resolution computed tomography, laboratory investigation

## An Exploratory Investigation of Cyberbullying Victimization among Young Adults in The Post- Pandemic Scenario

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The use of Internet increased dramatically during and post COVID-19 pandemic. The marked increase of digital platforms has escalated the issue of cyberbullying, especially among people who are heavily dependent on Internet for their daily activities. On the basis of the gaps identified, the study aimed at exploring cyberbullying victimization experiences of young adults. Semi-structured interviews were conducted with 20 young adults without prior knowledge of their cyberbullying experiences. The interviews were transcribed and the data was analysed through thematic analysis. Four main themes emerged: 1) Intention behind bullying behaviour included making fun, discrimination, jealousy and revenge; 2) Intruding privacy included incessant calling circulating morphed photos, fake social media accounts; 3) Emotional and psychological consequences faced by the victims; 4) Coping strategies included blocking, ignoring and distracting oneself from such incidents. This study highlights



that cyberbullying can lead to detrimental psychological effects among young adults. They are vulnerable to such incidents due to various factors and this study therefore sheds light on the need to design prevention programs as well as intervention to prevent and reduce the negative effects of cyberbullying.

*Keywords:* Cyberbullying, young adults, cyber-victimization, mental health

## **Covid-19 and Its Psychological Impact: A Case Study**

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Covid-19 pandemic appeared suddenly and impacted large number of people, any measures related to prevention or procedures were not taken seriously in the beginning as even the medical professionals did not know of them. Due to this, they continued to assist the effected people by the symptoms, rather than its cause. A significant number of medical professional and health workers were impacted by COVID-19. They were treated according to protocol and they recovered physically but it was observed that after physical recovery some of the patients continued to report about psychological symptoms related to depression and anxiety. To study the psychological and physical stress of a medical professional after Covid-19 infection. The psychological and physical impact of Covid-19 on a medical health professional was studied through the Case Study method where in-depth information about the individual was taken along with the effects of pandemic on their psychological and physical health. One of the consequences of Covid-19 infection is isolation. Though this is necessary to prevent spread of the disease, in some people it can have major psychological repercussions. This factor needs to be considered when planning or designing treatment protocols in coming times. This is important to minimize the negative psychological consequences of Covid-19.

*Keywords:* Pandemic, infectious disease, public health, impact

## **Understand the Nature and Dynamics of Social Well-Being during the COVID-19 Pandemic**

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The COVID-19 pandemic was novel, unexpected and contagious and caused severe loss of many sorts including well-being. Although negative outcomes of the pandemic have been widely studied, there is little research on social well-being. The study attempted to understand the impacts of the COVID-19 pandemic on the social well-being of adults. A qualitative research design was used. Using the convenient sampling method, 10 participants (5 males, and 5 females) were recruited. The data were collected through a semi-structured interview based on the mental health continuum (short form) proposed by Keyes (2005). The interviews were audio-taped, transcribed verbatim, and analyzed by using the thematic analysis method. There are five major themes of the study: the role of social contribution in the formation of an individual personality, the relationship of individuals with society, the impact of changing social environment, obtaining the path of society, and an Individual's attitude toward society. The findings reveal that the COVID-19 pandemic significantly shaped social well-being. The restrictions of the pandemic limited direct social contribution and social integrity. Despite these challenges, the participants made significant efforts to achieve social well-being and found new ways of social well-being. The findings provide an understanding of the interpersonal relationship during the covid-19 of inadequacies, and adversities of life. Immediate social relationships, neighbourhoods', and social media connections become the sole sources of well-being.

*Keywords:* COVID-19, social well-being, qualitative research design



## Impact of Internet Addiction Usage, Sleep Quality and Social Connectedness on the Mental Health of Adolescents during Post-Covid

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Technology played a vital role during the pandemic to stay socio-emotionally connected. During the pandemic, adolescent children became vulnerable to internet overuse. They had a blurred understanding between healthy and unhealthy social connectedness over digital media. Unfortunately, overuse of the internet has a detrimental effect on physical and mental health namely dysfunction of daily activities, poor academic performance reduced productivity, etc. The literature review indicates mental health and emotional well-being among adolescents were a growing concern during the pandemic. This study was an attempt to understand the impact of internet usage on sleep quality, social connectedness, and the mental health of adolescents during post covid 19. In the current study, sixty adolescents aged between 13 to 18 years were selected by convenient sampling from 2 private schools in Madurai and the following tools were used-Internet, Addiction Test, Pittsburgh Sleep Quality Index, Social Connected Scale, and Depression, Anxiety, and Stress. The results of the study indicated that still many children were found to spend more time on the internet due to practice during the pandemic poor sleep hygiene was still maintained and many reported having emotional and behavioral problems. Many of them are found to have emotional and behavioral problems even after the pandemic has come to an end.

*Keywords:* Internet addiction, post COVID, adolescents, mental health

## Experiences of the Covid-19 Infected and Recovered: A Qualitative Study

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In 2020, the world changed forever with the outbreak of the novel corona virus. It came with a force strong enough to bring all of humanity to a standstill, with an impact sufficient to strike everyone. This study examines the experiences of people who developed symptoms of the Corona virus and then recovered. It aims to recognize and identify the ways in which their lives have been impacted and changed. The study recruited 15 participants with the age above 18 years of age. The collection of the data for this study was done with the help of the semi-structured interview technique in a qualitative research design. The analysis of the data was done using the thematic analysis approach (Braun & Clarke, 2006). Data analysis helped arrive at 4 main themes. These were: mixed physical, emotional, and psychological impacts, a variety of coping strategies, an increased role for religion, and readjustment after recovery. Weakness, fear, loneliness, stress and rumination were the main effects of the pandemic. Isolation, adjusting to new health habits, engaging in more distracting hobbies, and greater use of social media were some selected coping strategies. Meditation and participating in religious activities for positivity and support were important religious activities. More preparedness, new insight, and preventive distancing were key features of readjustment after recovery. The study findings demonstrate how the participants' lives were impacted by the virus, their strategies to cope, how their lives changed, and how they readjusted after healing. The findings may have theory, research and practice implications.

*Keywords:* Covid-19, precautions, isolation, quarantine, problems, fear





## Yoga as a Coping Strategy for Fear and Anxiety During and after COVID-19 Pandemic

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Yoga is a physical, mental and spiritual practice that originated in ancient India. The practice of yoga has the potential to improve mental health in the general population. It is acceptable, accessible, and economical. Practicing yoga has been shown to improve mental health and well-being (Hartfiel et al., 2011). Covid-19 pandemic exerted great impact on physical and mental health of people across the globe. Studies reported that practicing yoga helped individuals to cope with stress and anxiety aroused from Covid-19 pandemic. The present study aims to understand the role of YOGA in dealing with fear and anxiety aroused from Covid-19 pandemic and its relevance in maintaining a healthy mental health after the pandemic. Twenty-one participants were interviewed using a semi-structured interview protocol. Interview contents were transcribed verbatim and analyzed using the thematic analysis method. Results showed that during COVID-19 practicing yoga helped to manage negative emotions, distracting from fear and anxiety arising from Covid-19 pandemic, and increasing productivity, while after the pandemic yoga helped them to improve health condition, improve mental peace, and financial condition. Performing Yoga was found to be a positive and healthy way to deal with the fear and anxiety during and after Covid-19 pandemic.

*Keywords:* COVID-19, mental health, pandemic, thematic analysis, yoga

## Canine-Human relationship During COVID-19 era

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An animal is a completely different species from a person, but one that bonds with them and helps them develop a relationship that has a satisfying outcome, and whom a man considers to be his best friend. The relationship between the two kinds have been observed to have deepened and energized one another following the COVID-19 pandemic. This review paper focused on how animals affect humans and the behavioural, psychological, and physical changes that result. The paper also emphasises the well-known “Bowl by attachment theory” by highlighting the caring- giving relationship formed between dogs and people. According to theories put forth by Irshman and Belk, there are six justifications for owning pets and four metaphors for the bond between humans and animal respectively. The mode of research used to collect the data is quantitative and qualitative. For a broader perspective, surveys were conducted online, in malls, and at veterinary clinics. Finally, the study presented its findings regarding the effects of animals on people and vice versa and highlighted a few ways to improve the bond between these two species.

*Keywords:* Humans, animals, COVID-19



## Impact of Transitioning to Virtual Psychotherapy during and Post Covid-19 in India: A Systematic Review

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During the outbreak of COVID19, the majority of the professions were forced to transition to a more virtual model of working, including psychotherapists. There was a global agreement on the importance of mental health awareness making it essential for psychotherapists to practice out of necessity during the unprecedented times. Mental health professionals claim that even though virtual therapy lacks intimacy and non-verbal clues, it is still an efficient solution to offering therapy to individuals from diverse backgrounds. There was also a collective understanding of the importance of self-care and a sharp increase in the number of people facing mental health concerns which led to online therapeutic assistance to have a rather long-lasting impact. The possible reasons for this growing popularity among the general public are the increased accessibility, affordability, and acceptability of psychotherapy offered over online mediums. To review the efficacy of virtual psychotherapy during and post COVID-19 in India. The research articles which studied the impact of how psychotherapy has evolved during the outbreak of COVID19 were included in the study. The focus of finding research papers was based on effectiveness and models of virtual psychotherapy interventions that mental health professionals have adapted during the pandemic. A meta-analysis and systematic review of these studies was done in order to explore the perceived efficacy of this shift to online psychotherapy over time. A systematic review of all the studies included in the review indicated that virtual psychotherapy is essential and the future of tomorrow in meeting the growing demand of mental health services during and post COVID19 in India. This evolution in mode of therapy has proven to be advantageous for people grappling with anxiety, loneliness, work life balance, depression, and relationship adjustment issues, to name a few. While the benefits of virtual therapy are widely recognized due to its ease of accessibility, cost effectiveness and time, it still lacks essential features of a therapeutic setting. However, research claims that both are equally effective, especially clients who are invested in their mental health, have found the switch rather conducive.

*Keywords:* COVID-19 pandemic, virtual psychotherapy

## Elderly Challenges during COVID 19 Pandemic: A Post COVID Study

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COVID- 19 pandemic has influenced the people worldwide with high mortality rate. Elderly population has been found to be at the highest risk especially the ones with comorbidity with other diseases. This study was done in the unlock period or post COVID times to explore the difficulties faced by elderly during the pandemic period and its impact later on post COVID time on three domains including physical immobility, social constraints and psychological distress. The sample for the present research is 356 elderly participants (age range 60-85 years) comprising of 161 females and 195 males residing in Uttar Pradesh (India) in different living setup like living alone; living with spouse only; living with children and living in old age home. The data is collected during unlock phase using a self- made questionnaire which assessed physical, social and psychological problems faced by elderly during COVID 19 pandemic lockdown phase. SPSS is used for data analysis. The findings showed gender and living status differences among the elderly on these domains. Males were found to be significantly distressed on physical domain and females on psychological domain. Elderly living alone were found to be significantly distressed



on all the three domains and elderly living in old age home faced higher social constraints. The present research aimed to assess the difficulties faced by elderly during lockdown and to understand the impact of these difficulties on them after the COVID subsided. Based on the findings, it was concluded that the physical mobility and social engagement of elderly were restricted and psychological distress was increased. This research can contribute in policy making and formulating intervention programs for elderly which can help them cope with such situations in future with minimal negative effect on mental health.

*Keywords:* Elderly, COVID- 19 pandemic, post COVID impact, physical difficulty, psychosocial difficulty

## **A Study of level of Death Anxiety among the Frontline Covid Warriors**

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In the COVID-19 pandemic, fear, anxiety, and worries have been the major psychological consequences. Being a Corona positive has become a stigma in the society. People are living in doubt. For people bereaved from the death of dear friends, colleagues, and loved ones due to COVID-19 and the inability to gain closure and cremate can result in anger, resentment, psychological trauma and long-term psychiatric issues. The present study was undertaken with the objectives to assess the level of Death Anxiety among Covid warriors especially Nurses and to analyze how they deal with Death Anxiety. For the purpose of the study 50 Nurses were selected in the study. They were in the age group of 25-40 years and working in the different hospitals and Nursing homes of Patna district. Death anxiety scale by Vijay Laxmi Chauhan and Gayatri Tiwari has been used in the study. Results have shown that the Nurses are experiencing high level of death anxiety even after the Covid pandemic is over. Now they are dealing with other patients but still they have anxiety for death while working with critically ill patients. Conclusively, it can be stated that Nurses of Patna are suffering from death anxiety even after the Corona pandemic is over.

*Keywords:* Death anxiety, covid warriors, corona, nurses

## **Perceived Fear and Anxiety as an after Effect among Covid19 Patients and Treating Doctors**

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Covid-19 represented a human tragedy among general population & has been an unprecedented challenge for patients, treating doctors & entire world. This fact has created a continuous fear, anxiety & many more psychological discomforts; like impairment in healthy happy life, drug abuse, increased religiosity, hopelessness and it is also being noticed that women and women treating doctors are found to be more prone to catch psychological disturbances. To assess the general wellbeing, level of anxiety, stress & fear Covid-19 patients & their treating doctors are examined. This study has been conducted on online (for-Covid-19 patients & offline basis (for treating doctors) both. The patient's details were taken from hospital records to contact them online. On the other side the faculty of their treating doctors who have been physically involved for this project. This study has been conducted in the department of Clinical Psychology in collaboration with Medicine. This study concludes that the knowledge and perception about this pandemic and factors associated with anxiety/depression among frontline physicians are needed to be taken care of because it is marked among the doctors of Santosh Hospital.

*Keywords:* Covid-19, clinical psychology, mental health, anxiety, stress and fear



# **SUB-THEME**

# **NEUROPSYCHOLOGY**







## Effectiveness of Neurofeedback Therapy among patient with Phobic Anxiety Disorder

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Phobic anxiety is an intense fear that triggers severe physical reactions when there is no real danger or apparent cause. It could be very frightening where the patient experiences symptoms such as palpitations, fainting, losing control, having a heart attack or even dying and these may vary in severity from mild to severe impediment. The present study examined the therapeutic effectiveness of Neurofeedback therapy in Phobic Anxiety Disorder. A case study with single subject pre and post experimental design was adopted. The participant was diagnosed with phobic anxiety disorder as per ICD-10. Pre-test assessments were conducted, thereafter, twelve neurofeedback therapy sessions using alpha/beta training protocol were given to help the patient to overcome the underline anxiety for particular phobic situation. The post therapeutic intervention findings of qualitative as well as quantitative interpretation of the protocol indicated significant improvement on the indices of phobic anxiety on DAPT, PAS & VAS. The recorded data of EEG brainwaves also indicated significant changes in the amplitude, frequency and morphology of the alpha, beta & SMR waves from the baseline scores. The Neurofeedback Therapy was observed to be effective in overcoming the phobic anxiety with a faster rate of recovery.

*Keywords:* Phobic Anxiety, neurofeedback therapy, EEG brainwaves

## Implication of Neurofeedback Therapy on Cognitive Competence of HR Personnel: A Case Study

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Human Resource managers are the spine of every organization. Current unprecedented pandemic situation has thwarted their performance at individual and organizational level and has further led individual's cognitive sanity in the state of turmoil. It is indispensable to conduct systematic training for them in form of train the trainer as when needed. Neurofeedback is a re-emerging non-invasive training method that helps in cognitive and behavioral improvements of individuals. It vouches and assists the growth and development by attuning human brain oscillations. Research in the field of neuroscience has led to the formation of ideas that demonstrate a causal connection between alpha activity and cognitive competence. Myriad researchers have conducted experimental studies on the impact of upper alpha augment training on cognitive performance among the clinical population, and they have found a positive correlation between training success and improvements in prefrontal functioning (including memory, focus, self-regulation and spatial awareness). The purpose of the present research was intended to assess the implications of Neurofeedback Therapy on Cognitive Competence among HR managers. A single case study approach was used. The pre-post analysis of the single case after a total of 15 intervention sessions reflected the enhancement of cognitive skills such as set shifting, decision making at work. From the present research it can be inferred that Neurofeedback may not be considered a cure but rather a tool to control or monitor the brain's activity so it performs in a healthier way. This is accomplished by continuous training that trains the central nervous system to restructure and control the levels of the brainwave. Application of neurofeedback therapies in non-medical settings has been introduced recently in several nations, but there's still traction to be gained in India.

*Keywords:* Neurofeedback, set shifting, decision making, human resource personnel



## Effectiveness Of Neurofeedback Therapy on Cognitive Impairments Among Delusional Patient: A Case Study

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Patients with delusional disorder exhibit cognitive dysfunctions that are very similar to schizophrenia, but subtler. Based on empirical research, impaired verbal memory poorer attention, executive functioning and working memory or visuo-spatial ability seem to affect functionality in Delusion Disorder, above and beyond the severity of the paranoid idea. The association between the severity of cognitive deficits and psychopathological symptoms is controversial, and few studies showed a significant but modest association between the severity of cognitive deficits and delusions. Which further lays the foundation for a potential role for cognitive interventions in the management of Delusion Disorder. Neurofeedback is a cognitive enhancement technique with an objective to optimize brain function to achieve cognitive improvements in psychological variables such as memory, attention, processing speed or executive functions. Neuroscientific research has drawn hypotheses establishing a causal link between the alpha activity and cognitive performance. It has been experimentally explored, and increased alpha activity (by neurofeedback) has shown cognitive improvements in working memory, attention, and visuospatial abilities. The present research explored the effect of alpha Neurofeedback Training on cognitive impairments in a patient with delusional disorder. The study used the case study approach. Results of EEG analysis show the key role of the neurofeedback: enhanced upper alpha was observed in the patient which reflected in the post intervention analysis. Regarding the behavioral results, a strong learning effect was observed, with the patient performing better in almost all measurements. Neurofeedback therapy can be used as an effective non-invasive treatment modality used to improve cognitive functions in psychotic patients, which could in turn, facilitate the standard treatment and may also help in preventing a relapse.

*Keywords:* Neurofeedback therapy, delusion disorder, alpha training protocol

## Impact of Neurofeedback Training and Mindfulness Meditation on the Task Measuring Attention among Children

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The changes in attention after the administration of neurofeedback training and mindfulness meditation would be investigated and compared in children aged 6-8 years. The objectives of the study were to study the changes in attention after the administration of Neurofeedback training; to study the changes in attention after the administration of mindfulness meditation; to compare the relative effects of Neurofeedback training and mindfulness meditation on attention. The sample (N= 15) would be selected on the basis of the inclusion criteria of children enrolled in formal schooling. Neurofeedback training and mindfulness meditation would be administered through 12 sessions over a period of three weeks. Attention would be assessed using the 'Test of Everyday Attention' (Robertson et al., 1994). The results would be analysed using appropriate statistical techniques and suitable graphical representation.

*Keywords:* Neuro-feedback training, mindfulness meditation, attention



## Effect of Mindfulness Based Cognitive Therapy on Neurocognitive Functions among Depressive Patients

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The developing psychotherapy known as mindfulness-based cognitive therapy (MBCT) has demonstrated success in treating comorbid and associated diseases like significant depression, anxiety, and substance abuse. According to the theoretical foundations of this intervention, possible mechanisms of change could be an increase in mindfulness or a decrease in negative, recurrent thoughts. The purpose of MBCT is to arm the participants with the skills they need to handle depressive symptoms when they manifest. When presented with potentially overwhelming circumstances or in times of crisis, people who master these skills may be able to fall back on them. By teaching people how to inject upbeat thoughts into downbeat feelings in order to neutralize those negative feelings, this knowledge could aid the healing process. The present study examined the effect of Mindfulness Based Cognitive Therapy on neurocognitive functions among depressive patients. Thirty diagnosed cases of MDD (moderate level) according to ICD-10 were selected as the participants and were randomly divided into two groups: Control and Experiment Group. Pre-test assessments were done using Stroop Neuropsychological Screening Test (SNST), P.G.I Memory Scale (PGIMS), Trail Making Test (TMT), Beck Depression Inventory (BDI) and Visual Analogue Scale (VAS), thereafter, 16 sessions of MBCT were conducted as an intervention only with the Experiment group subsequently post-test assessments were performed to measure the difference. The post-test findings revealed significant decrease in the level of neurocognitive impairment on the conducted tests, and depressive symptoms on BDI and VAS of the depressive patients of the experiment group than the participants of the control group. It can be concluded with the above findings that, MBCT has a significant effect on neurocognitive impairments in depressive patients.

*Keywords:* Psychotherapy, mindfulness based cognitive therapy, comorbid, neurocognitive functions, major depressive disorder

## Role of Neurofeedback Therapy in Different Clinical Conditions

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Nowadays as the world is gravitating towards effective solutions for various mental health issues, Neurofeedback is taking a center stage as an efficient tool for treating various clinical conditions. However, In India there are only few practitioners who are actively using Neurofeedback therapy. Neurofeedback therapy helps in improving brain function through an intensive brain training exercise in which brain activity is reflected on screen so that it can be observed. Various researches have shown that Neurofeedback is more effective in reducing clinical symptoms and significant normalization of brain activity when compared with medication and placebo. In the present study, Neurofeedback therapy was performed on 3 different patients diagnosed with different psychiatric conditions. Each patient is given 12 sessions (20 min each) of Neurofeedback therapy for 6 weeks. This paper explains the effectiveness of Neurofeedback therapy in treating different clinical conditions. Results have shown that Neurofeedback has emerged as an efficacious and specific treatment in modifying brain





function and producing significant improvements in clinical symptoms in several clinical areas. It also helped in reducing the symptoms of various disorders by helping the patients to learn self-regulation of their brain and improving overall functionality.

*Keywords:* Neurofeedback therapy, intervention, psychiatric disorders

## **Effectiveness of Neurofeedback Therapy adjunct to CBT in Schizoaffective Disorder: A Case Study**

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Schizoaffective disorder is a chronic mental health condition characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as mania and depression. The neuronal areas that play a significant role in schizoaffective disorder are white matter abnormalities, reduced hippocampal volumes and abnormalities in dopamine, norepinephrine, and serotonin. Neurofeedback is a type of biofeedback which teaches self-control of brain functions by measuring brain waves with the help of EEG and providing a feedback signal. With the help of alpha and beta training protocol, neurofeedback therapy will help in enhancing the connectivity between prefrontal cortex and amygdala. The present study aims to explore the therapeutic effectiveness of Neuro-feedback Therapy as an adjunct treatment with Cognitive Behavioral therapy in patient with Schizoaffective Disorder. A single case study method was adopted. The patient having the symptoms of schizoaffective disorder diagnosed as per ICD-10 criteria was taken in the study. After going through detailed case history and mental status examination, the patient was assessed on psychological measures on baseline and other follow up visits. A total of 18 therapeutic sessions of Neurofeedback therapy (Alpha & beta protocol) along with Cognitive Behavioral therapy were conducted. Intermittent assessments on EEG parameters, VAS and PANSS were conducted to compare the pre and post assessment findings. The results indicated significant improvement in the symptoms of the patient post intervention. The pre and post assessment findings and the neurofeedback therapy along with CBT was observed to be effective in treating the symptoms of schizoaffective. Neurofeedback therapy and Cognitive Behavioral therapy was proven to be effective in removing the symptoms of schizoaffective disorder within the patient.

*Keywords:* Schizoaffective disorder, neurofeedback, cognitive behavioral therapy.



# **SUB-THEME**

# **PSYCHOLOGY IN DIGITAL ERA**





## People's Perception of Mental Health Care Providers: Can Artificial Intelligence become more Approachable?

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Artificial intelligence is becoming more available for a variety of services in the twenty-first century. They are often less expensive and more efficient. As a result, it is critical to comprehend how this may impact mental health care in the future. The present research intended to investigate how Indians see mental health professionals and comprehend whether in the near future; artificial intelligence may be more accessible than a human expert. A post hoc study with exploratory orientation. Even though the results indicated that individuals have confidence in mental health care practitioners, there is evidence that some people are hesitant to use these services because of concern for information leaks or possible judgment. In the survey conducted, 10% of respondents agreed with the statement that "Therapists simply sit there and judge you without saying anything." Such beliefs tend to make people more comfortable with artificial intelligence providing mental health services. There is still a lack of understanding in many developing nations, including India, where the bulk of the populace has little faith in those who provide mental health treatment. Additionally, mental health therapies are considered to be a luxury. Due to these problems, individuals tend to feel less at ease seeking mental health treatment and instead choose services provided by artificial intelligence.

*Keywords:* Therapist, counsellor, artificial intelligence, mental health care provider

## Importance of Digitalised Psychological Interventions: A Futuristic Approach

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The research article presents the mental health situation of our country and how people struggle to receive the basic mental health facilities because of the prevailing issues like lack of experts working in the field, lack of awareness for mental health issues, and the physical barriers in availing various mental health services. The present research intended to combat all such issues digitalised psychological interventions seems to be a futuristic and fitting approach. Covid-19 has accelerated the momentum by laying a solid digital infrastructure throughout the nation. It has laid the base for development and dissemination of tech-based psychological interventions. The present article reviews various researches done by utilising digital interventions and studying government policies which supports the usage of technology in the area of psychological rehabilitation. The article focuses upon the need, advantages, and the various forms of digitalised psychological interventions and assessment techniques. It helps to gain an insight towards an innovative approach around mental health, that has the power to change the distressing mental health status of our country into a progressive one.

*Keywords:* Mental health situation, digital infrastructure, innovative approach, tech-based psychological interventions





## Impact of Virtual Therapy and In-Person Therapy on Therapeutic Alliance, Symptom Reduction and Attrition Rate of Psychiatric Out Patients

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The traditional mode of therapy in psychiatric counseling was in-person therapy, but the emergence of covid-19 pandemic emphasized the necessity of using virtual platforms such as video conferencing or telephone for therapies and other mental health programs. Literature indicates that virtual therapy was highly effective for short-term therapeutic purposes but that the long-term effectiveness was not significantly greater than in in-person therapy. The purpose of the current study was to explore the effectiveness of virtual therapy and in-person therapy in patients undergoing psychological intervention. This study examined and compared the therapeutic alliance, symptom reduction and client's satisfaction of sixty psychiatric patients. Convenient sampling method was adopted to contact patients in and around Madurai and Chennai and questionnaires were either mailed or whatsapp to them and the following statistical tools: Helping Alliance Questionnaire: patient version, General health questionnaire (GHQ-21), client satisfaction questionnaire (CSQ-8) was used. Results indicates that both in-person and virtual therapy patients were receptive in receiving psychiatric services during covid-19 pandemic. There were few meaningful differences across variables between virtual and in-person therapy patients. Patients of virtual therapy perceived less satisfaction and symptom reduction than patients who received in-person therapy.

*Keywords:* Covid-19 pandemic, virtual therapy, in-person therapy, psychiatric patients

## Increasing Accessibility of Mental Healthcare Services Through a Digital Platform

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The burden of mental health problems, especially due to the pandemic, has risen across the world and India has also felt the impact. In 2017, 1 in 7 people were observed to be experiencing severe mental health concerns and they have drastically increased since then. Major factors contributing to the increased mental health burden are scarcity of mental health specialists and mental health services amongst many others. The advancements in technology provide an opportunity for India to bridge the gap that exists in provision of Mental Healthcare services. Many initiatives have been taken in this area and WellM has also brought a solution towards this concern. The objective of this paper is to attempt to address the gap in existing mental healthcare services by creating an easily accessible digital platform with features designed to support mental health and wellbeing of individuals. The digital platform is built for management and follow-up, usable by psychotherapists and certified wellness coaches to deliver mental health care. This platform offers lifestyle & psychometric assessments and advisory while also offering space for individuals to vent their feelings, track physical and emotional activity, along with nudges that encourage a healthy lifestyle. This paper describes the model and experience with the digital mental health care system deployed pan India. The system was found to be reasonably comprehensive, brief, feasible, and user-friendly and has a holistic approach embedded to its core. The digital platform has tremendous potential to serve as an effective alternative or adjunct for delivering high quality mental health care.

*Keywords:* Mental healthcare, digital platform, accessibility



## Digital Dementia and its effect on Emotional and Cognitive Functioning among Young Adults: A Systematic Review

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The term 'Digital Dementia' is coined by German neuroscientist Manfred Spitzer to describe a decline in cognitive abilities more commonly linked with brain injuries. The overuse of digital technology results in the breakdown of cognitive abilities, i.e., deterioration in cerebral performance such as short-term memory dysfunction, emotional functioning and well-being in young adults. The present study focuses on understanding digital dementia and its emotional and cognitive effects on young adults. In the present study, computerized literature search of the databases such as Google Scholar, ResearchGate, Science Direct and PubMed was done using keywords such as "digital dementia", "overuse of digital technology". A total number of twenty studies were included which met the inclusion criteria that involved abstracts/original or review articles published in journals and studies relevant to the utility of digital dementia and its effect on young adults. The abstracts, original articles, and review articles published in languages other than English and articles with incomplete data were excluded from the study. The excessive use of digital technology among young adults impairs short-term memory as it lead to deteriorate. It is more likely that they overdevelop their left side of the brain, leaving their right side of the brain underdeveloped, which in long term can cause dementia. It also increases their chances to develop slouched posture, short-term memory loss, anxiety, depression, social seclusion, anger, uncoordinated movement patterns and shrinking attention spans.

*Keywords:* Digital Dementia, young adults, cognitive ability, emotional ability

## Cybercrime in Digital Era and Psychological Well-Being

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Cybercrime is defined as any illegal activity in which a computer is used as either a tool or a target, or both. In general terms, this includes crimes like phishing, credit card fraud, bank robberies, illegal downloading, kidnapping children via chat rooms, scams, cyber terrorism, the creation and or disruption of virus spam, and other similar ones. The present review is based on cybercrime in digital era and how it is affecting psychological well-being. The present reviews were extracted and summarized according to the previously published study and National Crime Records Bureau. Pandemic aftermath in 2021, India reported 52,974 instances of cybercrime, up about six percent from the previous year. State-wise, Telangana was ranked first, followed by Uttar Pradesh and Karnataka. 16 Newest Cybercrime Predictions and Trends for 2022 and 2023, e.g. Phishing related to the pandemic, ransomware attacks, an increase in BEC attacks, mobile malware, cyberactivism, card-not-present fraud, data breaches, cryptojacking, targeted attacks, encrypted communication platforms, the popularity of bitcoin, business email compromise and social engineering are some of the threats to cybersecurity today. Cybercrime consequences that negatively impact a victim's mental health include social withdrawal/anxiety, depression, PTSD, compulsive behaviour, decline in confidence, decrease in self-esteem, headaches, stomachaches, eating disorders, sleep issues, feelings of insecurity, self-harm, suicidal thoughts, feeling powerless, panic attack and mistrust of others. Victims first have a tendency to employ unhealthy coping mechanisms like alcohol use and avoidance before switching to healthier coping mechanisms like seeking counseling and working as an advocate.

*Keywords:* Cybercrime, pandemic, psychological well-being



## Effectiveness Of Computer-Based Cognitive Retraining Among Patients with Mild Cognitive Impairment: A Comparative Study

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It is imperative to delay the onset and progression of cognitive decline and improve overall health because the number of elderly with cognitive impairment is escalating. The field of computerized cognitive treatments has improved significantly as a result of rapid technological advancements. As a result, traditional cognitive therapies are being modified, and new multimedia systems are being developed to promote long-term health and independence. The present research intended to study the effectiveness of computer-based cognitive retraining among patients with mild cognitive impairment. The participants were screened for MCI using the Montreal cognitive assessment scale (MoCA). After the screening and assessment process, 30 cognitive retraining sessions were given every day for month. The cognitive retraining consisted of 9 different activities targeting the memory, attention and learning. The pre and post-assessments were done on the memory module of the Neurological assessment battery (NAB) was used to assess the level of improvement. The Results indicated that the participants improved performance on measures of memory, attention and reasoning. On pre/post measures the participants reported less frequent cognitive failures in everyday life following training. Cognitive retraining may be proven effective in dealing with mild cognitive impairment; enhancing the patient's overall functioning.

*Keywords:* Cognitive retraining, mild cognitive impairment, memory



# **SUB-THEME**

# **POSITIVE PSYCHOLOGY**







## Spirituality and Happiness among Adults Music listener

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Music has a powerful ability to evoke and conjure up the people emotions. Music brings and recall the feelings of happiness, sadness and even fear to name which individual experiences. Happiness means contentedness, pleasure in life, fortunateness and luckiness. Spirituality makes a person more open to positive emotions and feelings. A spiritual person has a purpose and meaning of his or her life, feel connected to a broader eternal power believe in equality and has a self and other acceptance also and these things determine the happiness. The aim of this study is to study the relationship between spirituality and happiness among adult music listeners. To examine the gender differences on spirituality and happiness among adult music listeners. To determine the happiness and spirituality standardized tools were used. The sample was comprised of 100 adults whose age ranging from 20 to 40 years. Correlation and t-test were carried out to answer the research question and to test the hypothesis. On the basis of data, it can be said that there was positive relationship between spirituality and happiness among adult music listeners. And female have more spiritual than male. Female who has high spirituality were happier than female who low spirituality.

*Keywords:* Music preference, spirituality, happiness, adult, gender

## Impact of urban greenery on mood and happiness of older people

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Green spaces play an important role in improving urban areas, contributing to combating the effects of climate change. The green spaces can contribute to reducing the amount of noise pollution experienced by residents, which helps in reducing the aggression and irritation caused by negative emotions. For example, when people view nature imagery, they experience fewer negative emotions, and they are more likely to report positive moods. Globally, mental illness is linked to 8 million deaths each year. In urban areas limited access to green space may contribute to poor mental health. The objective of this study are i) to understand the importance of natural vegetation, green spaces such as parks and gardens, environment and urban greenery ii) to study the effect of urban greenery on mood and happiness, especially on older people. A systematic review of 20 studies were done from the database scopus, science direct, JSTOR, pubmed and google scholar using the keywords such as greenery, urban greenery, mood, mental health, well being, nature. The review findings emphasised on the importance of planned cities, urban greenery, open spaces and nature into lives of urban people especially older people. Spending time among trees and open spaces impacts the mood of elder people residing in urban areas especially the planned metropolitan cities. hence, though this study signifies the impact of greenery on moods and mental health of older people.

*Keywords:* Open spaces, urban greenery, planned cities, older people, mental health



## Impact of Health on Happiness (Overall Well-being) in CRPF, India

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As a field, Positive psychology encompasses through aspects of Optimism, life satisfaction, happiness, wellbeing, gratitude, self-esteem etc. In the context, this study aimed at examining the effect of Positive psychology in Paramilitary /central police organizations in India, and how it drives and optimizes the potential for happiness in everyday behaviour, leading to unmatched quality of life of its employees. The empirical study (using descriptive research model) was conducted through sample survey on the personnel from the ranks of Senior Officers/Subordinate Officers/below Officers in different Platoons/companies/battalions of CRPF deployed or engaged in Security & surveillance, securing people and strategic & sensitive installations. The primary objective(above) has been aligned to the core element of "Discipline" and how it leads to Individual's "overall well-being" through "Health & Happiness" even in toughest environment of duty and commitment. The structured survey tool used was version-1 of PERMA Profiler (precisely PERMAH which includes Health) Questionnaire, administered after taking consonance of top brass of CRPF through preliminary meetings and subsequent talks with potential respondents by cascading the information for setting the right perspective. The study helped in gaining insight of qualitative aspects in quantitative terms. A sample size (up to 35) was estimated for roll out among respondents, as per original design plan, keeping in mind a predictable deviation in the sampling(size) up to  $\pm 5\%$ . Notable results with significant findings are highlighted here: Interpretation was carried out in line with PERMA Interpretation guidelines, while score(s) in Positive and negative emotions were phenomenal i.e., for Positive emotions it's in category of "High Functioning" @ "8.5" (much above prescribed mid-point range between 6.5-7.5) While negative emotions were giving us immense positive results in terms of "High Functioning"(in the admissible range of 1.1 to 3) in most of the individual wise and in collective response, using statistical measures of central tendencies(averages). Correlation between independent variable i.e., "Health" and outcome variable i.e "Happiness" (clubbed as PERMA Parameters) using coefficient of correlation indicated a Perfect correlation,  $r=1.0004$ . Conclusion This model gives a comprehensive framework for understanding "wellbeing" and how Health propels the authentic happiness and overall "well-being in CRPF.

*Keywords:* Positive psychology, positive emotions, workplace wellness, health & happiness

## Psychological Well-Being among the Female College Students of Bihar Belonging to Different Caste Category: An Analytical Study

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Psychological problems have become increasingly common among college students nowadays. They are vulnerable to mental health problems which have generated increased public concern. These problems can be balanced by the practice of psychological well-being. The research has been carried out with following objectives: 1. To assess the level of psychological well-being among the female college students. 2. To explore the difference in level of psychological well-being among the subjects of different caste category. The sample was comprised of 150

students in the age group of 16 to 30 years. Among this, 50 students were from General Caste, 50 were from Other Backward Caste and 50 students were from Scheduled Caste category. They were from different areas of Patna. Psychological well-being scale (PWBS) by D. S. Sisodia and Pooja Choudhary has been used in this study. Results have shown that there has been significant difference between female college students from different caste category on the scale of psychological wellbeing. Subjects from Other backward castes have experienced higher level of wellbeing in comparison with subjects from General and Scheduled castes. Conclusively, it can be stated that caste of female college students is a factor in determining the level of psychological wellbeing.

*Keywords:* Psychological well-being, caste, female, college students

## **Level of Happiness among People of Generation X, Y And Z: An Analytical Study**

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Ageing is a natural process, which inevitably occurs in human life cycle. People have been classified in different generations according to their age. Generation X people are born between 1965 and 1980. Generation Y are born between 1980 and 2000. Generation Z are born between 2000 and the present. The emotional development process among different age groups is not same. Happiness refers to the positive feelings such as joy and optimism. We always strive for happiness through our activities. It is also said that happiness depends on the achievement and life satisfaction a person can have. Age and gender are important factors for psychological functions. The main goal of the present research was to study the level of happiness among the people of Generation X, Generation Y and Generation Z. Also, it was attempted to find if there is any difference in the measure of happiness among the three generations. The sample of 120 person in which 30 were from Generation X, 40 were from Generation Y and 50 were from Generation Z. They were taken from the different areas of Patna, India. Purposive sampling was used in the study. There has been one research tool used in the study, which was Happiness scale by Dr. R. L Bhardwaj and Dr. Poonam R Das. Results have revealed that the subjects from Generation Y have been found to be the happiest group. On the other side, the least level of happiness has been found in the people of Generation X as they are the oldest group among the three. Conclusively, it can be stated that level of happiness is an important determinant in the lives of all people whether they can be from any generation. Also, the generation gap is a factor in determining happiness.

*Keywords* Happiness, generation X, generation Y, generation Z

## **The relationship of Mindfulness and Character Strengths and Virtues with Death Anxiety**

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The paper begins with the description of death anxiety, mindfulness and character strengths and virtues. Afterwards, it discusses the relationship of mindfulness with character strengths and virtues. The primary literatures are then discussed with their results that showing the relation of mindfulness and character strengths and virtues with death anxiety. This paper aims to ascertain the relationship of mindfulness and character





strengths and virtues with death anxiety. The present paper integrates the relevant literatures from the last decade. The narrative literature review method was used to describe the findings. The significant relationship of mindfulness and Character Strengths and Virtues with death anxiety is identified. Mindfulness training and Character Strengths and Virtues plays a helping role in reducing death anxiety and depression and improves cognitive flexibility, self-esteem and life expectancy. Mental health practitioners and counsellors can add mindfulness training according to specific character strengths and virtues to help people in reducing death anxiety.

*Keywords:* Mindfulness, character strengths, virtues, death anxiety

## **Perceived Social Support as a Predictor of Happiness in the Secondary School Students of Assam**

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Secondary education is a stage of transition of education following primary education in which many changes occur, including evolution in students' relationships with teachers, family and peers affecting their image of themselves and thereby predicting happiness. Perceived Social Support is found to be consistently related to ones well-being (i.e., Happiness) which subsequently leads to a positive mental and physical health in an individual's life, especially during their schooling period. The purpose of this research study was to find out whether perceived social support predicts happiness in the secondary school students of Assam. The sample for the present study consisted of a total of 200 secondary school students from all over Assam, 100 each from Government and Private Schools on the basis of simple random sampling technique. The scales administered to the participants were The Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet and Farley, 1988) and Oxford Happiness Questionnaire (Michael Argyle and Peter Hills, Oxford University, 2002). Through the use of SPSS it was found that a significant positive correlation existed between Perceived Social Support and Happiness. Moreover, it was found that Perceived Social support served as a predictor of Happiness among the Secondary School Students of Assam. These findings will be useful in assisting psychologists, counsellors, parents and educationists to develop plans and strategies to increase perceived social support in the students thereby predicting happiness in their lives.

*Keywords:* Perceived social support, happiness, secondary School Students.

## **The Role of Hope and Perceived Social Support in Resilience among Breast Cancer Patients.**

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Resilience among cancer patients is an important psychological factor that provides them strength to fight with these fatal diseases. Various factors have been identified to strengthen the resilience in humans. The present study has been aimed to investigate the role of hope and perceived social support on resilience of breast cancer patients to deal with their illness. Thirty (30) Participants (cancer patients) from GMC, Srinagar were selected for the study. Multidimensional Scale of Perceived Social Support (MSPSS), The Adult Hope Scale, (AHS) and The Brief Resilience Scale (BRS) were administered on these patients. The results revealed positive correlation between three constructs. A simple linear Regression analysis revealed both Hope and Perceived social support have



significant and positive impact on resilience of breast cancer patients. These findings suggest that early psychological interventions can generate greater resilience among breast cancer patients towards their illness. The results have been discussed in the light of various research studies.

*Keywords:* Hope, breast cancer, resilience, perceived social support

## **Gratitude Therapy and Emotional Well-Being: An Intervention-Based Study**

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In today's time, we live as robots, working with and under pressure. Fulfilling expectations from and of society to reach the unrealistic definition of success, most of us fall into the trap of not feeling enough which elevates the negative emotions and disturbs our emotional well-being, and often leads to anxiety. This makes us live in constant misery and makes us revolve in unbreakable cycles of our vulnerability. In order to fix and shoo away the negative spaces in life we tend to indulge in exercises, therapy, tarot card readings, gym, going on trips yet we feel the vacuum. Among all the daily life exercises, Gratitude is considered a vibrational tool to elevate happiness. This paper aims to study gratitude as an intervention and its impact on emotional wellbeing of young adults. This intervention plan was designed as a 14-days gratitude challenge on a selected sample, particularly indicating anxiety symptoms and poor mental health. For screening tool GHQ30 was used on a sample of 200 students (18-25years). Pre and post intervention analysis found that gratitude had direct impact on emotional well-being but not on anxiety. The results shows that Gratitude as a practice improvises the positive emotions but it did not lead to drastic change in the level of anxiety. However, in addition, the participants reported good sleep, less restlessness and excited to look up towards the day. Thus, the results support the proposed intervention of wellbeing and can be used as a supplementary technique with psychotherapy to elevate segments of well-being and influence the interpersonal as well as cognitive variables.

*Keywords:* Gratitude, Anxiety, Emotional wellbeing, Emotional Health, Young adults

## **Gratitude as a Predictor of Psychological Well-Being Among Youths: An Analytical Study**

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The majority of empirical studies indicate that there is a relationship between gratitude and psychological well-being. Gratitude is an emotion that is typically evoked when one receives costly, unexpected, and intentionally rendered benefits, and is thought to play a key role in regulating the initiation and maintenance of social relationships (Forster, 2017). It is directly associated with the overall well-being of individuals. The present study was undertaken with the following objectives: (a) To assess the level of gratitude among youth. (b) To analyse how they show gratitude to others. (c) To assess the level of well-being among youth. (d) To find the correlation between gratitude and well-being among youth. 50 male and 50 female college students were selected as the sample between the age of 18-30 years. Gratitude scale by Anas, Hussain, Aijaz and Khan and Psychological well-being scale by Devendra Sisodia and Pooja Chaudhary have been used in this study. Purposive sampling technique was



applied in determining the sample. Results have revealed that the youths with high level of gratitude are high in psychological well-being where as those youths with low level of gratitude are low in well-being. Also, gratitude and well-being have found positively correlated among the youths. Gratitude has a positive effect on the youths in inducing well-being among them.

*Keywords:* Gratitude, predictor, well-being, youths

## **Emotional Maturity and Socio-Economic Status as Predictor of Happiness among Children**

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Happiness is a feeling that varies from person to person. It is a feeling of contentment, joy, and feeling of excitement. Individual who is emotionally mature can handle adverse situation and adversity effectively without feeling too much disappointment. Emotional maturity is a tendency to express emotions that one feels without restraint or disproportionately the situation. In several previous researches, socioeconomic status has no relationship with happiness, which means the standard of living and status did not bring happiness to children. The main purpose of this current study is to examine the relationship among emotional maturity, socioeconomic status, and happiness. Methods: Standardized tools were used to measure the variables. The sample of the study comprises 120 children. Result and discussion: The result of the study showed that there is an association among emotional maturity, socio-economic status, and happiness by correlational analysis. Emotional maturity was revealed as a major predictor of happiness among children.

*Keywords:* Emotional maturity, socio-economic status, Happiness, Children

## **Chronic Illness and Mental Wellbeing**

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Previous research suggests that greater wellbeing may protect against the onset of chronic diseases. In fact, research has shown that people with chronic illnesses are more likely to experience depression, anxiety, and other mental health problems than those without chronic illnesses. However, it is unclear whether this association is similar across different diseases. Chronic illnesses are often complex and can include diabetes, arthritis, cancer, heart disease, and mental health conditions. Objective: - This study examines the effect of chronic illness on mental wellbeing. This study used the depression proneness scale (DPS-YPN) and the wellbeing scale (WBS-RK). The depression proneness scale has 30 items, and the wellbeing scale has 35 items, with a sample size of 20 university students of Jaipur city. This study shows that university students suffering from chronic illness are more likely to have unstable mental wellbeing, which can be emotional, physical, or social, compared to students with no or little illness. Chronic illness can have a significant impact on mental wellbeing. The physical and emotional symptoms of chronic illness can lead to feelings of isolation, anxiety, and depression. Chronic illness can also cause financial stress and strain on relationships. It is important to seek help if you are struggling to cope with chronic illness. There are many support groups and counselling services available to help people manage chronic illnesses.

*Keywords:* Chronic illness, wellbeing, depression



## Emotional Intelligence and its Association with Optimism and Social Maturity Among Tribal Adolescents of Jharkhand

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Tribals constitute one of the major proportions in Indian society. For the overall development of Indian society it is very important to also consider the psychological development of any individual especially the tribal adolescents as they are still unaware of the modernity of the world. This study was undertaken with an aim to explore the relationship between emotional intelligence, optimism, and social maturity among native adolescents (Munda and Oraon tribal adolescents) of Jharkhand and to see if emotional intelligence predicted optimism and social maturity. The study uses correlational and cross-sectional research design. As a sample 60 tribal adolescents were selected using multi sampling (stratified & cluster sampling). To collect the relevant information and data, as a tool Emotional intelligence scale (Dr Arun Kumar Singh and Dr Shruti Narain), Optimistic-Pessimistic Attitude scale (D.S. Parasar) and Social Maturity Scale (Dr Nalini Rao) were used. The data was analysed using Pearson correlation and Regression analysis method. As the study population included school going students, different schools of Ranchi and Ramgarh districts of Jharkhand were selected. The school administrations were consulted in order to seek permission to take data from their reputed schools. After seeking their permission, the students were made understood the process of data collection, relevance and future implications of the study, duration of time required etc. After that a day and time was fixed for collection of data. Data was taken in two sessions as per the convenience of the subjects. It was found that there is significant positive relation among emotional intelligence, optimism, and social maturity. It was also found that emotional intelligence predicts optimism and social maturity. This study will help academicians, policymakers, and other researchers to become aware about some psychological variables that affect the overall development of the tribal adolescents of Jharkhand. It will also help to plan some techniques that will enhance emotional intelligence, optimism and social maturity that will help in the development of overall personality of tribal adolescents. It will also fill the gap in the literature related to tribal adolescents. This study will be very effective in managing human resources as tribals constitute one of the major proportions in Indian population.

*Keywords:* Emotional Intelligence, optimism, social maturity, tribal adolescent

## A Study of Effect of Family Structure on Psychological Wellbeing among the University Students

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The present era is full of constraints and psychological problems for human beings. The student section of the society is more suffering with psychological issues. Psychological wellbeing can be explained as the feeling of happiness, life satisfaction and of work role, achievement motivation, love, peace, belongingness and no distress, dissatisfaction or worry, etc. Family possess a special position in everyone's life. Family is the surrounding in which a person grows with emotions, feelings, beliefs, thoughts and motivations. The present study was carried out with following objectives-1. To assess the level of psychological wellbeing among the University Students. 2. To investigate the role of family structure in determining the level of religiosity and psychological wellbeing





among the students. The sample was comprised of 100 students in the age group of 20 to 30 years. Among this, 50 students would be from nuclear families and 50 students would be from joint families. They were from different University departments of Patna. Psychological well-being scale (PWBS) by D. S. Sisodia and Pooja Choudhary has been used in this study. Results have shown that there has been significant difference between students from Nuclear and Joint families on the scale of psychological wellbeing. Subjects from joint families have experienced higher level of wellbeing in comparison with subjects from nuclear families. Conclusively, it can be stated that in the development of psychological well-being among the University students, family structure would be a significant factor.

*Keywords:* Psychological well-being, family Structure, university Students

## **A Study on Resilience and Quality of Life among Differently Abled Persons**

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Disability is not just a health problem or attribute of individuals, but it reflects difficulties individuals may experience both in physical movements and interaction with society. As a social category, it is difficult and challenging for people with different abilities to deal because it is widely stigmatized. This leads to lack in Quality of life also. Objectives of the study are To study the Resilience and Quality of Life and to ascertain the significant relationship between Resilience and Quality of Life among differently abled persons. The correlational study was conducted on 60 people with locomotive disability in the state of Uttar Pradesh through purposive sampling. WHOQOL Brief and Resilience scale of Dr. Vijaya Lakshmi & Dr. Shruti Narain was used to measure Quality of life and Resilience respectively. A significant relationship was found between the dimensions of Resilience and Quality of Life. Result revealed that Resilience is positively correlated with the Quality of Life. Despite of disability a good amount of resilience can cause a high level of Quality of Life among the differently abled persons. This could lead a better life for them.

*Keywords:* Resilience, quality of life, disability

## **A Review on Need and Application of Positive Psychology in Current Global Scenario.**

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The contemporary world has witnessed a series of events which shook our state of well-being. The outbreak of Covid19 pandemic, a war between two countries and a global recession has led us into dilemma. In such a situation, a dire need of implication of positive psychology was felt all across the world. Positive psychology is the study of what constitute the pleasant life, the engaged life, and the meaningful life", and these three dimensions give us a sense of completeness. Topics such as well-being, resilience, hope, optimism and growth are needed to be studied extensively. The current global scenario is again demanding a revival of positive psychology in a more sophisticated and effective way to guide us. So, this review tries to explore the domain of positive psychology deeper having focused on uncertainties due to war, pandemic and recession we all are going through. This review



explores the bibliographic database as well as international reports and indexes concerning positive psychology and current global scenario. The impact of current global events has been studied and presented extensively by government organizations and agencies. A few studies concerning effects of covid19 on well-being, coping, self-compassion and character strength were carried. Positive psychology should not be limited to a set of theories, ideas and fascinating textbook knowledge only. There is a need of more studies concerning possibilities of using positive psychology as a tool to supplement our well-being and growth during global conflicts.

*Keywords:* Global conflicts, positive psychology, well-being

## **Quality of Life and Mental Health among Elderly Living in Old Age Homes and Family: A Systematic Review Study**

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The aim of the present study was to conduct a systematic review to identify the documented differences in the Quality of Life and Mental Health of elderly living in old age homes and with families. A systematic review was conducted. The literature was searched in Scopus. The time duration within which the studies have been conducted is from 1971 to 2022. A total of 173 studies qualified for the systematic review. The common conceptual themes that emerged include retirement, employment, dementia related issues in the elderly population. Multiples studies have been conducted on the themes that emerged but there still remain significant areas that have been less explored in relation to the elderly population. These include issues of ageing, depression and cognitive decline in the elderly.

*Keywords:* Quality of life, mental health, elderly

## **Effect of Problem-Solving Ability on Life Satisfaction among College Students**

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Problem-solving is at the core of human evolution. It is the method we use to understand what is happening in our environment, identify things we want to change, and then figure out what needs to be done to create the desired outcome. Problem-solving is the source of all new inventions and social & cultural evolution. If problem-solving is related to life satisfaction we can introduce problem-solving skills training early to have a better and more satisfying life. Objectives of the study is to assess the relationship between problem-solving and life satisfaction among college students. A sample of 70 Students was taken, using random sampling. Problem-solving Inventory (by P.P. Heppner) & Life satisfaction scale (by ED Diener, Robert A. Emmons, Randy J. Larsen, Sharon Griffin) were assessed.: The research findings state that there is a negative correlation between the two factors ( $\alpha = 0.05$ ). Since there is no positive relation between problem-solving and life satisfaction so there will be no use in training people in problem-solving to have a better-satisfied life. There may be some other benefits of problem-solving but not with life satisfaction,

*Keywords:* Problem Solving, Life satisfaction & College students



## Level of Stress and Psychological wellbeing among the Bank employees of Public and Private sectors: An Analytical Study

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Banking sector is one of the stressful job sectors in India. It is the main system for the economy. The employees of the bank face many challenges daily which develops stress among them. The study has been carried out with following objectives: To find out the level of stress and psychological wellbeing among the bank employees. To explore the difference in stress and wellbeing among the employees of Public and Private banks. To provide suggestions for Stress Management and wellbeing enhancement. As a sample, 60 Bank employees were selected who work in different branches of different banks of Patna district. Stress scale by Mrs. Vijaya Lakshmi and Dr. Shruti Nayaran and Psychological well-being scale by D. S. Sisodia and Pooja Choudhary have been used in the study. The level of stress is slightly higher in male and female employees. Psychological well-being has been found higher in employees of public sector as compared to their counterparts in private Sector banks. Conclusively, it can be said that bank employees are suffering from high level of stress. Also, Public and Private sector background has a prominent effect on the psychological wellbeing of the bank employees.

*Keywords:* Stress, psychological wellbeing, bank employees

## Locus of Control and Quality of Life among male and female therapists of Autistic Children

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Autism is one of the most commonly occurring abnormalities that occur before the age of 36 months and is usually diagnosed between the ages of 2 and 5 (Zander, 2004). When parents are informed that they have an autistic child, they will be frustrated with fear and disbelief. The therapists of Autistic children have major responsibility of treating them. In this sense the locus of control and quality of life amongst them are very important concepts to be studied. The research has been carried out with following objectives: 1. To assess the level of Locus of Control and quality of life among the therapists of Autistic Children. 2. To examine the gender difference in Locus of Control among the therapists of Autistic Children. 3. To find out the variation in quality of life among the male and female therapists of Autistic Children. 4. To illustrate the relation between Locus of Control and Quality of life among the therapists of Autistic Children. 50 male and 50 female therapists were selected as the sample between the age of 25-40 years. Locus of Control Scale by Hussnain and Joshi (1982) and Quality of life Scale by Burckhardt (1993) have been used in this study. Purposive sampling technique was applied in determining the sample. Results have shown that the therapists of Autistic Children have displayed average level of locus of control. Males have shown high level of locus of control than females. On the other side, the quality of life has been better among the male therapists in comparison with the female therapists. Conclusively, it can be stated that the gender is an important factor in determining the level of locus of control and quality of life among the therapists of Autistic Children.

*Keywords:* Locus of Control, quality of life, autistic children, therapists



## **An Important Predictor of Subjective Well-Being (SWB) Outcomes During WFH Situation – Impact of Wellbeing Techniques Such as Meditation, Yoga & Pranic Healing**

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Objective of this paper is to find the association of wellbeing techniques on Subjective wellbeing (SWB) during work from home (WFH). Methods: This Paper presents empirical research conducted using questionnaire method on sample of working professionals working remotely termed as Work from home (WFH) at time of study (n=59) based on criteria whether they practice or don't practice wellbeing technique used (such Pranic healing, Meditation, yoga etc). Questions covered various aspect of wellbeing covered in self assessed SWB such as physical /emotional/ mental/spiritual/overall wellbeing. To conclude result Correlation analysis, Principal Component Analysis and regression method was carried out using SPSS. Correlation analysis shown high degree of association among wellbeing variables & techniques used. High significance level  $p < .001$  was observed between Wellbeing Techniques & SWB variables. Principal components was identified using extraction method (PCA) & scree plot clearly indicated dominate component. Model was clearly established using regression technique. Simple breathing exercises, yoga and meditation, Pranic healing when used as wellbeing tools help in better subjective well-being. Results indicated that practitioners fared much better than non-practitioners but pranic healing practitioners topped the chart on subjective well-being levels.

*Keywords:* Subjective wellbeing, pranic healing, wellbeing at workplace.

## **Insomnia as related to Quality of Life Among Hostel Dwellers and Day Scholars**

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Proper sleep is not only crucial for our brain's cognitive functioning but also for our physical functioning. But with the constant changes and fast-paced lifestyle, people are struggling to get enough rest. Sleep disorders are becoming alarmingly prevalent today, especially in the younger population with insomnia being the most common sleep disorder. The present study aims to conduct a study on hostel dwellers and day scholars to study the relationship between insomnia and quality of life. The sample comprised 100 subjects (N=100) ages ranging from 18-25. There were two groups, one consisting of hostel dwellers and the other of day scholars. Purposive sampling was used for the collection of the sample. Two scales were used namely the Insomnia Severity Index developed by Charles M. Morin, PhD and the Quality-of-Life Enjoyment and Satisfaction Questionnaire- Short Form (Q-LES-Q-SF) developed by D. Stevanovic. From the data obtained, it was revealed that there was a significant relationship between the two variables. Hence, through this study, it can be concluded that there is a significant relationship between quality of life and insomnia among hostel dwellers and day scholars.

*Keywords:* Insomnia, quality of life, sleep disorder, sleep quality, life satisfaction





## **I deserve to be 'IN': Treatment of My Obsessive-Compulsive Disorder through Positive Psychology Approach: A Case Study**

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Positive Psychology Interventions can be useful for treating depression, anxiety, and stress disorders. PPIs never rely on symptomatic treatment or a quick relief. Whether treating a psychopathological condition or guiding someone to improve their wellbeing, PPIs target to dig into the root cause of the trouble. According to positive psychology paradigm, individuals were encouraged to work with their inner strengths to promote flourishing and the optimal functioning of people, groups, and institutions. Objective was to study the effect of Positive Psychology Intervention on a patient with obsessive-compulsive disorder. Case description/Method: Patient X is 32 yrs./ male, unemployed, unmarried with MSES, belongs to nuclear family. Total duration of illness is 18 years. He first time visited to the mental health professionals (in Feb. 2022) with features of OCD & suicidal thoughts. He was called for the therapy on OPD basis, weekly. Results: The therapeutic intervention used in this case study significantly improved his activity of daily living, coping style, emotional regulation, obsessive thoughts and compulsion. Efficacy of positive psychology intervention was established as it was helpful in reducing the symptoms, bringing changes in coping and functionality.

*Keywords:* Positive psychology, intervention, obsessive compulsive disorder

## **Impact of Dispositional Resistance to Change on Transition Difficulty and Well-being among Retired Army Officers**

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The present study assessed the impact of dispositional resistance to change on military to civilian transition difficulty post retirement and its impact on wellbeing. The study hypothesized a mediating model where transition difficulty mediates the relationship between dispositional resistance to change and wellbeing. The sample for the study was retired army officers from the Indian Army who had served at least 20 years in the Indian Army and had been retired from the army at least for one year. The final sample was N=256 in the age range of 42 to 80. The results indicated that the higher the resistance to change, the more the transition difficulty experienced. Furthermore, resistance to change and transition difficulty negatively impacted wellbeing. Transition difficulty partially mediated the relationship between resistance to change and wellbeing. The study has tried to bridge the gap of lack of research related to how personality variables influence the retirement transition experience. Based on the study findings, interventions and pre-retirement training programs can also be designed to manage dispositions that hamper transition and negatively impact wellbeing and aid smoother retirement transition.

*Keywords:* Dispositional resistance to change, military to civilian transition difficulty, retirement, well-being, mediation



## Self-Perception and Happiness among adults: A Comparative Study

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Self-Perception is self-evaluation or self-concept which represents the sum of an individual's beliefs and attributes in a given situations. Positive self-perception is a tendency to judge oneself favourably, whereas, negative self-perception devalues oneself. The result of positive self-perception enhances the individual to attain a sort of self-assurance and a realization of one's own individuality, which in turn helps to establish a personal conviction about one's own healthier adulthood. Whereas Happiness is a global assessment of positive and negative emotions and has also been defined on the basis of satisfaction with life that improves several aspects such as healthy relationships with others positive well-being and coping with daily stresses and traumas. There are many factors which affect happiness and self-perception is one of them. One's happiness very much depends on how he/she perceive his/herself. Adults who perceive his/her self positively are happier than the person who have negative self-perception. The purpose of this article is to find out the level of self-perception and happiness among adults. Study conducted on 140 Indian men and women age ranging from 21-40 years on their self-perception and Happiness. Purposive sampling method was used to select sample. The analysis reveals a strong influence of self-perception on happiness of individual. There was no gender difference found on happiness. Adults with high self-perception are happier than the adults with low self-perception.

*Keywords:* Self-Perception, happiness, adults

## Effect of infertility on Hope, Happiness and Physical well-being among Women

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Infertility is defined as not being able to get pregnant (conceive) after one year (or longer) of unprotected sex. Hope is essentially a strong desire that is actively pursued, while it is uncertain that this desire will be fulfilled. Happiness is the balance of positive and negative feelings and satisfaction in one's life. Physical well-being is the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress. The aim of this study is to see the relationship between happiness, hope, and physical well-being. To compare fertile and infertile women in terms of happiness, hope, and physical well-being. The sample was comprised of 80 subjects (N=80) ages ranging from 25 to 40. Purposive cum incidental sampling methods were used for the selection of the sample. Correlation and t-test were used to answer the research question and to test the hypothesis. On the basis of the findings, there were significant relationships between hope and wishes, happiness, and physical well-being. Result findings stated that infertile women are more hopeful and wishful than fertile women. Although infertile women have high score on hope and wishes than fertile women still happiness level is low in infertile women.

*Keyword:* Infertility, hope and wishes, happiness, physical well-being



## Resilience And Life Satisfaction Among Old Age People

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Old age is marked by a gradual decline in the physical and mental capacities of an individual, accompanied by developmental transitions such as retirement and death of loved ones. These changes may threaten the resilience and life satisfaction levels among old age persons. The current study was carried out with the objective of assessing levels of resilience and life satisfaction among old age people. 60 samples were taken from the age group of 65-75 years (30 males and 30 females) from the urban areas of Delhi. Resilience Scale by Dr Vijaya Lakshmi and Dr Shruti Narain (2017) and Life Satisfaction Scale developed by Prof. Hardeo Ojha (2005) were used to evaluate resilience and life satisfaction respectively among the elderly. Results indicate average resilience levels in old age (Mean=107.12, SD=8.56), with above average life satisfaction (Mean=67.65, SD=7.37). The levels of resilience have been found to have a weak positive correlation ( $r=0.088$ ) with those of life satisfaction thus indicating that these variables are not significantly correlated in old age persons. No significant gender difference has been found among old age males and females. The findings of the study may be extended to fostering a more supportive environment for the elderly and designing effective intervention programs aimed at better life satisfaction levels.

*Keywords:* Old age, resilience, life satisfaction

## Level of Happiness among Working Women of Public and Private Sectors: A Comparative Study

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Happiness is a state of emotional well-being that a person involves either in a narrow sense or when a good thing happens in a special moment, or more broadly, as a positive evaluation of one's life which is called subjective well-being. Happiness can be well-known both from negative emotions, such as sadness, fear, and anger, and also from positive emotions such as affection, excitement, and interest. This emotion often co-occurs with a specific facial expression which is the smile. The present research intended to study the level of Happiness of women who were either working in government or private organizations. It was also an attempt to find out the differences in the status of happiness in these two groups. A sample of 40 women from Patna district was collected where 20 women are from a government job and 20 women are from a private job. Happiness Scale by Dr. R.L. Bharadwaj and Dr. Poonam R.Das has been used in this study. Obtained data were analyzed with the help of Mean, SD, and t-ratio. The result has shown that there are no significant differences found between both government and private working women. Both groups have equal happiness levels. We can say that both government and private working women's conditions can not affect the happiness of women.

*Keywords:* Happiness, women, government working, and private working



## The Mediating Role of Students' Dispositional Mindfulness Between Intolerance of Uncertainty and Psychological Well-Being

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Intolerance of uncertainty is a well-known psychological construct which plays a pivotal role in psychological disorders. This study aims to understand the potential mechanism by which Intolerance of uncertainty influences the psychological well-being of students via dispositional mindfulness. A sample of 150 students (male 76, female 74) with a mean age of 24.3 years participated in the study. The participants completed 12-item intolerance of uncertainty scale (IUS-12) for assessing intolerance of uncertainty and an 8-item Flourishing Scale for assessing psychological well-being. Dispositional mindfulness was assessed by using the 15-item Mindful Attention Awareness Scale (MASS). The collected data was analyzed using correlational and multiple regression analysis. The mediation model was tested using Hayes PROCESS MACRO for SPSS to examine the indirect effect of intolerance of uncertainty on psychological well-being through Dispositional Mindfulness. The results indicated that IOU ( $\beta = -0.183, p < 0.05$ ) and DM ( $\beta = 0.280, p < 0.01$ ), significantly predicted students PWB, Mediation analysis showed that dispositional mindfulness completely mediated the relationship between IOU and psychological well-being. Furthermore, males and females were indifferent in the levels of Intolerance of uncertainty, Dispositional Mindfulness, and psychological well-being. The current study highlights the underlying mechanism through which IOU influences PWB. The study has contributed to the existing pool of literature by emphasizing the significance of dispositional mindfulness in the psychological well-being of students.

*Keywords:* Intolerance of uncertainty, dispositional mindfulness, mediation analysis, psychological well-being

## On the Relationship between Student Success and Well-being: A Reciprocal Causation Approach for School-Going Adolescents of India

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Over the past few decades, the emphasis on positive understanding of human behaviour has increased manifold. This is also evident in the literature associated with adolescents. Student success and well-being have received increased attention from researchers. Although a number of studies have investigated the unidirectional relationship between student success and well-being, the relationship between the two is inconclusive. Specifically, the plausibility of reciprocal relationships between the two constructs has largely been ignored. Objective of the study was Recognizing the presence of feedback effects in the engine model of well-being (Jayawickreme, Forgeard & Seligman, 2012), the present study aims to investigate the reciprocal relationship between student success and well-being. A sample of 310 school-going adolescents from three schools, between the ages of 14 and 17 years, formed part of the present study. The methodological approaches that enable estimation of reciprocal effects with cross-sectional data were used (Paxton, Hipp & Marquart-Pyatt, 2011) in combination with structural equation modelling (SEM) using instrumental variables. The results confirmed the reciprocal relationship, indicating that student success and well-being are reciprocally linked and influence each other in a stable feedback system. Furthermore, the results from multi-group SEM revealed that the model is robust and generalizable across boys and girls. The study is the first to investigate such a relationship in the Indian context and offers preliminary insights into a potential reciprocal link between student success and well-being. Implications for assessment, intervention, and policy making, along with future research directions, are discussed.

*Keywords:* Student success, well-being, reciprocal relationship, structural equation modelling



# **The Study of Life Satisfaction among Infertile Working and Non-working Women**

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Infertility is the inability to naturally conceive, carry or deliver a healthy child. The World Health Organization definition based on 24 months of trying to get pregnant is recommended as the definition that is useful in clinical practice disciplines. All over the world it affects an estimated 10%- 15% of couples of reproductive ages. In recent years, the number of couples seeking treatment for infertility has dramatically increased. The stress of the non-fulfilment of a wish of a child has been associated with emotional squeal such as anger, depression, anxiety, marital problems and feelings of worthlessness among the partners. In general, among infertile couples, women show higher levels of distress than their male partners. The purpose of this study is to measure the level of life satisfaction among infertile working and non-working women. Objective of the study was to study the difference between infertile working and non-working women. The study was conducted among 60 infertile women. The sample of infertile women was drawn from various IVF centres, hospitals in Gujarat. The group was further divided into two sub-groups of 30 working and 30 non-working women. Quality of life scale by Sarika Sharma and Dr. Nakhat Nasreen was used to analyse the data with the help of "t-test". Mean value of infertile non-working women was 93.1 and mean value of infertile working women was 85.46 and the t value was 3.499 which was highly significant by 0.01 level. Thus, the Ho1 was rejected. Infertile working women has low life satisfaction than the infertile non-working women.

*Keywords:* Infertility, working women, life satisfaction





# **SUB-THEME**

# **ALLIED PSYCHOLOGICAL**

# **PERSPECTIVE**





## Body Shaming in Young Adults leading to Negative Self Thought

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Young adults are the most vulnerable group of people, especially females. Girls at this tender age wanted to look pretty and attractive. They look at themselves according to the perception done by society. Body shaming has become one of the major issues that is faced by most people in society. Criticizing and humiliating one's body type affects the mental health of that person leading to negative self-thought and poor self-esteem. How a person perceives her body directly influences her thoughts and actions. If the person is ridiculed about her body type constantly it causes negative body image about oneself. Negative self-thought limits one's belief in herself and her own abilities and it causes hindrances in reaching their self-potential. The aim of this study is to assess the negative self-thought in young adults due to body shaming and their belief that they are perceived by society. For the present study 50 females were selected for final study. A self-report data will be obtained. The results show a positive correlation between body shaming and negative self-thought. Since young adults are more exposed to the concept of body shaming, it is important to spread knowledge about what is negative in their lives and how they can change their thoughts about the same.

*Keywords:* Body shaming, self-esteem, negative self-thought

## Evaluation of Emotional Intelligence and Perceived Stress in Elderly Pensioners and Non Pensioners

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In recent years, the relevance & importance of E.I in the content of building leadership, commercial negotiation & dispute resolution has been invitingly recognized professional qualification with continuous professional. Development laws incorporated aspects of understanding emotion of developing greater insight into E. I. The primary objective of this study was to assess and compare the emotional intelligence and perceived stress of elderly pensioners and non-pensioners. Sample of total 40 including 20 elderly male (10 pensioners and 10 non-pensioners) and 20 elderly female (10 pensioners and 10 non-pensioners) of the age range of 63-70 were taken. The tools used for collecting data were Multidimensional Self report emotional intelligence Scale and Hindu adaptation of Perceived Stress Scale Questionnaire developed by Cohen & Williamson. In results, the t-value has been calculated in which the 1<sup>st</sup> factor, 2<sup>nd</sup> factor and 4<sup>th</sup> factor don't have significant difference but the 3<sup>rd</sup> factor have significant differences between elderly pensioners and non pensioners male. In females, old aged pensioners and non-pensioners have significant differences on the 1<sup>st</sup> factor, 2<sup>nd</sup> factor and 4<sup>th</sup> factor but insignificant on 3<sup>rd</sup> factor. Overall old aged pensioners and non pensioners (male – female) have significant differences on all 4 factors in gender basis. Old aged non pensioners (male, female) have perceived the stress more and have less emotional intelligence as compared to pensioners (male, female) maybe due to financial dependency, lack of social support system and social exposure.

*Keywords:* Emotional intelligence, perceived stress, pensioners -non pensioners.



## Personality Correlates of Professional Sportspersons

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Just as the physical determinants are significant for the success in sports, similarly mental determinants like personality-factors, temperamental-factors, agitation control, self-confidence, mental-resilience, concentration, relaxation, and others also play significant role in sports. Among these mental determinants personality has the greatest importance. As per researches, there is significant role of personality in sportspersons for performance. The purpose of this study was to assess the personality correlates of sportspersons that had contributed to the understanding of personality traits in professional sportspersons. Systematic literature researches on various database like American medical association Cognet, Pubmed, PsychINFO, Science Direct, Researchgate, Academia etc. along with books related to personality profile of sportspersons were used for the collection of data. NEO-FFI-3 (Neuroticism, Extraversion, Openness - Five Factor Inventory) -3 was used for personality assessment of professional sportspersons. As per literature review it can be concluded that the personality profile of sportspersons were characterized by high conscientiousness and extraversion, average openness to experience and agreeableness. Researches are available on non-indian population. In India, there is huge research gap in the area of sports psychology. So this research helped to fill this research gap and gave the personality profile of professional sports persons.

*Keywords:* Professional sportspersons, personality correlates, sport psychology

## A Qualitative study of Unforgiveness among Indian Adults

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Unforgiveness is an internal state of a person in face of a transgression. Although there are studies that have shown its positive and negative life outcomes, there is still a lack of studies explaining the full complexity of unforgiveness. Researchers have suggested that there is a strong need to explore the construct through empirical studies. The present study aims to explore the nature and dynamics of unforgiveness among Indian adults through a qualitative study. Method: Twenty-six participants were recruited through purposive and snowball sampling techniques. They were interviewed using a semi-structured interview protocol. Interview contents were transcribed verbatim and analysed using the thematic analysis method. Three themes were identified: costs of unforgiveness, benefits of unforgiveness, and lowering strategies of unforgiveness. The costs associated with unforgiveness reported by participants were loneliness, diminished support, fear of re-victimization, feelings of guilt, and negative emotions etc. Increased happiness and satisfaction, increased adaptability, increased self-worth, and a sense of security were described as benefits of unforgiveness. Participants also described some strategies that can act to reduce unforgiveness. Seeking forgiveness by the offender, apology by the offender, positive change in the offender, and considering ill-conditions of the offender(s) were some of the mechanisms highlighted by participants to reduce unforgiveness. Thus, unforgiveness is a complex psychological phenomenon which exerts certain positive and negative impacts on its adherents.

*Keywords:* Forgiveness, thematic analysis, transgression, unforgiveness, well-being



## Mindfulness Enhances Time Affluence: Future Directions for a Theoretical Foundation from a Pilot Investigation

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Mindfulness or the non-judgmental awareness of the present is associated with time affluence or the perception of time sufficiency and resultant satisfaction. Literature reports the association between mindfulness and time affluence, as well as the impact of mindfulness in enhancing time affluence. However, a theoretical foundation that explains how mindfulness impacts time affluence will be necessary for practical adaptation of mindfulness-based interventions among different clinical and non clinical populations. Hence a pilot investigation was carried out to develop a testable conceptual framework that explains the association between mindfulness and time affluence, with the support of an existing theory of mindfulness – mindfulness-to-meaning theory – that proposed that mindfulness enhances eudemonia. In Phase-I, 100 college students (mean age 19.74; Male=24, Female=76) recruited through snowball sampling were administered with Five Facet Mindfulness Questionnaire and Questionnaire for Eudemonic Well-Being. In Phase-II, low-scorers (>40) and high-scorers (<55) on mindfulness were interviewed. Current study corroborated previous literature that reported significant positive correlation between mindfulness and eudemonia. Interview results revealed hedonic orientation of the low-scorers who had also reported contextual time affluence or time poverty; as well as the eudaimonic orientation and better time affluence of high-scorers. Eudaimonia is apparently mediating the relationship between mindfulness and time affluence. A conceptual framework and ensuing hypotheses are formulated that attempt to explain the functioning and potential outcomes of mindfulness and time affluence. Applicability of the conceptual framework to propose a culture-sensitive theory on time affluence is discussed.

*Keywords:* Mindfulness, time affluence, eudemonia

## Effect of Socio-Economic Status on Emotional Intelligence: A Study among College Students

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Emotional Intelligence is the capability to process emotional information accurately and efficiently. There are many factors that can affect the emotional intelligence, factors such as socio-economic group, age and many more. Apart from all this, socio-economic status can also be a key factor to affect emotional intelligence. The present study was attempted to determine whether persons from different socio-economic status are different in emotional intelligence. It was an attempt to compare the emotional intelligence between lower socio-economic group and higher socio-economic group. Socio-economic status has been studied as independent variable (IV) and emotional intelligence has studied as dependent variable (DV). The sample was 50 college students who were belonging to different socio-economic status of Bihar. Among the sample, 25 belonged to lower socio-economic status 25 belonged to higher socio-economic Status. In this study, Incidental cum purposive sampling is used for the selection of sample. Results have shown that students who belong to lower socio-economic status are more emotional than students who belong to higher socio-economic status. There is a significant difference between participants of both the groups in terms of emotional intelligence. Conclusively, Socio-economic status does play a role in emotional intelligence among college students.

*Keywords:* Emotional Intelligence, socio-economic Status, college, students



## Beyond “Sensory Experiences”: A qualitative study on Pain Experiences of Male Adults

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Although pain has been extensively studied in clinical settings, there is little research on normal adult pain experiences concerning its physical, psychological and interpersonal aspects. This study examines the general understanding of pain, its causes/sources, consequences and coping strategies in normal male adults. The study recruited 20 normal healthy male adults over the age of 18 for a qualitative study. Data were collected using a semi-structured interview protocol and analyzed using the thematic analysis method (Braun & Clarke, 2006). Data analysis led to the identification of 5 main themes. These were: broad psychological impact, multiple sources, close connections to different aspects of life, barriers to pain experiences, and coping strategies. Stress, loneliness, helplessness, social anxiety, and trust issues were the main consequences of pain. Social relationships, betrayal, professional stress, humiliation, and social desirability were some major causes/sources of pain. Pain becomes an embedded part of personal life and takes people out of focus professionally. Some barriers made sharing and communicating these experiences uncomfortable. Seeking elder help, peer help, neglect, escapism, projecting normalcy in daily life, distraction, and ‘time will heal’ were some coping strategies described by participants. Pain has far-reaching effects on life. Beyond the sensory characteristics, there are specific social or communicative functions of pain. This makes people feel interrupted, mentally preoccupied, and motivated to avoid it. Pain experiences and expressions are the product of sensory experience, personal background, interpersonal context, and personalized meaning.

*Keywords:* Pain, qualitative methods, pain avoidance, relationship, pain expression.

## A Preliminary Inquiry into the Nature and Characteristics of Self-Unforgiveness: A Qualitative Study

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Although forgiveness (of others and oneself) is a core humanistic value and a socially desirable virtue, certain life events and behaviours of other and self-make it difficult to occur forgiveness. Despite practical implications of self-unforgiveness, there is very limited research on this construct. The study attempted to develop a preliminary understanding of the nature and characteristics of self-unforgiveness of adults. Using a qualitative research design, data were collected through a semi-structured interview protocol with 3 males and 5 females (Age Range=20-25 yrs, mean=23 yrs, SD=4) chosen by the snowball sampling method. The interviews were audiotaped, transcribed verbatim and analysed using the thematic analysis method. The study identified five themes of self-unforgiveness: complex process and difficult to reveal, sophisticated experiences, causes, consequences, and supportive strategies of self-unforgiveness. The study findings showed that self-unforgiveness is a complex process and somewhat difficult to express. It includes people’s experiences of sophisticated experiences and comprises sophisticated experiences that need careful attempt to understand. Self-unforgiveness exerts a significant impact on emotional, cognitive and physiological processes. It affects well-being. Also, it influences people’s relationship with family, friends, and others. There are personal, social, and relational causes of self-unforgiveness. Individuals employ certain strategies to mitigate the negative impacts of self-unforgiveness. The study findings can be helpful in increasing well-being, reducing emotional upheaval and negative self-perception.

*Keywords:* Self-unforgiveness, thematic analysis method, well-being





## Locus of Control, Social Inhibition and Negative Affectivity Among Peptic Ulcer Patients

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Locus of control refers to beliefs to external and internal control. It refers to the degree of control individuals believe they have over their reinforcements they receive. Negative affectivity is a tendency to experience negative emotions and to inhibit these emotions while avoiding social contacts with others. This study investigated the pain locus of control, negative affectivity and social inhibition among peptic ulcer patients. 2 x 2 factorial design with two groups (Peptic Ulcer patients and control group) and 2 genders (male and female) was planned. Sample consisted of 40 male and 40 female peptic ulcer patients of the age range of 30 to 55 years, diagnosed by the medical experts as peptic ulcer, minimum education at least high school and suffering from peptic ulcer 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 80 male and 80 female controls of the same age range and education was also included in the sample. Hindi Adaptation of Rotter's Locus of Control Scale (Kumar, 1988) and Hindi adaptation of D S - 14 (Verma and Khan, 2006) was administered to these groups individually. It was found that peptic ulcer patients are externally controlled and their experience is governed more by the external factors as compared to the control group. They exhibit tendency to experience negative emotions and to inhibit these emotions while avoiding social contacts with others. They tend to worry, to take a gloomy view of life, and to feel tense and unhappy. They are more easily irritated and in general are less likely to experience positive mood states. At the same time, they are less likely to share their negative emotions with others for fear of rejection and disapproval. Summarizing the findings of this research, it may be concluded that peptic ulcer patients are externally governed in the experience of pain as compared to the control group which reflects that the internal belief system of peptic ulcer patients requires strengthening, to enable them in managing their pain condition in a better way.

*Keywords:* Locus of control, social inhibition negative affectivity, peptic ulcer

## Social Perception and Rights Awareness Survey of Lesbian, Gay, Bisexual and Transgender Community

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Lesbian, gay, bisexual, and transgender community or LGBT community refers to a broad coalition of groups that are diverse with respect to gender, sexual orientation, race/ethnicity, and socioeconomic status. LGBT individuals may experience social stigma in their day-to-day life. Prejudice and explicitly stigmatizing behaviors of other people may increase LGBT individuals' fear regarding discrimination. The denial of human rights for LGBT persons persists throughout the world, over 30 countries have decriminalised homosexuality in the past 20 years. This research paper can empower readers about life struggles of gender and sexualize minorities LGBT community. The study was community oriented and cultural production grounded in struggle to challenge stereotypes, silences and discrimination that have been circulated about LGBT in Indian culture. The aim of Indian LGBT survey was to obtain robust and comparable data that would allow a better understanding of how LGBT people are living in India and experiencing the enjoyment of fundamental rights. The pilot study data was conducted



on 17 subjects across the northern India region through an online survey questionnaire named “LGBT survey questionnaire” developed by European agency of Fundamental rights (FRA) in 2012. This questionnaire collected the views on social perception towards LGBT community, human rights awareness and living conditions of self-identified LGBT community people aged 18 years and above. Sample was collected by using purposive sampling method and survey research design was used for data collection. As per the result of this study all subjects scored above average for social perception for homophobia and transphobia and below average for living conditions of LGBT community in India. From above results it can be concluded that people still show biased behaviour, and discrimination towards LGBT community and they also felt the need to improve social norms and judicial rights for them. This research needs further large samples to generalize the result.

*Keywords:* LGBT community, societal norms, social perception

## **Personality Correlates of Academic Burnout among MBBS Students**

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Medical students are exposed to multiple stressors that may detrimentally affect their mental health. This study investigates the impact of personality traits on academic burnout. To assess the personality types prone to Academic burnout in undergraduate medical students. The sample comprised 30 subjects (N=30) aged 18-28. The Snowball sampling method was used for the selection of the sample. The Big Five Inventory (John et al. 2008) was developed to assess personality traits and the Copenhagen Inventory (CBI): Student Version was used to determine academic burnout. There is a significant negative relationship between personality traits and academic burnout among MBBS students. Personality traits influence academic burnout and the ability to cope with it.

*Keywords:* MBBS Students, Personality traits, academic burnout

## **Role of Spiritual Intelligence in Occupational Stress and Mental Health relationship among Nursing Professionals**

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The nursing profession is a strenuous job with complicated demands, During the COVID-19 Pandemic, there has been a significant change in the roles, duties, and working conditions of nursing professionals. They continue to be in the front lines of patient treatment in hospitals. Nursing is a specialized profession that demands a high level of specialized knowledge and skills. Its goal is to assist people in adopting a healthy lifestyle, coping with health issues, and caring for people during illness in ways that enhance health and wellness. To address the needs of direct patient care and cooperative negotiations with the multidisciplinary team, modern nursing demands call on Spiritual Intelligence skills. The present study was conducted to examine the role of spiritual intelligence in occupational stress and the mental health relationship among nursing professionals. A sample of 304 Nursing professionals was selected for the study using the purposive sampling method. Mental Health Questionnaire (MHQ) developed by Gupta and Singh (2018) was used to measure mental health, The Nursing Stress Scale (NSS) developed by Gray-Toft, P. and J.G. Anderson was used to measure nurses occupational stress and, The Spiritual Intelligence Self-Report Inventory (SISRI-24) developed by King



&DeCicco (2009) was used to measure spiritual intelligence. To analyze data, the current study used a correlational design and moderation analysis. The results of this study revealed that there was a negative and significant relationship between occupational stress and mental health, as well as a negative and significant relationship between occupational stress and spiritual intelligence. Mental health and spiritual intelligence have been demonstrated to have a positive and significant relationship. Further findings of the study confirm the buffering effect of spiritual intelligence on occupational stress and mental health relationships. Thus, spiritual intelligence training is an effective method to decrease occupational stress and increase mental health, and it is suggested spiritual intelligence training should be applied in the healthcare sector to improve mental health among nursing professionals.

*Keywords:* Occupational Stress, Mental health, and Spiritual Intelligence

## Organizational Health and Administrative Styles

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The modern complex organizations like the universities and colleges have become very complex. Their within organization environment is, now, found to be tremendously complex. They have emerged as complex systems made up of psychological, sociological, technical and economic factors which require intensive investigation in order to understand them and keep them healthy and functioning properly. Organizational leadership emerges to be one of the most important concepts when the study of any aspect of the organization is undertaken. The basic fact is that leaders are a key human resource in any organization. The focus of the present study was the organizational leadership and the context was the higher education. Attempts were made to explore the leadership characteristics of the principals of affiliated colleges and establish where they stand in terms of the managerial styles defined and explained under the grid concept of leadership developed by Blake and Mouton (1984) and how organizational health of the college was related to principals' leadership styles. A sample of 48 colleges was selected for the study using systematically random technique. The Principals Leadership style Questionnaire (PLSQ) and College Organizational Health Questionnaire (COHQ) was developed by the researcher himself for measuring leadership style and organizational health. For data analysis K-S test and t-test were used. The study revealed that 9,9 style of principal leadership is more effective than all other styles when looked from the point of view of college organizational health as perceived by the teachers. It was also found that 9,9 leadership style was more effective than the 5,5 style, 1,9 style and 1,1 style in terms of organizational health of the college. Further findings of the study revealed that organizational health was perceived to be the best by teachers under 9,9 leadership style principals. The findings of the study seem to have significant implications for the theory of leadership, particularly behavior approaches to leadership and apart from this it would be of interest and advantage if through training an awareness about all leadership theories and their importance in the management of institutions is developed in them. Knowledge of this in case of the principals may result in their better and more effective performance.

*Keywords:* Organizational health, Blake and Mouton grid system of leadership.



## Understanding the nature and attributes of self-compassion in HIV patients: A qualitative study in the Indian context

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Human Immunodeficiency Virus (HIV) remains a huge stigma and people are scared of its name. People with HIV face a variety of negative psychosocial outcomes, including depression, loneliness, and avoidant coping behaviors. Self-love is the act of treating yourself kindly in the face of suffering. Self-compassion is associated with well-being and resilience. People with high self-compassion deal with negative events like failure, rejection, and loss more successfully than people with low self-compassion. The basic objective of the study was to understand the nature and attributes of self-compassion in HIV-patients in the Indian context. A qualitative research design was used. Using purposive sampling, 10 HIV positive patients were recruited. The data were collected through a semi-structured interview based on the self-compassion model of Neff (2003). The transcriptions from semi-structured interviews were analyzed by the Thematic Analysis Method. Four themes were identified that provided a deep understanding of the nature of self-compassion in patients who are suffering from HIV. The themes were: Self-compassion eases connection with the self, Self-compassion facilitates acquaintance with emotional experience, Self-acceptance leads to emotional care, and Family support facilitates self-motivation and self-kindness. The findings show that self-compassion facilitates self-motivation and self-kindness that promote emotional care to understand them. It also motivates a better understanding of life adversities.

*Keywords:* Self- acceptance, Self-compassion, Emotional experiences, self-love, HIV-AIDS.

## The Impact of Twin Hearts Meditation on the level of Optimism of Teenagers

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Optimism is invincible strength and fortitude which adds charisma to the persona of a person. All the spiritual and yogic techniques which were given by ancient saints for elevating the level of awareness and wisdom, those techniques have also the power to build an individual into a self-reliant and poised person. In post Covid new normal situations most of the teenagers are facing a lack of optimistic views in their day-to-day life. Therefore, the objective of the present research is to study the impact of twin hearts meditation on the optimism level of the teenagers especially for the age group 13-18 yrs. The simple random non probability sampling method with directional hypothesis and optimism- pessimism scale by D.S. Parashar as tool was used and the pre-post design was applied for the collection of data of the 30 samples. The dependent variable is optimism and the independent variable is twin hearts meditation (THM) developed by the founder of Arhatic Yoga and Pranic Healing, Master ChoaKokSui. The 30 samples practiced this twin hearts meditation for 30 days under the guidance. The result indicates positive impact of THM on the level of Optimism. In conclusion, THM helps in increasing the level of optimism of teenagers.

*Keywords:* Twin hearts meditation (THM), optimism, yogic techniques.





## Impact of Mental Health on Academic Performance of the College Students

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University students are the largest group of young people suffering from mental health problems such as depression, anxiety, suicidal attempts, and non-suicidal self-injury. Mental health problems affect a student's energy level, concentration, dependability, mental ability, and optimism, hindering performance. Research suggests that depression is associated with lower grade point averages, and that co-occurring depression and anxiety can increase this association. Sometimes depression is also linked to dropping out of college. Mental health problems affect many areas of students' lives, reducing their quality of life, academic achievement, physical health, and satisfaction with the college experience, and negatively impacting relationships with friends and family members. These issues also lead to long-term consequences for students, affecting their future employment, earning potential, and overall health. The present research is intended to determine how mental health is affecting the GPA (Grade Point Average), to understand how mental health is influencing an individual's behavior and academic performance of college students. A systematic review of 10 studies were done from the databases (American Medical Association Journals, BMJ Journals, MIT CogNet, PsycINFO, ScienceDirect, JSTOR, Research scholar, Research gate, Google Scholar, Iseek etc) was done for the collection of data. The result of this review paper recognized that mental health issues among adolescents not only cause such problems, but they also negatively influence academic; students who had mental difficulties or disabilities, either treated or untreated, experience lower grade point average (GPAs) and more drop out than other students. University years are exciting and challenging years for students; it is essential for the students to overcome these challenges and stress-inducing factors in order to pave the way for their own educational achievement; this review paper provides scope for future investigation.

*Keywords:* Mental health, academic performance, university students.

## Effect of Gender on Emotional Intelligence: A study among College Students

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Emotional intelligence has proven to be a significant influence in different areas of everyday life including mental and physical health, social health, social functioning and academic and work place. This process includes the capability to perceive, assimilate, understand and manage emotions. There are many factors that can affect the emotional intelligence, factors such as socio-economic group, age and many more. Apart from all this, genders can also be a key factor to affect emotional intelligence. The study was an attempt to investigate differences in emotional intelligence in terms of gender. It was an attempt to compare the emotional intelligence between male and female college students. Gender has been studied as independent variable (IV) and emotional intelligence has studied as dependent variable (DV). The sample was 50 college students in the age groups of 18 to 25 years. Among them, 25 were male 25 were female. Emotional intelligence scale developed by Anukool Hyde, SanjyotPethe and Upinder Dhar has been used in this study. Results have shown that male subjects have shown high emotional intelligence as compared to female subjects. There has significant difference between male and female on the scale of emotional intelligence. Conclusively, it can be stated that gender has a prominent role in the emotional intelligence of college students.

*Keywords:* Emotional Intelligence, Gender, College' Students



## **Feminization of Ageing: Perspective beyond the demographic reality.**

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Population ageing is a global phenomenon but the process of aging differs across the regions and culture. It is a demographic reality which is inevitable and irreversible with its psycho-social, economic and political repercussions. The ubiquitous gendered nature of ageing states that women tend to live more than their counterpart. This feminization of aging simply means that there are more women than men in the elderly population but the connotation of this phenomenon is complicated and vital especially in Indian perspective. Irrespective of being in the majority and having a longer life expectancy than men, the predicament of elderly women is aggravated by the substantial social marginalization and discrimination which they experience throughout their lives. The aim of this study is to assess the concept and prospect of feminization of aging and its associated factors in Indian context. Therefore, the data based on NSO (National statistics office under the Ministry of statistics and programme implementation, Govt of India) and other relevant organizations were taken and analyzed. Theoretical basis of this study can help to expand our understanding of this phenomenon beyond the numbers, which has three axes: understanding the concept of feminization of aging; challenges faced by elderly women; and, finally, the needs of aging women and transformation strategies in India.

*Keywords:* Ageing, gender, feminization. Challenges and strategy

## **Fear of Missing Out as Related to Self-Esteem among University Students**

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FoMO or "fear of missing out," is a phenomenon that is becoming increasingly common and can cause significant stress in students' lives and impair the self-esteem of a person. Self-esteem and perceived competence are necessary for students to take risks in their learning and to bounce back after failure or adversity. Low self-esteem or lack of confidence leaves students doubting their ability to succeed, making them hesitant to engage in learning or take appropriate academic growth risks. The present study reviewed the level of self-esteem & FoMO among university students and the relationship between fear of missing out with self-esteem in university students, to examine the gender difference of FoMO and self-esteem in university students. The sample consisted of 30 subjects (N=50) age ranging from 18 to 25. There was Fear of Missing Out Scale: FoMOs developed by Przybylski, Murayama, DeHann, & Gladwell (2013) and Rosenberg Self-Esteem Scale by Princeton, NJ (1965) were used in the present study. From the sample obtained data it was revealed that there is significant correlation between fear of missing out and self-esteem. Hence, through this study, it can be concluded that FoMO affects the Self Esteem.

*Keywords:* Fear of missing out, self-esteem, students

## Role of Gender on Cyber Bullying among Young Adults

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Cyber bullying is increasing day by day and much relatable to the people in our age group as they face multiple problems due to increase in Cyber-crime activities. As technology has progressive over the last two eras, cyber bullying has become a more dominant problem. The widespread use of cell phones, numerous instant messaging programmers, and the rise of social media have provided cyber bullies with an ever-increasing variety of ways to harm their targets and there is need to study the Level of cyber bullying among young adults across gender. The present study intended to explore the level of cyber bullying among young adult female and male and To compare the level of cyber bullying among young adults male and female. The sample comprised of 20 subjects (N- 20 ) out of which 10 are female and 10 are male, age range from 20-25. Purposive sampling method was used for the selection of the sample, the cyber bullying scale development by Regan W. Stewart in 2014. From the obtained data it was revealed that male and female both are the victim of cyber bullying. This study revealed that there was no significant difference found.

*Keywords:* Cyber bullying, gender

## Impact of Cancer on Mental Health in North-East India

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Cancer is being diagnosed more and more frequently in the developing world. The initiation and progression of cancer depends upon both external factors in the environment (tobacco, chemicals, radiation and infectious organisms) and factors within the cells (inherited mutations, hormones, immune conditions and mutations that occur from metabolism). Besides these, life style and food habits also contribute to the occurrence of cancer. Cancer is the second most common disease in India. The North-Eastern part of India is very vulnerable with respect to cancer prevalence. In North-East India, there is a wide disparity in both the diagnosis and treatment of cancers, which are mostly due to lack of awareness, socioeconomic conditions, and difficulty to access the facilities for cancer diagnosis and treatment. This theoretical paper focuses mainly on the issues of mental health due to Cancer amongst the North Eastern people. It is covering issues like the reasons why adverse effect on mental health is greater in this part of the region, reasons of lack of mental health awareness and difficult issues like disfigurement, disability, dependence, disruption of social relationships and sexual life, loss of femininity, social isolation etc. which in turn creates severe crisis in the life of a cancer patient. Cancer not only adversely affects the health and wellbeing of the patients but also damages the psychological health of their caregivers. Caring for a patient with cancer has an impact on the caregiver's quality of life as they too often face emotional and physical stress that further leads to frustration, depression, fatigue, anger, guilt, loneliness etc. The implication of the findings will help in designing suitable intervention strategies for both patients and care givers to manage the adverse impact that cancer can have on mental health.

*Keywords:* Cancer, mental health, north east India



## Psychological Capital and Workplace Mistreatment amongst the Government and Private Sector Employees of Assam: An Empirical Study

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Workplace mistreatment has become a contentious issue in organizational places, with numerous advances in our understanding of how mistreatment works in recent years. Previous researches have addressed important questions about the causes and consequences of workplace mistreatment, one critical aspect that has not been addressed widely is how and what factors can act as a buffer against workplace mistreatment. In this study, we attempt to find out the relationship between Psychological Capital and Workplace Mistreatment and also suggest that Psychological Capital (PsyCap) can help mitigate the negative effect of workplace mistreatment. The data was collected from a sample of 60 employees working in the private and government sector through convenience sampling technique. The objectives of the study were: to assess the degree of psychological capital and workplace mistreatment of the employees in government and private sector and to investigate the relationship between psychological capital and workplace mistreatment. The Psychological Capital scale and the Negative Acts Questionnaire- Revised (NAQ-R) were used. Data was analysed using SPSS and treated to independent sample t-test and Pearson Product-Moment Correlation Coefficient. Results showed that there is a significant difference in the level of workplace mistreatment between government and private sector employees. However, no such significant differences in psychological capital have been found between the two groups. Also, it was found that there is a significant negative correlation between NAQ-R and PSYCAP at .01 level of significance. The implications of the findings have been discussed in detail.

*Keywords:* Psychological Capital, Organization, Workplace Mistreatment

## A Study of Neuropsychological Functioning and Academic Stress among children living in Noise-Polluted Areas India

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Large numbers of children in economically developing countries like India are chronically exposed to high levels of ambient noise. Exposure to prolonged or excessive noise has been shown to mental processing of individuals. The present study is aimed to study the effects of chronic ambient noise exposure on children in relation to Academic Stress and Neuropsychological Functioning. The present study has been conducted on 120 school children, 61 residing in locality having high levels of ambient noise (noise polluted area) and 59 residing in locality having low levels of ambient noise, (non-noise polluted area) studying in 9th and 10th grade from different schools in Delhi and Jammu region. The assessment was done using a semi-structured interview schedule, Scale for Assessing Academic Stress (SAAS), Weinstein's Noise Sensitivity Scale (WNSS) questionnaires and test for Neuropsychological Functioning. The analysis of data was done using Statistical techniques of Independent Sample T-test and Karl Pearson's coefficient of correlation. The result showed significant differences between levels of Academic Stress, Neuropsychological Functioning in both the groups, indicating impact of noise pollution on academic performance as well as Neuropsychological Functioning. A significant relationship was found between Academic Stress, Noise Sensitivity and Neuropsychological Functioning. The present research contributes to the knowledge as well as insight to develop Noise management programs.

*Keywords:* Neuropsychological Functioning, Noise Pollution, Academic Stress





## A Study on Materialism and Religiosity in Developed and Developing Societies

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Materialism and Religiosity are dominant elements of value-systems that are in contention with each other, whose complex association between has been empirically evaluated in developing societies (Masoom&Sarker, 2017). However, comparative studies of the materialism-Religiosity relationship in developed and developing societies have been scarce. The moderating effect of confounders has also been poorly investigated with primary focus on the variable age. This study investigates Materialism and Religiosity, as well as the moderating effects of Level of Higher Education and geographic location, in two highly dissimilar capitals: New Delhi, a developed city, and in London, a developed capital. A survey on a sample of 119 adult volunteers using self-administered questionnaires was used to evaluate Materialism, Religiosity, and the effect of Level of Higher Education on these constructs using a modified Religiosity Scale and a Material Value Scale (MVS). The moderating effect of Geographic Factors in this interplay was also evaluated. A weak, nonsignificant moderating effect of Level of Higher Education in the materialism-Religiosity association was revealed. In addition, a significant main effect of Geographic Factors on Religiosity but a nonsignificant combined effect of Geographic Factors on the association of the previous three variables was observed.

*Keywords:* Materialism, religiosity, developing societies

## Stress and Its correlates among School going Adolescents in the Western Uttar Pradesh, India

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India has over 250 million adolescents constituting over 20% population according to census 2011. Adolescence is a phase of physical, psychological, social, and emotional changes and development which sets trajectory for future health and well-being. This study was conducted to determine prevalence of stress and its correlates among school going adolescents in western Uttar Pradesh. This cross-sectional study utilized cluster randomized sampling method with design effect of 1.25. The study included class VI to class XII students from two government and two private schools -selected randomly- in the district. Data was collected using DASS-21 questionnaire with a semi-structured questionnaire to study determinants/ correlates. Data was entered in MS Excel sheet and analyzed in STATA ver 12.0. We included 454 study participants' responses (response rate of 96.6%) for data analysis. Mean age of study participants was 15.7(1.48) years. There was slight preponderance of girls (55.4%), students from private schools (55.3%) and students from XI and XII classes (61.7%). The prevalence of stress was 57.1% in our study population, with 21.1% adolescents having severe to extremely severe stress. In multivariable regression analysis self-perceived poor academic performance ( $p=0.02$ ), being sleep deprived ( $p=0.01$ ) and increasing duration of Smartphone use ( $p=0.03$ ) were statistically significantly associated with stress. There is high prevalence of stress among school going adolescents which is correlated with poor academic performance, Smartphone use and sleep deprivation.

*Keywords:* Mental Health, Sleep deprivation, Adolescents



## Job Burnout's Relationship with Sleep Difficulties among Different Professionals

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The present study conceptualizes burnout according to Maslach's tridimensional model into three categories namely, emotional exhaustion, depersonalization and a lack of personal accomplishment along with sleep quality. The objectives of this study are to examine the differences in burnout and sleep quality among practitioner psychologists and non-psychology professionals. The present quantitative study with a cross-sectional design includes 100 participants from different professions, without any history of psychiatric disorder or sleep related disorder. Research tools used were Maslach's Burnout Inventory (MBI) and Pittsburgh Sleep Quality Index (PSQI). The data was obtained using google forms through a convenient sampling method. Burnout was present in 71% of the non-psychology professionals. Non-psychology professionals had higher burnout and poor sleep quality as compared to psychologists. Linear regression to assess the ability to predict the level of burnout yielded a statistically significant variance in the quality of sleep. The coefficient of determination of burnout ( $R^2 = 0.14$ ,  $p < 0.05$ ) indicates that burnout contributes 14% of variance in the quality of sleep. The results have been computed at a significance value of 0.05. In summary, the study findings indicate clinicians have a sense of satisfaction and joy from watching patients' development over time, administrators, managers, and other professionals may not feel the same way when working with pages rather than people. It is recommended that the management should develop policies, the provision of necessary equipment, regular checkups and timely interventions to minimize the risk of burnout and stress.

*Keywords:* Burnout, Sleep quality, Professionals.

## Procrastination and Perceived Stress among College Students

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The act of unnecessarily delaying choices or actions is known as procrastination. For instance, procrastination occurs when a person waits to begin working on a task until the last minute, even when they are aware that starting sooner would be preferable. Procrastination is a widespread issue that affects 50% of college students and 20% of adults on a chronic basis. Perceived stress is the feeling or idea a person has about how stressed they are at a point in time or over a period of time. Perceived stress includes feelings about the uncontrollability and unpredictability of your life, how often you have to deal with annoying problems, how many changes are happening in your life, problems and difficulties. Rather than measuring the type or frequency of stressful events that happen to a person, it is a measure of how a person feels about their stress levels throughout their lives and their ability to cope with such stress. The present study intended to assess the relationship between procrastination and perceived stress and also assess any gender differences, if present. The sample comprised of 30 subjects (N=30) age ranging from 18-25. The sample consisted of 30 young adults both male and female. Convenience Sampling was



used for the selection of sample. Irrational Procrastination Scale and Perceived Stress Scale were used in the present study. A significant positive correlation was found between both variables. Hence, through this study it can be concluded that procrastination has a significant effect on perceived stress among college students.

*Keywords:* Procrastination, perceived stress.

## **Spiritual Intelligence and Religion among Young Adults**

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Spirituality is the knowledge of yourself as spirit/soul, and the understanding of your highest spiritual quality and attributes, which are love, peace, purity and bliss. Religion on the other hand is a set of organized beliefs, practices and systems that most often relate to belief and worship of a controlled force such as a personal god or another supernatural being. The purpose of this research is the level of spiritual intelligence across all four religions. Methods that are used for digital and manual searches were carried out using the following databases: Google scholar, Research gate, NCIB and Pubmed. Based on the review it can be concluded that researches have been conducted on the topic of spiritual intelligence and life satisfaction in which we find the most of the studies occur on one variable and the research doesn't show the influence of spiritual intelligence across religion.

*Keywords:* Spirituality, intelligence, adults

## **Mental Health in terms of Relational World of the Female Delinquents**

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The most fundamental relationship is with oneself. How one relates to oneself also determines as to how one relate with others. The present study is an attempt to explore the relational world of the female delinquents. The sample consists of 40 female delinquents from Mahila Suraksha Grah, Kanpur. A questionnaire comprising of 20 items was loaded on three major dimensions: 1) Background context family relations 2) Self-other relatedness and 3) Present context relationship in protective Home. The content analysis of the data shows that the relational world of these delinquents seems to be full of turmoil. One of the major findings was the internalized pain of violence between their parents witnessed by them in their formative years. Money was found to be the main issue of parental conflicts. Their reactions to such clashes ranged from flight from the painful reality, to crying during the fight between their parents. Some of them experienced loneliness and were afraid of the same. The result clearly reflects interpersonal conflicts. Most of the respondents have a negative self-image and have strong feeling of anger. Overall, they showed negative experiences and negative reactions towards present protective home they are living in.

*Keywords:* Relational world, Delinquents, mental Health.



## Pain Locus of Control and Type-D Behaviour Pattern Among Migraine Patients

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Pain locus of control (PLOC) refers to beliefs to pain control and management, and incorporates the same constructs of internality and externality. It refers to the degree of control individuals believe they have over their pain experience and encompasses three dimensions: internality, powerful others and chance. This study investigated the pain locus of control, negative affectivity and social inhibition among migraine patients. 2 x 2 factorial design with two groups (Migraine headache patients and control group) and 2 genders (male and female) was planned. Sample consisted of 80 male and 80 female migraine headache patients of the age range of 22 to 45 years, diagnosed by the medical experts, minimum education at least high school and suffering from migraine headache 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 80 male and 80 female controls of the same age range and education was also included in the sample. Hindi Adaptation of Pain Locus of Control Scale (Kumar, 2000) and Hindi adaptation of D S – 14 (Verma and Khan, 2006) was administered to these groups individually. It was found that migraine headache patients are externally controlled and the experience of pain in migraine patients is governed more by the external factors / powerful others as compared to the control group. They exhibit tendency to experience negative emotions and to inhibit these emotions while avoiding social contacts with others. They tend to worry, to take a gloomy view of life, and to feel tense and unhappy. They are more easily irritated and in general are less likely to experience positive mood states. At the same time, they are less likely to share their negative emotions with others for fear of rejection and disapproval. Summarizing the findings of this research, it may be concluded that migraine headache patients are externally governed in the experience of pain as compared to the control group which reflects that the internal belief system of migraine patients requires strengthening, to enable them in managing their pain condition in a better way. They also require CBT to modify their negative emotions.

*Keywords: Pain locus of control, type-D behaviour, migraine headache*

## Relationship between Aggression and Interpersonal Relationship among Young Adults

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Aggression is a primitive nature of human beings and is reflected in day-to-day life. Among youth, aggression can be destructive if not managed properly. Aggression may lead to difficulties in interpersonal functioning and may damage interpersonal relationships of various age groups, like family members, colleagues or community members. The purpose of the present study was to assess the impact of aggression on interpersonal relationships among young adults. A total of 100 young adults were chosen (F=50, M=50) as sample. The partakers range in age from 18 to 25 years of age. Aggression Questionnaire (Buss & Perry, 1992) and Interpersonal Support Evaluation List (Cohen, Mermestein & Kmarck, 1985) were administered to the subjects to assess aggression and interpersonal functioning respectively. Karl Pearson correlation and t-test were used to conduct statistical analysis for the





study. Findings revealed that though between aggression and interpersonal relationship the potency of correlation is mild, it was observed there was significant difference in both variables between genders. Identification and healthy management of aggression may improve overall interpersonal relationship resulting in healthy society interaction.

*Keywords:* Aggression, interpersonal relationships, young adults

## **A Comparative study of Adolescent Orphans and Non-Orphans in relation to their Self-Esteem**

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Self-esteem is generally preferred to the general well-being level of people specifically adolescents. Adolescence is one of the developmental stage where one goes through physical, hormonal and emotional changes and this stage needs critical overall support however in case of orphans it is required more support and resources which are lacking. Ultimately it leads to poor self-esteem. Hence current study is an attempt to direct our attention to this vulnerable section of society. To measure the level of self-esteem of adolescents living in orphanage and to compare it with non-orphan adolescents. A total of 300 adolescents (12- 19 years) were taken (150 orphans and 150 non-orphans) through purposive sampling. The data was collected through Rosenberg Self-esteem Scale (RSES). The findings shows that the orphans have a lower level of self-esteem as compared to the non-orphans, as 55% of orphans found to have low level of self-esteem in comparison to only 30% of non-orphans and 0% of orphans found to have high self-esteem. The result also showed that self-esteem was significantly different between the orphan adolescents and non-orphan adolescents. So, it implies that along with providing basic survival resources orphanage should also provide psycho-social support for their overall well-being.

*Keywords:* Orphanage, self-esteem, adolescents, orphans, non-orphans.

## **Understanding the Self-Construal of Male Delinquents: A Thematic Analysis**

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Juvenile delinquency has become a global phenomenon in modern times. Despite intensive rehabilitation measures and special procedures to deal with the youth problem, there is a growing tendency among youth to be arrogant, violent and law breaking, which has led to a significant increase in the incidence of juvenile delinquency. It is therefore absolutely necessary to research the Self-construal of juvenile delinquents. This study aimed to explore the self-construal of the male delinquents. A qualitative research design was used to collect process and analyze the study data. A semi-structured interview protocol was used based on the SCS scale by Singelis (1994). This semi-structured interview is a search method that combines a predefined set of open-ended questions (questions that stimulate discussion) with the opportunity for the interviewer to explore specific topics or answer further. A total of 5 male participants (male = 05, age range = 15-17 years) were selected by purposive sampling. The study revealed seven themes: less flexible self-development, well-considerate in micro system, relational



interdependence, individualistic orientation, well-adjusted in peer-group, self-absorbed, and collective self-primacy. The study showed that juvenile delinquents possessed a collective self-construal that coexisted with some dimensions of independent self-construal. Their self-perception was observed as disciplined and obedient for elders. Perception of the self in terms of friendship was found to be indiscriminate. The obtained collective self-construal in juvenile delinquents has reported their consideration towards their micro-system comprising family, friends and loved ones, for which they take an empathetic, caring and helpful attitude by showing multiple sympathetic emotions to those suffering and needy. Relational interdependence is another dimension of collective self-construal that binds them to have healthy dynamics and emotional attachment with their family. This dimension also affected their cognition and holding of interdependent decision making. The findings provided some insights into the self-construal influencing their delinquent behaviour.

*Keywords:* Self-construal, juvenile delinquents, adolescents

## Understanding Domestic Violence using the lens of complex trauma

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In India, 40% of married women report experiencing domestic violence (DV), which is significantly associated with morbidity. In the majority of South Asian literature, DV is mostly looked at in a cross-sectional fashion with a singular lens. DV is about Power and Control and has multiple etiologies and trajectories. In a patriarchal culture like India, Gender Based Violence is a continuous spectrum that starts at conception and continues through life. This cannot be understood with a single episodic framework. Therefore, there is a need for a conceptual framework that can accommodate this continuous spectrum of violence. The objective of the study is to investigate whether repeated domestic violence (married or cohabiting relationship) be conceptualized using complex trauma theory. A total of 20 Indian women at least in one cohabiting relationship or married within the age range of 25 years to 60 years of age using a snowball sampling through a personal network of the research assistants were interviewed. An interview schedule was made for conducting the interviews. Several participants have experienced childhood abuse in the form of a lack of confidence due to preference given by male members of the family. In the case of partnered relationships, the perpetrator also manipulated the participants to where he was and also forced her by giving deadlines and verbally abusing her. The study also has a lot of complex trauma symptoms. They experienced canonical post-trauma symptoms. The present study also demonstrated signs of emotional dysregulation which leads to a lack of motivation, lack of impulse control, and impaired decision-making capability among participants.

*Keywords:* Complex trauma, domestic violence, childhood abuse

## Role of Meditation in Dealing with Stress: A Review Study

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The present research shows that the people who practice meditation regularly, know how to reduce the daily stress effectively. Their response has changed towards the stressful situations. The research shows that meditation improves their thought pattern and turns it over into the positive mood, experienced through the regular practice of meditation. As many researches show the benefits of meditation, it can reverse the stress response and shield



you from the effects of chronic stress. Some of the benefits of the meditation likewise use more oxygen efficiently, adrenal glands produce less cortisol, normalize blood pressure, slow heart rate, improve immune system, improve concentration and make slower the mind ages of the person. However, some people find it difficult to make a regular habit, it seems like really difficult to stop the thoughts of the day. On the other side some people may have mental or physical health conditions that did not allow them to follow the meditation. People feel more comfortable to join yoga classes, exercises and body building etc.

*Keywords:* Meditation, immune system, exercises

## **Wellbeing and Academic Achievement among School Students belonging to Rural and Urban Areas**

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Well-being in schools is often considered in relation to the educational and academic success of students. Wellbeing in children at school helps them to develop the necessary social skills that allow them to live their lives to the full. The research has been carried out to assess the level of wellbeing among the school students, to find the variation of wellbeing among the students belonging from rural and urban areas, to explore the effect of locality upon the academic achievement of the students. 80 school students in the age group of 12-17 years have been selected as sample. Wellbeing Index by V. L. Chauhan and Varsha Sharma has been applied on the subjects. The academic achievement of the students has been determined by the average of their examination records. Results have revealed that the urban students have displayed a higher level of wellbeing than rural students. Students with high academic achievement have shown high wellbeing and students with low academic achievement were having low level of wellbeing. Conclusively, it can be stated that locality of the students is a prominent factor in determining their academic achievement and wellbeing. Academic achievement is an indicator of wellbeing among the school students.

*Keywords:* Wellbeing, academic achievement, school students

## **To study the Impact of Cognitive and Psychophysiological Factors on Shooter's Performance**

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Shooting is a psychologically challenging sport based on the act of discharging the projectile from a ranged weapon. Mental ability and physiological technique are the primary foundations for successful sports performance. It determines the success and the failure of the shooter. The purpose of the research was to study factors and their influence on the performance of the shooters. Study focuses on the psychophysiological factors, concentration, and stress tolerance among shooters. One of the main aims is to study the important factors that are eliminating Indian shooters from international platforms. Sample size of 18 participants was selected using random sampling method. The age range of the participants was 20 to 40 years across various socioeconomic statuses. The data was collected with the help of the tool - cognitron and determination test (Retrieved from Vienna Test System) along with biofeedback system. Appropriate statistical tests were used to analyze the collected data. Based on statistical



analysis, it was found that these parameters do not affect the performance of the shooter. The result speaks against the idea that psycho physiological factor does affect the performance of the shooters. The study was limited because of less no of participants. However, it is the emerging need and necessity for the shooting players to work on various psycho physiological determinants.

*Keywords:* Parameters, performance, shooters

## **Perceived Organizational Justice, Chronic Illness and Mental Health among Employees: A Meta Review**

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Procedural justice is a view of equity in procedures that resolve disputes and distribute resources, whereas mental health is degree of psychological well-being or absence of mental illness. The present review is systematic search to find out association between perceived organizational justice and chronic illness, mental health. More than ten research articles were taken from Google scholar, Science Direct, APA etc and reviewed. Numerous studies in organizational scenario show perceived organizational injustice leads to poor mental health that creates an alarming rate of psychological health-related issues, such as depression, burnout and anxiety etc; but how they lead to chronic illness, and how it can be resolved is a question of further revive, along with this how all this happens in Asian settings is matter of study. Although small number of studies addressed about the measurements but most of them were not that much scientific. Role of gender is prominent element but ignored. At the end it is concluded that although there were serious attempts made to investigate these variables but more precise, dedicated and scientific work is needed in order to understand association of these variables.

*Keywords:* Perceived organizational justice, chronic illness, mental health, employees

## **Understanding the Impact of Product Reviews on Consumers' Online Shopping Behaviours: A Thematic Analysis**

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Product reviews play a key role in consumers' decision-making process. The Internet is a major source of information and often consumers considering a purchase tend to seek access to data regarding the desired products and their properties. It is important to understand the purchasing behaviour of Indian customers when shopping online, which is imperative for a great marketing strategy by the players of this industry. The study sought to examine the impact of product reviews on consumers' online shopping behaviours. A qualitative research design using a semi-structured interview protocol was employed. Eight participants consisting of 4 males and 4 females (age group = 20-30 years) were selected by the snowball sampling method. The data were analyzed using the thematic analysis method. The analysis revealed five themes: positive perception for the online shopping, dependency on product reviews, positive impact of product reviews on cognition and behavioural outcomes, multiplicity of factors affecting reliability of product reviews, and pre-purchase and post-purchase expectations of consumer. The study shows that online shopping has become part of everyday life for most people. Consumers consider the product's features, quality, price and other information while making online purchases on the e-commerce websites and choose carefully in order to improve shopping satisfaction. Online product reviews are





one of the sources of information about product features and are increasingly appreciated by online consumers. In general, positive comments are more likely to encourage consumers to generate emotional trust, increase trust in the product, and have a strong persuasive effect. On the contrary, negative comments can reduce the creation of emotional trust and hamper consumers' purchase intentions. By focusing on various factors identified in this study, the company can better shape its marketing strategies. It will help convert their potential customers into active customers.

*Keywords:* Online shopping, product reviews, consumer behaviour, adults, cognition

## **Mental Health & Psychosocial Support for Students of Health & Allied**

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It is globally established that Health Sciences is one of challenging domain to make a career. Unfortunately during the course of learning and training many students face issues pertaining to their mental health for which the reason can be many. Amidst the scarcity of professionals in health and allied sciences in India it becomes our responsibility to take care of these budding professionals so that India's health remains safeguarded. To assess the personality dynamics, level of depression and anxiety among health and allied science students and to provide them psychosocial support. Data was collected through purposive sampling from 372 students (MBBS-81, BDS, 88, Paramedical- 203) of Santosh Medical College Ghaziabad. Different standardized psychological tools were used to collect data and analysis was done using SPSS-21. Findings revealed that significant numbers of students are carrying elements of psychoticism, neuroticism, anxiety and depression. Individual and group specific psychosocial support provided them sense of support which reflected through their feedback and overall academic performance. Professional students should be provided constant support and monitoring for a successful career and better mental health.

*Keywords:* Mental health, students, health sciences, psychosocial support

## **Organizations co-relates to Level of Stress in Female Nursing Staff in Government and Private Hospitals**

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Stress is a common major problem in society. Stress can be defined as any type of change that causes physical, emotional or psychological stress is your body's responses to anything that requires attention or action. Everyone experiences stress to some degree the way you respond to stress however makes a big difference to your overall well-being. The research has been carried out with the following objectives: to identify the degree of stress level among the government & private hospitals' female nurse staff, to study the correlation among the female nurses of government & private hospitals. Sample was 50 female nurses, 25 government and 25 private hospitals in the age group of 20-40 years they belong to the Begusarai District. Personal stress sources intervention (PSSI-SSS) scale By Arun Kr. Singh, Arpana Singh and Ashish Kr Singh. Purposive sampling technique was applied in determining the sample. The level of stress in the Female Nursing Staff from government hospitals was found to be better than that of Private Hospitals. Conclusively, it can be stated the organization is an important factor in determining the level of stress in female nurse staff.

*Keywords:* Stress Level, government hospitals, private hospitals and female nurse staffs



## Effects of Positive Metacognitions and Meta-Emotions on Psychological Problems

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The present study explores the effects of positive meta-cognitions and meta-emotions on psychological problems among young adults. Positive metacognitions are self – enhancing and constructive, and it has a relationship with adaptive coping and acquisition of productive memory and learning strategies. It has also the association with a variety of disorders, such as OCD and depression. The sample consisted of 100 adults (50 males and 50 females) ages between 18 to 25 years from the Varanasi region. The participants were individually administered Hindi versions of: (i) Positive Meta cognitions and Meta-emotions Questionnaire (PMCEQ-H) and (ii) Symptom Checklist-90 R (SCL-90 R). Pearson product moment correlations were computed to elucidate the relationship between facets of positive metacognitions and meta-emotions, and facets of psychological problems and the results revealed that PMCEQH1, PMCEQ-H2 and PMCEQ-H3, in general, have a negative relationship with some facets of psychological problems (SCL-90 R). Furthermore, stepwise regression analysis with factors of psychological problems as criterion and facets of PMCEQ-H as predictor variables indicated that PMCEQ-H1 and PMCEQ-H3 as significant predictors of psychological problems. Overall, the findings imply that positive metacognitions and meta-emotions are negatively associated with psychological problems. The observed findings have been discussed in the light of the available empirical evidence.

*Keywords:* Positive metacognitions and meta-emotions, PMCEQ, psychological problems, SCL-90 R

## Effect of bullying on peer group adjustment and emotional well-being on adolescents

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Bullying is defined as repeated, intentional harmful acts that are perpetrated by a more powerful person or group against a less powerful entity. Peer relationship refers to a relationship which involves mutual knowledge, esteem, and affection. Well-being is often regarded as a broader concept which includes standard of living and quality of life i.e. subjective well-being. The present research intended to study the bullying level among adolescents, and to explore the emotional well-being among adolescents, to study the effect of bullying on peer group adjustment in adolescents, to study the effect of bullying on emotional well-being among adolescents, to explore the relationship between peer group adjustment and emotional well-being in adolescents. The sample comprised of 30 subjects (N=30) out of which 15 are female and 15 are male, age range from 15 to 19. For the study data was collected by the participants with the help of survey questionnaire. The Adjustment Inventory for School Students (AISS) developed by Sinha & Singh (2005), The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was developed by researchers at the Universities of Warwick and Edinburgh, Child Adolescent bullying Scale (CABS) was developed by Tania D. Strout, Judith A. Vessey, Rachel L. DiFazio, Larry H. Ludlo. From the obtained data it was revealed there is significant effect of bullying on peer group adjustment and emotional well-being on adolescents. Hence, through this study it can be concluded that adolescents had significant effect of bullying on peer group adjustment and emotional well-being.

*Keywords:* Peer group adjustment, emotional well- being, bullying, adolescents



## Exploring the Need for Self-Talk Improvement Interventions in Women with Breast Cancer

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The importance of providing psychological assistance to individuals and families with cancer is now widely accepted. However, we are still in the early stages of developing psychological interventions specific for cancer. This paper focuses on 3 areas – mental health concerns faced by individuals with cancer, the need for psychological assistance at different levels of cancer treatment and the need for inclusion of self-talk improvement interventions specifically for women with breast cancer. This review includes full text articles in English language on the relationship between cancer and mental health, effectiveness of psychotherapy at different levels of cancer diagnosis and treatment, need for mental health care specific to breast cancer; exploring what is Self-talk and its types while observing the relationship between self-talk, self-regulation of behaviour, psychological states, coping and psychotherapy. The review includes intervention studies where self-talk has been made a part. Online search platforms have been used. It was found that self-talk is a universal phenomenon and can be used to improve self-awareness, self-regulation, coping mechanisms, psychological states, goal attainment and various behaviours. Keeping in mind the benefits of working on self-talk this paper proposes a simple self-talk intervention model that can be used independently for mild to moderate difficulties or in addition to other psychological therapies.

*Keywords:* Cancer, mental health, psychotherapy, self-talk, breast cancer

## A Comparative study of Domestic Violence among the Women from Rural and Urban Areas

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Addressing violence against women and girls is a critical global challenge. The worldwide rates of violence alone demonstrate that there is yet no perfect or easily-realized solution. Domestic violence was identified as a major contributor to the global burden of ill health in terms of female morbidity leading to psychological trauma and depression, injuries, sexually transmitted diseases, suicide, and murder. The present study was carried out: to assess the level of Domestic Violence among the women of Bihar, to investigate the role of locality in determining the level of Domestic violence among the women. 50 women have been selected as the sample in this study. Among them, 25 were from rural areas and 25 were from urban areas. They were in the age group of 20 to 40 years. They were belonging from different areas of Patna District. Purposive sampling method has been applied for determining the sample. 'Domestic Violence against Women Scale' developed by Himanshi Rastogi and Janki D. Moorjani has been used in this study. Results have shown that there has been average level of domestic violence found among the women. However, women from rural areas are suffering more from domestic violence in comparison with women from urban areas. From the results, it can be said that locality is an important factor in emergence of domestic violence.

*Keywords:* Domestic violence, women; rural, urban



## Rumination, Stress and Affect Correlated with Sleep Deprivation among Middle Adults

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Rumination is characterized as steady, recyclic, depressive thinking that is a general reaction to a negative state of mind and it is the inclination to have tedious, preserving, wild and meddling thoughts. Evidence has been found on the relation between rumination, stress and negative affect and how they can further lead to more psychological problems in an individual's life. Rumination, stress and negative affect (emotions) are a part of day-to-day life of an individual especially among middle adults. The objective of the current research is to study the relationship between rumination and sleep deprivation, to study the relationship between rumination, stress and negative affect; to study the relationship between stress, negative affect and sleep deprivation; and to study gender differences on rumination and sleep deprivation. This research was conducted using Rumination Response Scale, PANAS, DASS21 and Pittsburgh Sleep Quality Index. A sample of 82 people were taken from Delhi NCR, out of which 47 were females and 35 were males. The age range of the sample was between 40 to 60 years. The results thus support the objectives of the study that there was a significant positive relationship between rumination and sleep deprivation. Also, there was a significant positive correlation between rumination, stress and negative affect. And there was a significant positive correlation between stress, negative affect and sleep deprivation. But there was no gender difference seen on rumination and sleep deprivation. It can be concluded that issues of sleep deprivation, stress and negative affectivity in people belonging to middle adulthood are significantly influenced by rumination. Eventually it tends to lessen the quality of day-to-day experiences of life.

*Keywords:* Rumination, stress, affect, sleep deprivation, middle adults

## Impact of Heartfulness Meditation on Suicidal Ideation and Worry among Adults

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Worry and Suicidal ideation is a thing of concern nowadays, especially in adult population. Content of worry differs across age groups, meeting expectancies based on current stage of life and primary concerns, the worry process represents an attempt to engage in mental problem-solving on an issue whose outcome is uncertain but contains the possibility of one or more negative outcomes, Suicidal ideation is a major risk factor for suicide and can negatively affect self-care and health behaviors among the adults. Earlier researches show that meditation can reduce depressive symptoms, reduce worry, improving cognitive functioning, reduces chronic worry by promoting emotional and physiological regulatory mechanisms contrary to those maintaining chronic worry, that are also significant in suicidal ideation. The present study intended to assess the impact of heartfulness meditation on worry and suicidal ideation among adult meditation practitioners as compared to non-meditators. The sample consisted of 30 subjects (N=30) age ranging from 25 to 40 years. Purposive sampling method was used for the selection of the sample. Beck's Suicidal ideation scale and Penn state worry questionnaire were used in the present study. It was found that there is a positive correlation between heartfulness meditation and worry as well as suicidal ideation, among adults. Heartfulness meditation practitioners have less worry and suicidal ideation as compared to non-meditators.

*Keywords:* Heartfulness meditation, suicidal ideation, worry



## Spiritual Attitude and Mental Health among Medical Students

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Spiritual attitude, a component of spirituality can be described as the opinion a person holds towards spirituality, the soul-mind and universe connection and awareness on the purpose of one's existence. Mental health is a state of mind characterized by emotional well-being, good behavioral adjustment, and a capacity to establish constructive relationships and cope with the ordinary stresses of life. In recent times the concept of mental health has become a pressing matter with increase in levels of stress and pressure in daily life. This in turn has led to greater focus on spiritual attitude to understand its relationship and benefits to mental health. The present study assesses the relationship between the Spiritual Attitude and Well Being among Medical students. The sample comprised of 30 subjects (N= 30), age ranging from 18 to 25 years. Snowball sampling method was used for the selection of the sample. Spiritual Attitude Scale developed by Husain, Jahan, Nishat, Siddiqui, Akram (2012) and Mental Health Continuum Short Form developed by Keyes (1998) were used in the present study. From the present data it was revealed that the students who score positively on the spiritual attitude scale have a better state of mental health than others. Hence, through this study it can be concluded that there is a positive correlation between spiritual attitude and mental health.

*Keywords:* Spiritual attitude, mental health

## Role of Subconscious Dominance on Decision Making Scientific Explanation

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The term "subconscious" refers to the mental activities below the threshold of consciousness. Many activities conducted in the human brain remain unknown. To investigate the functions of the human brain including the subconscious mind, scientists in the European Union Research Project have been utilizing complex technologies, particularly robots. In addition, others have been integrating virtual reality and mixed reality platforms to monitor how the brain functions when we make a certain move. To understand the effect of the subconscious on decision-making among adults. As per the literature review, the effect of the subconscious will be studied on decision-making among adults as there are several types of research on the subconscious but the research on how the subconscious affects decision-making among adults is comparatively less. The research will help to understand the effect of the subconscious on decision-making among adults. In this research, the effect of the subconscious among adults will be studied on decision-making.

*Keywords:* Subconscious mind, Scientific approach toward the subconscious, decision-making





## Relationship between Impulsivity and Eating attitudes on Body Mass Index among College Students

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Impulsivity is a describing or displaying behavior characterized by no forethought, reflection or consideration of the consequences of an action, particularly one that involves taking risk. The relationship between impulsivity and eating attitude are directly related as if an individual who is unable to control his/her actions, which gets easily aggressive tends to do impulsive eating. Most impulsive eaters feel virtuous when they resist and hate themselves when they don't. The objective of the study was to assess impulsivity and eating attitude among college going students and also find gender differences among them. The sample consisted of 50 subjects (25 female & 25 male) age ranging from 18 to 25. The scales used were Barratt Impulsiveness Scale and Eating attitude test given by Ernest Barratt and David Gardner respectively. There is a significant correlation between impulsivity and eating attitudes. It was seen that women were more impulsive eaters than men, as their BMI results were higher. Hence, through this study it can be concluded that women are more impulsive eaters than men.

*Keywords:* Impulsivity, eating attitude, body mass index, college students.

## Relationship between Sense of Belongingness and Achievement Motivation among School Students

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Meeting the psychological needs of adolescents from school is one of the biggest challenges in education. Increased attention should be given to the importance of fulfilling the need to belong in educational contexts. The present study investigated the relationship between sense of belongingness and achievement motivation among school students. A total number of 40 participants were included in the study, which consisted of 30 female and 30 male school students belonging to the age range of 12 to 20 years old. The measures used were the Psychological Sense of School Membership Scale (PSSM) and the Deo-Mohan Achievement Motivation Scale. The results of the study were analysed using Pearson correlation which indicated that there was a significant positive relationship between students' sense of belongingness and achievement motivation. The results highlight the importance of school belonging for students' achievement motivation. The feeling of being supported and encouraged by significant others, such as teachers and peers seems to stimulate students' motivation towards achieving.

*Keywords:* Achievement motivation, sense of belongingness, school students

## Qualitative Analysis of Perceived Body Image in Undergraduate Females

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Body image is a pertinent issue in college going students. This is because of the ideals that society and social media has set about certain type of body that is considered attractive and appealing. This is particularly more



common in females as compared to males. The current study aims to explore the experiences of female undergraduates with respect to the way they perceive their body and study in depth the impact of societal pressure that these females have over their body image. There are limited studies that focus on the qualitative aspects of body image perception in India in college going females. The study included a total of seven participants. Each participant was probed through semi structured interview, using questions centered on body image perception and role of society in the same. The data was transcribed and analyzed using thematic analysis. Relevant themes and sub themes were drawn from the collected data. The themes included social inclusion, overrated beauty ideals, scrutinisation and overcorrection, physical appearance as a window to overall health. Qualitative analysis helped the examiner understand important aspects of body image perception in college going females.

*Keywords:* Body positivity, body image perception, qualitative analysis, thematic analysis

## Personality Correlates of Pro-social Behavior in Young Adults

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Pro-social behavior is an action one does that benefits others, often motivated by concern for others. Personality is the dynamic organization within an individual that determines their unique adjustment to the environment. Personality is the unique characteristic of an individual that also determines their behavior in a given situation. The objective of this study is to find correlation between the big-five personality traits and pro-social behavior. The sample comprises 50 subjects (N=50) age ranging from 18 to 25. Sampling was done by random selection of college going students. NEO Five-Factor Inventory developed by McCrae & Costa and Pro-socialness Scale for Adults developed by Caprara were used in the current study. There is no significant correlation between neuroticism, extraversion and pro-social behavior but there is a positive correlation between openness, agreeableness, conscientiousness and pro-social behavior. This study revealed that there is significant relationship between openness, agreeableness, conscientiousness and pro-social behavior.

*Keywords:* Personality traits, pro-social behavior, young adults.

## Relevance of Dehashuddhi in Tantric Therapy

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Tantra is a basic constituent of the Indian Knowledge System of which the roots and stem can be traced to the Vedic Shastras. This paper assesses the relevance of Dehashuddhi both for the practitioner and patient in tantric therapy practices for mental disorder. It has been attempted to describe the various steps of Dehashuddhi and the analysis of its effect on Sukshma and Sthulasharira. To highlight the relevance and effectiveness of Dehashuddhi in Tantric Therapy has been set as the main objective. Dehashuddhi includes the process of purifying the physical body (stulasharira) and purifying the subtle body (Sukshmarsharira). Purifying the physical body is through holy bath whereas purifying the Sukshmarsharira contains steps such as replacement of the current form of Sukshmarsharira through multistage purification process, aligning the spirit in the newly replaced body, fixing the 'spirit filled form' in the anahata chakra, performance of manasapooja and finally chant Moolamantras and try to transform the Sharira as Devata. The special feature of this procedure is the transformation of one's real self



to ideal self. This is achieved by the regular and continuous practice. When done constantly, the practitioner becomes the mantra and spirit of the deity (Devata). The qualities of the deity fill the practitioner. Thus, there will be unity between the deity and the sadhaka, which becomes useful in the Therapy. A person's plane of consciousness develops into the Guru and the cosmic plane. The effectiveness of Tantric Therapy is enhanced by the Dehashuddhi measures. Sukshmarsharira is the seating place of virtues and sins. Hence it has been concluded that, through Dehashuddhi one can remove the sins in the Sukshmarsharira and thereby purify it, resulting in quick and easy cure of the mental disorders.

*Keywords:* DehaShuddhi, tantric therapy, mental health

## **Preliminary understanding of Eustress in Mothers with the First Pregnancy: A Thematic Analysis**

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Stress is broadly divided into distress and eustress. Although distress has been extensively studied, little research has addressed the nature and dynamics of eustress. Eustress depends on the current sense of control, desirability, location, and timing of the stressor. It is caused by positive life events and is positively correlated with healthy living, happiness, and well-being. The study aimed to investigate the nature and dynamics of eustress during the first pregnancy. A qualitative research design was used. Eight female participants (age range: 22 to 42 years) were selected by snowball sampling. Data were collected through a semi-structured interview protocol. The interviews were audio-taped, transcribed verbatim and analyzed using the thematic analysis method (Braun & Clarke, 2006). Six major themes were identified: simultaneous presence of joy and worry, psychophysical changes, unusual body pain and mood swings, multiple positive changes and enhanced support, positive attitudes toward painful experiences, and new beginnings, self-care and life goals. The findings revealed that eustress helps initiate new things in life and aids in every possible way to maintain self-care. All participants agree with the fact that eustress/little stress helps in many during pregnancy. It helps in maintaining the health of both mother and child. A little stress helps in following routine and medical prescriptions for better health. Concerning self-care, mothers tried new things for happiness and a good mood. They tried to think positively. Whatever is good for their baby they follow those things whether they are interested in that or not.

*Keywords:* Eustress, worry and joy, positive changes, self-care, determination, efforts, pride

## **An Analysis of Perceived Loneliness among the Users of Social Media**

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Social media is a constantly growing sector. Its widespread reach allows people from around the world to connect with each other on a virtual platform. Perceived loneliness is one's perception that their social needs are not being met. This research aimed to find out if there's any difference between perceived loneliness of different kinds of social media users. The independent variables in this study were: 1. Gender of the participants: male and female; 2. Time spent on social media: less than 2 hours, 2 – 4 hours and, more than 4 hours. The dependent variable was perceived loneliness of participants. The questionnaire used was The Perceived Loneliness Scale by Dr. Praveen Kumar Jha. The study was conducted in the year 2021 on sample size of 108 individuals aged 18 and



above of Indian nationality. The sampling method was complex random sampling method. Two-way ANOVA and Post-Hoc test were used for statistical analysis of the collected data. It was found that (i) there was no significant difference in the perceived loneliness of male and female participants. (ii) there was a significant difference between perceived loneliness of participants who use social media for less than 2 hours and more than 4 hours. (iii) there was no significant effect of gender and time spent on social media simultaneously on the perceived loneliness of the participants.

*Keywords:* perceived loneliness, time spent on social media, male and female.

## **Mental Health among Girls Students from Rural and Urban Areas; A Comparative Study**

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Mental health includes our emotional, psychology and social well-being. Mental health is important at every stage of life, from childhood adolescence through adulthood. The research has been carried out with the following objectives: to study the difference of mental health among rural and urban girls students, to study the degree of mental health among rural and urban girls students. 25 urban and 25 rural areas of girls were selected as the sample between the age of 13-20 years. Mental health battery Scale by Arun Kumar Singh and Alpana Sen Gupta (2000). Incidental cum Purposive sampling technique was applied in determining the sample. Mental health of the girls students from rural areas will be better than that of urban areas. Conclusively, it can be stated that the area is an important factor in determining the level of Mental health in girls students.

*Keywords:* Mental health, rural areas, urban areas and girls students

## **Religiosity and Stress among College Students: A Correlational Study**

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Religiosity is an individual part of every one's life. Stress is a feeling of strain and pressure. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression. The research has been carried out with the following broad objectives: to assess the gender differences of religiosity between male and female college students, to explore the gender differences of stress level between male and female college students, to find out the relationship between religiosity and stress. The study was carried out on the sample of 50 college students out of which 25 were males and 25 were females. Religiosity Scale by A. Akhtar, O. P. Sharma and M. S. Bhatt while Stress Scale by Arun Kumar Singh has been used in this study. Incidental cum Purposive sampling method will be applied for determining the sample. Results have shown that female students are more religious than male students. Also, there has been a higher level of stress found among the female students than male students. Religiosity and stress among the college students have been found negatively correlated. Conclusively, it can be stated that Gender is a prominent factor in determining the level of Religiosity and stress among college students. Also, Religiosity and stress both are negatively correlated.

*Keywords:* Religiosity, stress, college students





## Impact of Mindfulness Meditation Training on Rumination among Bereaved Individuals

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Previous researches have emphasized upon enabling the individual to subdue the ruminating behaviour and thereby creating a positive bereavement response. The present study aimed to compare the scores of Rumination with respect to its types among Bereaved Training and Non-Training groups. Further to examine the impact of mindfulness meditation training, pre and post test scores were considered for the Bereaved Training group. The sample was collected using Purposive Sampling technique, comprising of 60 bereaved individuals (2 equal groups of 30 each). The sample was collected from various cities of Gujarat State. The psychometric tool utilized to measure Rumination and its types, Reflection and Brooding was "Ruminative Response Scale- Revised" (RRS-R) (Trenor, W., et al, 2003). The present study included only the domain scores of Reflection and Brooding. To achieve the aim of pre and post-test analysis, 21-days of Mindfulness Meditation Training was administered. To statistically compare the Bereaved Training and Non-training groups, t test for independent two-sample was applied. To measure the impact of Mindfulness Meditation Training and to assess the pre and post-test scores, Paired t-test was applied. The results on t-test analysis showed there is a significant difference between Bereaved Training and Non-training groups with respect to the types, Reflection and Brooding at 0.01 level of significance. Similarly, the results of Paired t-test showed there is a significant difference between the pre and post-test scores with respect to the types, Reflection and Brooding at 0.01 level of significance. The training group were found to be higher on the aspect of Reflection and lower on the aspect of Brooding. Whereas, the non-training group were found to be higher on the aspect of Brooding and lower on the aspect of Reflection. Mindfulness Meditation training has proved to be beneficial on increasing the aspect of Reflection and alleviating Brooding.

*Keywords:* Bereaved, mindfulness meditation, rumination

## Attachment styles and relational aggression among adolescents

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The role played by attachment of child to parent towards enhancing positive relations among children cannot be over-looked since children who display aggressive behaviors often experience a disruption with their primary caregivers. The objective of the study was to establish the relationship between attachment types and relational aggression among adolescents. The study was based on Attachment theory by Bowlby (1973). For the purpose of data collection, the 120 students belonging to various private schools from class 9th-12th. The sample was randomly distributed between both the genders (60 boys & 60 girls). The between group research design was used and the 2-way ANOVA used for the statistical analysis, f ratio is found to be significant. It was found that children with attachment type as ambivalent ( $M=75.53$ ,  $SD=5.41$ ) and avoidant ( $M= 81.60$ ,  $SD= 3.88$ ), both leads to high rate of relational aggressive behavior, While secure attachment ( $M= 50.93$ ,  $SD=4.91$ ) considered to be least for relational aggression. There are significant gender differences among boys ( $M= 67.55$ ) and girls ( $M=71.15$ ). Thus, it could be





concluded that attachment type and gender are two factors that can have a strong impact on the child's relational aggression behavior. The study recommends that the County Government should consider organizing programs aimed at sensitizing parents and care-givers on the importance of parent roles and attachment. It also recommends that Institutes for Curriculum Development include the best attachment type in the curriculum content.

*Keywords:* attachment style, relational aggression, girls-boys

## **Level of Burnout among the Primary School Teachers belonging to Public and Private Sectors**

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Burnout is a state of physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others. Most often observed in teachers, social-workers etc who experience chronic high level of stress. The present research aimed to assess the level of burnout experienced by teachers and to conduct a comparative analysis of burnout among teachers of private schools and government schools. 100 primary school teachers were taken as sample out of which 50 were from private schools and 50 from government schools. Teacher's Burnout Scale by Dr. Madhu Gupta and Surekha Rani was taken for this study. Primary teachers in government schools showed above average level of burnout as compared to those of private schools whose burnout measure was below average. From the above study, it is inferred that primary school teachers in the government sector experience a higher level of burnout as compared to those in the private sector.

*Keywords:* Burnout, school teachers, private, government sector

## **Correlational study between Metacognition and Creative Achievement among Adolescents in a Classroom Setting**

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*\*\*Head of the Department, Department of Psychology and Mental Health, GBU*

Metacognition is defined as knowledge about one's knowledge, cognitive processes, and mental states, and the ability to monitor and regulate them (Hacker, 1998). All problems have solutions, some are solved through a defined procedure or a method, but some or few problems require to move away from the already existing solutions or patterns and giving the problem a new perspective to look upon, this new perspective is termed as creativity, solving problem by amalgamation of ideas or behaviour in new ways (Csikszentmihalyi, 1996). Kitchner (1983), believes that most creativity training programs are successful because they provide the participants with metacognitive experiences, knowledge, and strategies. In fact, one can think about creativity technologies as "thinking about thinking" or metacognitive strategies, because these strategies help individual monitor and regulate their thinking and behavior during creative problem-solving endeavors. Piaget in 1958 gave 4 stages of development in which the last stage that is the Formal Operational Stage is the stage where the child can do mathematical calculations, think creatively, use abstract reasoning, and imagine the outcome of actions, thus this the best stage to conduct this study on to analyze their thinking and learning patterns. The purpose of this study is to find the relationship between Metacognition and creative achievement of adolescents in a classroom setting. Metacognition is being scaled through the Metacognitive Awareness Inventory (MAI) and creative achievement



would be scaled through Creative Achievement Questionnaire (CAQ). There was a significant relationship between Metacognitive Awareness and Creative Achievement among adolescents. The present study concludes that there was a significant relationship between these two variables i.e., Metacognition and Creative Achievement. Establishing this relationship has proved that if metacognitive skills like brainstorming, Synectic, attribute listing, and free association are inculcated in our school curriculum can enhance learning and thinking patterns of a child.

*Keywords:* Metacognition, creative achievement, adolescents

## **Psychosocial Perspective: Gender Nonconformity**

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In all eras and cultures, there is evidence of the presence of gender nonconforming people. Binary concept of sex/gender as male or female was initially enforced in 20th century as transgender expression became medicalized and sex reassignment became available. In order to fit in, to live as either man or woman, to avoid the societal stigma associated with gender nonconformity. However, it soon became evident that Prejudice, stigma, and other types of discrimination are pervasive even among those who had fully transitioned to living as a person of the other sex. Transgender is an identity not a psychological condition, and coming out as transgender is a crucial step in embracing their individuality, finding acceptance among their peers, fighting stigma, promoting inclusion, respect, and acceptance. This paper aims to address the psychosocial causes of stigma against gender nonconforming people. The current paper provides a critical examination of the history, as well as recent debates and interviews with gender nonconforming individuals. The psychosocial context, demonstrates that people who identify as gender non-binary experience stigma that restricts their opportunities and access to resources in a number of crucial domains, negatively influencing their physical-mental health. Researches showing that there's a link between discrimination and psychological discomfort, with characteristics including peer support, identity pride, and family support functioning as mitigating factor. More research is required to better inform policies promoting transgender rights and resilience.

*Keywords:* Gender nonconformity, stigma, psychosocial perspective

## **Mental Health of Working and Homemaker Women: A Comparative Study among Women of Patna District**

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Mental Health is a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn and work well and contribute to their community. The concept of mental health is as old as human beings and the term was first introduced by William Sweetzer in 1843. The present research intended to study the Mental Health of women who were either working or home-maker. It was also an attempt to find out the difference in status of mental health among these two groups. Sample was 40 women of Patna district in which 20 were from Working group and 20 were from home-maker group. Mental Health Battery by Arun Kumar Singh and Alpana Sen Gupta has been used in this study. Obtained data was analyzed with the help of Mean, SD and t-ratios. Results have shown that there is no significant difference found between the Working and home-maker group of women. Both the groups have equal mental health. It can be said that working and home-maker conditions cannot affect the mental health of women.

*Keywords:* Mental health, women, working, home maker



## Dating violence: A major obstacle in healthy interpersonal relationship among youths

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Although dating represents a carefree period of romantic experimentation. But for many people dating becomes harmful owing to the experience of violence. Prevalence of dating violence ranges from about 30% for physical violence, 8% for stalking, 90% for emotional violence, and 20% for sexual violence (Fisher, Cullen, & Turner, 2000; Johnson & Sigler, 2000; Riggs & O'Leary, 1996; Tjaden & Thoennes, 1998b). Dating violence is the term often used to describe adolescent and college student intimate partner violence. Intimate partner violence is a pattern of purposeful coercive behaviors that may include inflicted physical injury, psychological abuse, sexual assault, progressive social isolation, stalking, deprivation, intimidation and threats. The present research intended to identify the level of dating violence among the students of colleges, to assess the level in what type of date violence is higher, to explore which gender endures more date violence. Accidental cum purposive sampling method was used. Data was collected by structured interview method from 50 girls and 45 boys. The purpose of this interview was to enucleate the level of date violence among youth, what type of date violence is higher in which gender. From the obtained results we can say that it happens with both boys and girls. 64% of girls face physical violence, psychological violence and emotional violence and 57% of boys faces threat, economical violence and emotional violence. The findings confirm that date violence among youth is a serious mental health problem that needs to be addressed.

*Keywords:* Date violence, physical violence; psychological violence; emotional violence; economical violence; sexual violence; digital violence

## Buddhist Psychology: Meditative Training and Practices Post-Pandemic

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When Gautam Buddha saw a sick man, an old man, and a dead man, he realized that no amount of materialism can help escape sickness and death and the pain of losing loved ones, and this particular realization led him to the path of nirvana leading him to find the concept of impermanence which is being used as a base to help people overcome the pain of losing loved ones. The present review is based on Buddhist psychology, its meditative training and practices, and how it is proving to be helpful post-pandemic to deal with people's lonely and uncertain states of mind. Functioning of a healthy human brain is compared with post-pandemic mental conditions using Buddhist ideologies. The concept of Dhamma is being used as a part of a broader therapeutic approach as modern medicines are failing to cure heartbreaks with drugs and it's high time that we realize the needs and requirements of our soul and nourish it with Sandhya kriyas, Samatha Kriya and Tratak Kriya. Research proved that post-pandemic Buddhists turned out to be happier than others mostly because they were taught the concept of the Noble Eightfold Path which filled their brain with positive emotions and self-control that can be proved through neuroimaging. By the end of the study, it has been concluded that the world needs the expansion of Buddhist Psychology to cope with the aftermath of the pandemic and reconnect with the true self.

*Keywords:* Buddhism, Post-Pandemic



## A Cross-Sectional Survey to Determine the Stress Level among Postmenopausal Women in the Rural Area of Bhagalpur, Bihar

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Menopause is a natural reproductive period that affects women's lives between the ages of 45 and 55 due to various physical and mental changes. It usually happens when a lady is in her late 40s to early 50s (Barkha D et al., 2018). Many women see the menopausal transition as distressing (The North American Menopause Society, 2016). Menopausal women in rural locations may experience higher physical, psychological, and social stress. They also have more medical issues and worse self-esteem than males. The study's objective is to measure the stress experienced by postmenopausal women living in rural areas of the Bhagalpur district of Bihar. In this study, postmenopausal women living in rural settings had their stress levels measured. Postmenopausal women's stress levels are being measured using a cross-sectional survey methodology. Total 50 postmenopausal women were selected by using simple random sampling within the age range of 45-55 years. The level of stress was measured by using a structured self-administered schedule. The result of current study revealed that most of the postmenopausal women (70%) reported severe stress level, 28% had moderate stress level, whereas only 2% reported low level of stress. The Mean percentage of the amount of stress in the physical factor was 80.95, in the psychological factor it was 74.08 and in the sexual factor it was 74.66. The average percentage of Mean was found 77.95% overall. This short study offers a beginning for the future mapping of stress levels on menopause timing. Researchers looking into the stress experienced by postmenopausal women can also use this knowledge.

*Keywords:* Postmenopausal women, level of stress, physical stress, psychological stress, sexual stress.

## Multiple Intelligence as a Predictor for Academic Achievement among High School Students

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Howard Gardner's Multiple Intelligence theory has been prophesized to be the ultimate solution for an improved educational model for the students. The present study is aimed at understanding the role Howard Gardner's Multiple Intelligence (MI) theory holds in predicting the Academic Achievement scores among High School students. 120 adolescent students (14-18 years) were selected as part of the sample. Purposive sampling technique was utilized for the selection of sample, belonging from the cities of Ahmedabad (Gujarat) and Kottayam (Kerala). The data was collected by visiting various schools across the area and through residential contacts. Multiple Intelligence and its dimensions, a. Linguistic, b. Logical, c. Bodily-Kinaesthetic, d. Spatial, e. Musical, f. Naturalistic, g. Interpersonal, h. Intrapersonal, i. Existential, were assessed using the Multiple Intelligence Scale, developed by Agarwal, S., and Pal, S. (2018) and Academic Achievement scores were procured by collecting the academic marks the students achieved during their previous academic year. To statistically analyse the data, regression analysis technique was used. Regression analysis revealed a significant association of varied degrees between the various dimensions of Multiple Intelligence and Academic Achievement. The results showed the dimensions of Logical



Intelligence and Interpersonal Intelligence emerged as the strongest predictors of Academic Achievement while Linguistic Intelligence, Spatial Intelligence and Existential Intelligence emerged as moderate predictors of Academic Achievement. Multiple Intelligence and its dimensions have shown to be significant predictors when assessed its influence on Academic Achievement.

*Keywords:* Academic achievement, education, multiple intelligence

## **The Association between Psychosocial Intervention Relaxation and Fertility Treatment Outcome: A Systematic Review and Meta-Analysis**

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Couples across India are fighting with infertility, currently 1 out of 6 couples are seeking treatment for infertility. This is a situation with the potential of stress. Stress can lead to emotional, cognitive and physiological changes. To manage muscle tension during the treatment, relaxation training can bring hope. In this meta review we understand how psychosocial intervention relaxation affect pregnancy outcomes in women and couples undergoing assisted reproductive treatment (ART) treatment. A systematic review and meta-analysis of Randomized Controlled Trials (RCTs) evaluating the efficacy of psychosocial intervention relaxation on pregnancy outcomes in women and couples undergoing ART treatment. Databases searched were Pubmed, PsycINFO, Embase, CINAHL and Santosh Medical college Library. The results revealed that the relaxation prior and during the process significantly improved their stress levels.

*Keywords:* Psychological intervention relaxation, ART treatment.

## **Perceived Social Support among Working and Non-Working Women**

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Social support refers to the psychological and material resources provided by a social network to assist individuals deal with stress. Social support plays a vital and positive role within the health and well-being of an individual. The purpose of the research was to study the perceived social support among working and non-working women. Digital and manual searches were carried using the following databases. Google scholar, pubmed, researchgate, NCIB, science direct. Based on the review, it was found that less emphasis is given to non-working women and the previous researches were somewhat showing biases by taking working women in their samples. It has been concluded that those women who are working have more social support than non-working women.

*Keywords:* Social support, women, psychological resources





## Effect of Air Pollution on the Psychological State of Traffic Policemen in Patna

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Pollution has become an important topic of health issue. The pollution of the environment has covers up all the topics of wellbeing whether it is mental, psychological, physical, emotional, Social or the goodness of plants as well as animals. Of the all sources of environmental pollution, air pollution is most devastating and prevalent. Air pollution is the presence of toxic and harmful substances which are harmful for humans. The 2015 Global Burden of Disease survey estimated that just one aspect of air pollution, one particulate matter, is largely responsible for 7.6% of all deaths worldwide. The objectives of the present research were: to examine influence of Air pollution on the level of stress among the Traffic Policemen of the Patna district, to observe the impact of Air pollution upon the level of Anxiety among the Traffic Policemen of the Patna district, to investigate the role of air pollution in the development of aggression among the Traffic Policemen. 50 Traffic Policemen of Patna district have been selected as the sample of the research. Among them, 20 were working from five years and 30 were working from 2 years. They belong to the same age group of 30-40 years. There were three research tools used in the present study- Singh personal stress source inventory (SPSSI) by Arun Kumar Singh, Aashish Kumar Singh and Anjana Singh (2004), The Comprehensive Anxiety scale by R.L. Bhardwaj, Harish Sharma and Mahesh Bhargava and Aggression Inventory by M.K. Sultania. Results indicated that the Traffic policemen have shown high level of psychological distress. They have diagnosed with alarming state of stress, anxiety and aggression. Also, more exposure to work situation have adverse effect on their psychological state. Conclusively it can be stated that the air pollution has a significant role in the decline of psychological state of the traffic policemen. It can enhance the level of stress, anxiety and aggression among them.

*Keywords:* Air pollution; traffic policemen; psychological state, patna

## Internal Mentation and its Psychological Correlates among Aged People

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Age-related changes in the brain are associated with the brain's dynamic ability to transit between various spatiotemporal states during resting state. The brain connectivity in the resting state consists of three major brain states: "sensory network", "somatomotor network", and "internal mentation network". *Internal mentation* refers to "future plans and interpretation of events". Being latent in nature, internal mentation can be self-generated or triggered by the external environment. These mentation performs a crucial role in directing the decision, action and social relations of an individual. The present paper is intended to explore the concept of Internal Mentation and its psychological correlates among aged people. An integrated review of literature of 5 papers ranging from 2014 to 2021 was made by the researcher from Publish or Perish 8, Science reports, CrossMark, NIH-PA and Science Direct. Studies suggested that internal mentation is related to default mode network (DMN) which plays an important role in internally oriented cognition. It is found that internal mentation was frequently expressed in people aged 71 and older. Also, internal mentation is affiliated with complex cognitive processes and goal-seeking tasks that demand self-referential processing such as autobiographical planning. Furthermore, internal mentation network is associated with high-order cognitive processes, such as moral reasoning or self-consciousness. The present study can help to understand different domains of internal mentation and cognitive functions associated with it. Unlike externally presented stimuli, internal mentation is intangible and memory for these mentation can play an important role in the phenomenon of aging.

*Keywords:* Aging, internal mentation.



## **Job Satisfaction, Organizational Climate and Mental Health: A Comparative Study of Male and Female Private School Teachers in Rampur, U.P.**

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There is a significant rural-urban disparity in the working condition of teachers across the country. There are various personal, environmental and occupational aspects that impact employee well-being. (Loretto, Popham, Platt, Pavis, Hardy, Macleod & Gibbs, 2005). This is an important area of research because organizational climate is correlated with work performance (Parker et al., 2003; Giri & Kumar, 2007; and Adeyemi (2008). The present study addresses the dearth of focused research on organizational climate, job satisfaction and mental health of male and female private school teachers in Rampur. Private schools being independent variables; examining the organizational climate affecting teacher's job and mental health. Primary data was collected by administering questionnaires. Sample of 300 teachers was selected, 150 private teachers and 150 government teachers (75 male and 75 female). Sample was selected using random sampling technique. Data was analyzed using mean, SD and t-test. The study revealed a significant difference in job satisfaction among the female private school teachers and male private school teachers. Female teachers were significantly more satisfied than male teachers. It also revealed a slight difference in organizational climate among the female and male private school teachers, although not significantly related. Investigation also revealed slight differences in mental health of female and male private school teachers. Female teacher's mental health was better than male teachers but not significantly different.

*Keywords:* Job satisfaction, organizational climate, mental health, private school teachers

## **Effect of Gender on the Job Satisfaction: A Study among the Employees of Patna District**

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Job Satisfaction is vital in the work place. A satisfied and motivated work force can undoubtedly help sustain productivity. Locke (1976) lists some individual characteristics of workers which can affect their level of satisfaction. They include demographic factors like: age, Gender, education, position occupied and length of service. The present study was carried out with following objective: to assess the level of Job Satisfaction among the Employees of Public and Private Sectors, to examine the level of Job Satisfaction among the male and female employees of different Sectors. The sample consisted of 200 employees in the age group of 26 to 60 years. Among them, 100 were male employees and 100 were female employees. They were from different areas of Patna. The data was collected from different areas of Patna district. Job Satisfaction Scale by Amar Singh and T.R. Sharma was used in this study. Statistical techniques such as Mean, SD and, t-test were used for data analysis. The results reported that there is a significant difference in the level of Job Satisfaction among the male and female employees. Female employees have



demonstrated less Job Satisfaction in comparison with male employees. Conclusively, it can be stated that gender is a prominent factor in the development of Job Satisfaction among the employees.

*Keywords:* Job Satisfaction, gender, male, female; employees

## **Role of Instagram use in Self-esteem among Young Adults**

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Self-esteem is the degree to which the qualities and characters containing one's self-concept are perceived to be positive. A reasonably high degree of self-esteem is considered an important ingredient of mental health, whereas low self-esteem and feelings of worthlessness are common depressive symptoms. Instagram is a social media site that allows you to share personal photos or videos of oneself and one's life. Although this is an amazing step in technology for that instantaneous connection, using this social media application daily might be correlated to mental health issues in adolescents and young adults. The purpose of this study is to analyze the correlation between Instagram use and self-esteem. As per literature review social media applications lead to extreme social problems in today's generation. A directional hypothesis was formulated to study the relationship between Instagram use and self-esteem among young adults. The sample was selected by using a purposive sampling method. Correlational statistical method was used for data analysis. Self-Esteem was assessed by using Rosenberg Self-Esteem Scale and modified The Instagram Addiction scale for categorizing the average use of Instagram. The result of this study was significant at 0.05 level of significance and directional hypothesis is accepted. Hence, low self-esteem is seen among Young Adults and adolescents who have an average use of Instagram.

*Keywords:* Self-esteem, Instagram use, young adults

## **Attachment styles and proneness to guilt and shame among young adults**

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Attachment styles refer to the characteristic ways in which people relate to others in the context of intimate relationships. Shame and guilt are two emotions that are closely associated with attachment-related dynamics. Usually, these two emotions are considered functional and adaptive in nature but their dysregulation may result in various psychopathological symptoms. Hence, it becomes important to understand how attachment styles are related to the level of inclination toward guilt and shame. The present research intended to assess the relationship between attachment styles and proneness to guilt & shame and also to examine the difference between males and females in terms of guilt & shame proneness. The sample comprised of participants (N= 50) ages ranging from 18 to 25 years. Two groups were created based on the sex of the participants. Convenience sampling was used for the selection of the sample. Adult Attachment Scale-Revised (close relationships version) developed by N.L. Collins and S.J. Read, and the Guilt and Shame Proneness Scale developed by Taya R. Cohen were used in the present study. The obtained data indicated that there is no significant relationship between attachment styles and guilt-proneness. However, shame proneness was related to attachment styles. People with an insecure attachment style (anxious or avoidant) were more prone to shame withdrawal and a negative evaluation of the self, whereas those with a secure attachment style were less prone to those two attributes. There was no significant difference between males and females in terms of proneness to guilt and shame. Hence, through this study, it can be concluded that attachment styles are related to shame proneness but not to guilt-proneness.

*Keywords:* Attachment styles, guilt, young adults



## Emotional Consciousness and the Neural Underpinnings of better decision-making

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From the deepest core of our psyches comes the vague picture of a primal being, the mind, which has evolved over the years in ways unfathomable to us yet residing inside us. It has evolved to have emotions functioning as one of the faculty helping it in manifesting its reality. The authors have tried building upon how emotions are acutely related to consciousness and lead to better decision-making. Some of the latest research throws light upon viewing emotions as the fundamental ground from which quality decisions can spring. The present study intended to understand the role of emotions in consciousness and the underlying neurobiology leading to better decision-making. A systematic review analysis was done of the literature constituting emotions as a key feature to making sound decisions. Research articles and research papers collected from the different databases related to the literature were critically comprehended to reach a final conclusion. Post-analysis it was concluded that there is a substantial amount of data to support the notion that emotional awareness/consciousness allows people to reach decisions which are well-analyzed also emotions influence and even completely control the outcome of a large number of decisions people make.

*Keywords:* Emotional consciousness, decision-making, neurobiology

## Attitude of College students towards LGBTQ: An Analytical study

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Gender identity is a person's sense of identification with either the male or female sex, as manifested in appearance, behaviour and other aspects of a person's life. Societal attitude towards LGBTQ / Homosexuality vary from place to place and person to person. All cultures have their own point of view about appropriate and inappropriate sexuality. The acronym LGBTQ stands for Lesbian, Gay, Bisexual, Transgender and Queer. The objective of the present study was to explore the attitude of college students towards Gay and Lesbians, also to find out the difference in attitude of male and female students towards the homosexuals. Sample was 100 College students among which 50 were male students and 50 were female students. Attitudes towards Lesbian and Gay (ATLG) scale developed by G.M. Herek have been used in this study. Results have shown that there has been negative attitude of the college students towards the homosexuals. Female students have displayed high negativity towards the homosexuals in comparison with male students. Conclusively, it can be stated that college students of Patna still have negative attitude towards the homosexuals.

*Keywords:* Gay, Lesbian, College Students, Attitude



## Digital Eye Strain: Management through Eye Yoga and Mindful Relaxation practices

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Digital eye strain, which is often ignored by the public, has emerged as a “Shadow Pandemic” in the era of the COVID-19 pandemic. It occurred due to a sharp increase in our screen time, owing to virtual education, work from home, video conferences, online entertainment, gaming, shopping and video chatting with friends and family. Due to information overload, disrupting working hours, etc. has given rise to plethora of psychological issues. Owing to the close connection between Mental strain and Visual strain, in the present study a comprehensive attempt is being made to devise strategies for alleviating visual problems through a set of practices involving relaxation of the mind and eyes. The pre-test and post-test design was built. The sample included 30 near-sighted patients, 15 in the experimental and the remaining 15 as the control group. The intervention involved eye yoga and mindful relaxation exercises. Statistical tool T-test was applied on the resultant data. Analysis of results indicated enhancement in visual acuity in the experimental group, also associated symptoms (dry eyes, puffy eyes, etc.) found to have improved considerably. The intervention was successful in reducing the visual problems due to digital strain and enhancing the visual acuity.

*Keywords:* Digital eye strain, Shadow Pandemic, visual and mental strain, eye yoga, mindfulness.

## Polycystic Ovary Syndrome and Mental Health: A Review

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Polycystic ovarian syndrome (PCOS) is becoming more prevalent among women of age of reproduction. Common symptoms of PCOS include Anovulation, infertility, excessive hair growth on body and face, Ovarian cysts, acne, sleep disturbances and decreased libido. PCOS has not just its biological manifestations but also psychological. Women with PCOS have been found to have high levels of anxiety and depression. The aim of the present study is to gather relevant data and review the studies that highlight the relationship between PCOS and Mental health issues. Peer-reviewed literature that displayed the relationship between PCOS and mental health, Anxiety were searched on PubMed/Google scholar/PMC/NCBI/NIH/Web of Science and Scopus database from 2003 to 2021. The keywords while searching the database included: “polycystic ovarian syndrome” or “PCOS” and “depression”, “anxiety”. The existing literature states a positive correlation between PCOS and anxiety, depression and neuroticism. The self-perception of women with PCOS and their quality of life is very less researched thereby creating a gap in the current literature bringing about a need to investigate psychosocial dimensions of PCOS and for the coming up with intervention to manage the same.

*Keywords:* Polycystic ovarian syndrome, anxiety, depression





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- Nicotine cessation clinic.
- Psychological Evaluation and Intervention.

### Psychotherapies

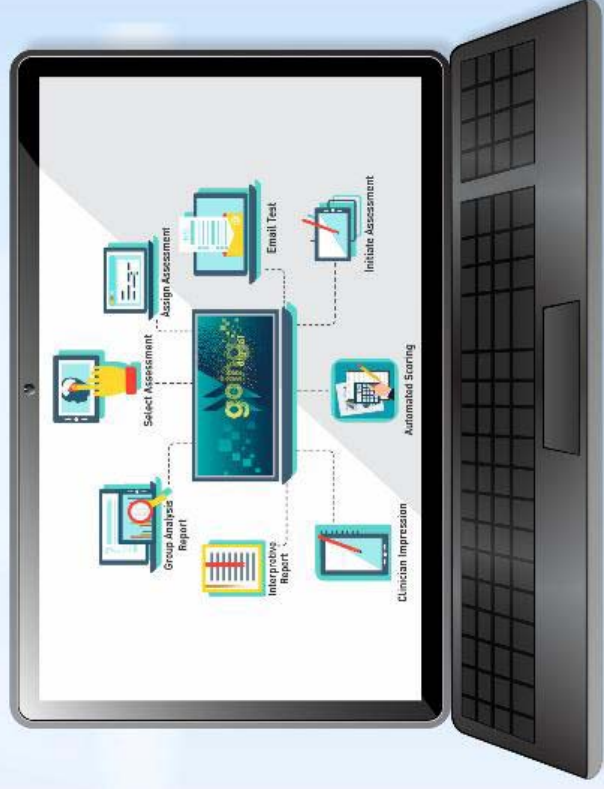
- Cognitive Behavior Therapy (CBT)
- Behavior Therapy
- Family Therapy
- Marital Therapy / Couple Therapy
- Mindfulness Therapy
- Sex Therapy
- Relaxation Training, Meditation and Yoga Therapy

### Assessments

- Psycho diagnostic evaluation (Adolescents and Adults).
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- Neuropsychological Assessments.
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