



# 6th International and 8th Indian Psychological Science Congress



18-20 October, 2019

**Jointly Organized by**

**Dept. of Psychology      Dept. of Anthropology  
Panjab University  
Chandigarh**

**and**

**National Association of Psychological Science-India (Regd.)  
Theme**

**SUSTAINABLE PEACE AND WELL BEING:  
INTEGRATION ACROSS GENERATION**

## **ABSTRACT BOOK**

**Global Partners**



**South Asian Association of  
Psychologists, Dhaka**



**EQ4Peace, USA**



**World Without Anger  
Kathmandu**

**Publication: National Association of Psychological Science (Regd.)**

डि. प्रशांत कुमार रेड्डी, भा.प्रशा.से.  
D. Prasanth Kumar Reddy, IAS



भारत के उप-राष्ट्रपति के निजी सचिव  
PRIVATE SECRETARY  
TO THE VICE-PRESIDENT OF INDIA  
नई दिल्ली / NEW DELHI - 110011  
TEL.: 23016344 / 23016422 FAX : 23018124



## MESSAGE

The Hon'ble Vice President of India is happy to know that the Departments of Psychology and Anthropology, Panjab University, Chandigarh, in association with National Association of Psychological Science, are organizing 6<sup>th</sup> International and 8<sup>th</sup> Indian Psychological Science Congress from October 18 – 20, 2019.

The Hon'ble Vice President extends his greetings and congratulations to the organizers and the participants and wishes the event all success.

  
(D. Prasanth Kumar Reddy)

New Delhi  
16<sup>th</sup> October, 2019.

रमेश पोखरियाल 'निशंक'  
*Ramesh Pokhriyal 'Nishank'*



मंत्री  
मानव संसाधन विकास  
भारत सरकार  
MINISTER  
HUMAN RESOURCE DEVELOPMENT  
GOVERNMENT OF INDIA



### MESSAGE

I draw immense pleasure to know that the Department of Psychology and Anthropology, Panjab University, Chandigarh (Punjab) in collaboration with National Association of Psychological Science (Regd.) are organising the 6<sup>th</sup> International and 8<sup>th</sup> Indian Psychological Science Congress on 18-20 October, 2019 at Panjab University, Chandigarh.

I am inclined to believe and I am quite optimistic that such a congregation of eminent scholars, domain experts and academicians from within and outside country would have extensive, spirited and rewarding deliberations. I hope and trust that the deliberations would culminate into tangible conclusions and observations and redound to the advancement of the frontiers of Psychology and Anthropology.

I congratulate the organisers of the event and the participants and wish the Congress a grand success.

(Ramesh Pokhriyal 'Nishank')



सबको शिक्षा, अच्छी शिक्षा ।

Room No. 3, 'C' Wing, 3rd Floor, Shastri Bhavan, New Delhi-110 115  
Phone : 91-11-23782387, 23782698, Fax : 91-11-23382365  
E-mail : minister.hrd@gov.in



**Dean of University Instruction**  
Panjab University,  
Chandigarh-160014



**Professor Shankarji Jha**

Dept. of Sanskrit,  
Panjab University,  
Chandigarh-160014



### **Message**

It gives me immense pleasure that the National Association of Psychological Science, India is organizing the 6th International and 8th Indian Psychological Science Congress on "Sustainable Peace & Well Being: Integration across Generations" at Panjab University, Chandigarh from October 18 – 20, 2019.

Peaceful coexistence and integration across generations are vital for the mental health and well being of mankind. I am confident that the deliberations by eminent and budding young social scientists in this three day conference will be very useful for developing strategies to bring forth a culture of peace.

I convey my good wishes for the success of the conference.

**Professor Shankarji Jha**

**Dean University Instruction**  
**Panjab University**  
**Chandigarh**



## ***EQ4Peace Worldwide, Inc.- USA***

**Oct. 5, 2019**



### **Message**

**Dear Peace Participant,**

Please accept my desire for a wonderful conference and thank you for helping to make our world a more peaceful place.

Our objective is to provide emotional education (EQ) training to as many people, in as many countries, as we can. EQ can teach us inner peace (within us), interpersonal peace (among us) and social peace (in groups, teams and families). If we can to enough people about themselves, and they can create peaceon the inside and outside, and this peacefulness will expand across country borders and ultimately encompass the world.

#### **3 Steps to EQ-#Awareness\_Acceptance\_Action Or NOT**

**1. Awareness** – First we must be aware of what is happening inside us. The majority of our education teach us left-brain cognitive, intellectual skills, but essential right-brain emotional, soft skills trainingisoften neglected. Our emotions are a vital, on-going part of ourselves, our decision-making processes and our worldview, so we must become more aware and mindful.

**2. Acceptance** – Due to social norms, we (especially men) tend to hide, deny and negate our emotions. We are critical of ourselves and others for having basic feelings and emotions, yet they are undeniable and unavoidable. If we can accept our internal systems without judgment, and accept “emotional responsibility” for our own thoughts and feelings, we can learn to better understand, enjoy and manage ourselves and our lives.

**3. Action (or NOT)**– Once we are aware of what is happening inside of us, and we accept ourselves and feelings, we can then make conscious decisions whether to take action on those thoughts and feelings, or not. With emotions, no action is often a wise action, but if we can make our actions or non-actions conscious and intentional, that puts us in control of our lives, our relationships, and our results.

Please become aware of EQ, accept yourself and others, and then take action to create peace within and between us.

My best to you always,

***Matt Perelstein, CEO***

**Professor**

Dept. of Anthropology,  
Panjab University,  
Chandigarh-160014

**Convener**

IPSC-2019

**Prof. Anuradha Bhandari****MESSAGE**

It gives me immense pleasure that the National Association of Psychological Science, India, Departments of Psychology and Anthropology are jointly organizing the 6th International and 8th Indian Psychological Science Congress on “Sustainable Peace & Well Being: Integration across Generations” at Panjab University, Chandigarh from October 18 – 20, 2019.

Peace and well being are deeply interlinked vital constituents of mental health. Intergenerational integration is essential in building a sustainable culture of peace. Four hundred academicians from across the world will be presenting their research papers. I am confident that the ensuing discussions and deliberations will significantly contribute to our understanding of well being.

I extend many good wishes for the success of the conference.

-Sd-

Dr. Anuradha Bhandari  
(Convener, IPSC-2019)



Tele No. 0172-2541998 (O)

0172-2534223 (O)

E-mail : anthro@pu.ac.in

# DEPARTMENT OF ANTHROPOLOGY

(VISHWANATH HALL)

PANJAB UNIVERSITY, CHANDIGARH 16 00 14 (INDIA)

Dr Kewal Krishan, FRAI  
Chairperson



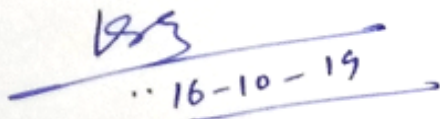
## MESSAGE

I would like to congratulate the National Association of Psychological Science, India for organizing the 6th International and 8th Indian Psychological Science Congress on "Sustainable Peace & Well Being: Integration across Generations" at Panjab University, Chandigarh from October 18 – 20, 2019.

Health, Wellbeing and Peace, relating to Goals 3 and 16 of the "United Nations Sustainable Development Goals" are integral for the advancement of mankind and will assist in ending poverty, protecting the planet and ensuring prosperity.

The Department of Anthropology is proud to be associated with National Association of Psychological Science, and would like to commend them on having a rich history in academics and networking with multi-disciplinary organisations and institutions to guarantee scientific development in India. I am confident that the deliberations during the conferences will be fruitful for the participants in updating their knowledge and their professional development.

I extend my best wishes for the success of this congress.

  
.. 16-10-19

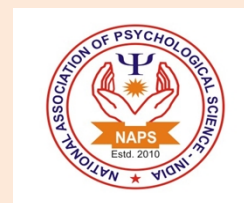
Dr Kewal Krishan  
Convener of the Congress and  
Chairperson,  
Department of Anthropology,  
Panjab University,  
Chandigarh





## Asst. Professor

Dept. of Psychology,  
Panjab University,  
Chandigarh-160014



## Dr. Roshan Lal

Director, IIPSC-2019

## MESSAGE

On the occasion of 6<sup>th</sup> International & 8<sup>th</sup> Indian Psychological Science congress-2019 on behalf of NAPS family and, it gives me great pleasure to write this message. It is indeed a pleasure for me to write this message of felicitation and warm greetings to all of you in attendance. I wish you have a successful and rewarding IIPSC-2019.

I can say that nothing is more important in the present world than “Sustainable Peace & Well Being” which needs the collaboration across generation. WHO defines health as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”, though it is clearly emphasizes well-being,

Unfortunately, the global World today hovers perilously lot of derailments in terms of happiness which is impossible without Peace and Well Being. This endeavour for Peace and Well Being brings likeminded people together to foster peace and well being for one and all. Despite all differences civilization has much more in common that narrow minded people think

I personally salute to Eq4Peace, USA, World Without Anger (WWA), **Kathmandu** and South Asian Association of Psychologists (SAAP), **Bangladesh** for their collaboration for a joint vision of the world we want to live in is developed via intellectual discourse. If we the human family, wish to live with peace for future well being, this mega academic event has a pivotal role to play.

I know that community of Psychology, Anthropology and allied social science are standing with us in unwavering solidarity and loving support. So, every participant, presenter or chair, discussant or audience member must be encouraged for dedicating his/her time for the success of IIPSC-2019.

I wish you all a very fruitful and rewarding Psychological Science Congress-2k19

(Dr. Roshan Lal)



**Asst. Professor**

Dept. of Anthropology,  
Panjab University,  
Chandigarh-160014



**Dr. Ramesh Sahani**

Organizing Secretary,  
IIPSC-2019

## Message

This is a great pleasure for me to welcome all of you, on behalf of Panjab University and National Association of Psychological Science-India (NAPS) as an one of the Organizing Secretary of the 6<sup>th</sup> International and 8<sup>th</sup> Indian Psychological Science Congress being organized from 18-20 October, 2019 at Panjab University, Chandigarh, India. Experience worldwide have evidenced that “sustainable peace and well being: Integration across generations is the highly demanded need of the society in the context of globalization and emerging economic and geo-political scenario. Sustainable peace across generation is only the way to make us happy and satisfied in these era of highly economic unbalanced development. We have never before relied so highly on the introduction of sustainable peace across generations globally.

I thank and acknowledge the contributions: authors, resource person etc for responding to our invitation. We have created a platform where experts from the respective fields will place their views, arguments and findings, which will help us to make a good society with full of peace and happiness, besides, enhancing academic knowledge. I am certain that we will be benefitted from productive exchange of knowledge and information and ideas out of the conference.

Sd/-  
(Dr. Ramesh Sahani)

# **Impact of sleep quality on mental health among youngsters**

*Amandeep\*, Anshul Girdhar\* & Vijeta Singh\*\**

## **Abstract**

An adequate amount of sleep is very important, much like doing regular exercise or having a healthy diet. As the world is becoming more and more advanced, people are working harder than ever. And in pursuit of achieving the goals, the work and efforts that are being put often result in affecting the quality and quantity of the sleep. This directly impacts the quality of life all around. The purpose of this research is to find the relation between sleep quality and mental health among youngsters. A sample of 120 youngsters (60 males and 60 females) was collected using the Pittsburgh Sleep Quality Index (PSQI) and General Health Questionnaire (GHQ-28). The gender differences were also studied for quality of sleep and mental health. Given that there are many factors affecting mental health, future studies should continue to explore more variables affecting it.

*\*Student, \*\*Assistant Professor, Department of Applied Psychology  
Guru Jambheshwar University of Science and Technology, Hisar,  
Haryana, India.*

## **A review on loneliness among youth**

*Deepika Aggarwal\*, Yashvi Wadhwa\* & Monika Bargujjar\*\**

### **Abstract**

Loneliness is that state of individual in which he or she feels alone and sad. Loneliness may lead to depression. It also effects negatively the self-esteem, family strengths and mother – adolescent communication of an individual. In researches it was found that older adolescents were lonelier than younger one's. Many studies showed that the adolescents who were suffering from loneliness had less communication and social skills due to that they spend their most of the time on internet. They tend to develop negative thoughts and dishonesty. The long term feelings of the loneliness and social isolation also reduce cognitive skills like ability of concentration, making decisions, problem solving and it also changes their self- beliefs which ultimately leads to depression. Loneliness is prevalent in aged people also. It was found in some researches that women are more at risk for loneliness and isolation than men. Indian statistics depict that about 2-3% of elderly men live alone while another 3% live with other relations and non- relations and among elderly females 7-8% live alone and another 6-7% reported to live with other relations or non-relations. Loneliness is a serious problem calling for immediate attention for every age group.

*\*Student (M.Sc. I) \*\*Senior Research Fellow-UGC, Department of Applied  
Psychology Guru Jambheshwar University of Science & Technology ,Hisar,  
Haryana,India,*

# **A study of mental health of retired army officers**

*Rashmi Verma\* & Arun Kumar\**

## **Abstract**

Mental illness is common and can affect anyone, including serving and ex-members of the armed forces and their families. While some people cope by getting support from their family and friends, or by getting help with other issues in their lives, others need clinical care and treatment. This paper focuses on mental problems in retired army officers in India. We know that after retirement veterans face of adjustment problems in settling down in civilian environment. They face depression, Post traumatic stress disorder (PTSD), dementia, thoughts of suicide, substance abuse, etc. As it is they are old and have seen a tough life. And adding to this is the new environment of civil. They are used to a disciplined and systematic life. But in civil these things are not the way they are in army. Family members and personnel working with military and families are often not aware of how to engage veterans with mental illnesses and addictions. In addition to the impact of military service on the veteran, each has a circle of family and friends who are also impacted by their military service.

*\*Department of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar, India.*



# **A Study of Relationship Between Body Image Dysphoria And Five-Factors Of Personality**

*Pooja Yadav\* & Naresh Kumar\*\**

## **Abstract**

The study of relationship between body image dysphoria and Five-Factors of personality constitutes a very significant area of empirical investigation. The term “Body Image” has studied but original work in this field done by neurologists who tried to investigate the components of the mind – body connection. At that time, plastic surgeons also appreciated the fact that wounds of war also influence the psychological functioning of individuals. From 1950s to 1960s, both plastic surgeons and psychiatrists started work together in the investigation of these phenomena and to find the association between ones external physical appearance and the subjective appraisal of it. In 1970s, social psychologists started to study how a person’s bodily look affects social relationship.

Some early studies concentrated on the person’s physical attraction in loving partner selection. Later researchers started to investigate the effect of physical look on a range of personal relations. The field experienced an explosion of research in this area began in the 1990s. Scholars proposed new hypothetical models of physique and conducted high quality, experimental research in this area by using cognitive behavioral theory as a foundation and rapidly increase the interest in this field. Much of work of this area dedicated on the mass and figure concerns of individuals with eating disorders like anorexia nervosa and bulimia nervosa.

*:\*Research Scholar, Kurukshetra University; Haryana,India*

*\*\*Assistant Professor, Central University of Haryana,India.*

# **Delayed Gratification as an Antecedent Factor of Narcissism**

*Puneet Virk & \* Santha Kumari \*\**

## **Abstract**

The subject of narcissism has intrigued people for centuries, and it has become a modern “epidemic”. Different types of narcissism include overt, covert, adaptive and maladaptive. Narcissism leads to faulty interpersonal relationships and affects the mental health of the narcissists themselves and others around them. Several antecedent factors for narcissism have been identified and delayed gratification, a person's capability to refuse to give- in to the temptation for an instant reward but wait for a delayed reward, has been implicated as an important factor related to narcissism. The present study examined the effect of delayed gratification on different facets of narcissism. Thirty student volunteers of the age range 20 to 27 years participated. Narcissism was measured using Narcissistic Personality Inventory-40 (NPI-40) and delay of gratification was assessed using Delay of Gratification Inventory (DGI). Correlation and regression analysis revealed that delayed gratification was negatively correlated with exhibitionism dimension of maladaptive narcissism and emerged as a predictor of narcissism. Also, the sub-dimensions of delayed gratification- DGI-Money and DGI- Social were negatively correlated with exhibitionism and entitlement respectively. The findings of this study have implications for parents, teachers and counselors in molding children to become psychologically healthy individuals.

*Ph.D. Scholar\*, Professor\*\* \*School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala, Punjab, India.*

# **Influence of Resilience on Psychological Wellbeing among Youth**

*Nidhi Kalonia\*, Ketav Garhwal\* & Vijeta Singh\**

## **Abstract**

The aim of the research is to examine the relationship between psychological well-being and resilience among sample of university students of age range 17-25. The adversities and hurdles that a student face in today's world affect their resilience which exerts influence on their psychological wellbeing. This is furthermore described as how positive they feel about themselves. Psychological well-being refers to inter- and intra-individual levels of positive functioning that includes one's connection with others and self-referent attitudes that include sense of own ability and personal growth, whereas, resilience is the capacity to bounce back from difficulties. The Psychological Well-Being Scale (18 items) grouped in six dimensions (autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance) and The Brief Resilience scale (6 items) were used for data collection purpose.

*\*Department of Applied Psychology, Guru Jambheshwar University of Science and Technology,  
Hisar, Haryana, India*

# **A comparative study of spiritual intelligence between Government and Private high school teachers of Haryana State**

## **Abstract**

Spiritual Intelligence is one of important effective element in classroom discipline management. The present study was aimed to find out the Spiritual Intelligence between Government and Private high school teachers of Bhiwani and Sirsa district of Haryana. The Study were conducted with a sample of (N=320) high school teachers (160= Government high school teachers and 160=Private high school teachers) using Spiritual Intelligence Scale by Santosh Dhar and Upender Dhar (2010). Random sampling technique was used to collect the data. The results will be statistically analyzed using Mean, SD and t ratio. Spiritual Intelligence in dimensions of Benevolence, Modesty, Conviction, Compassion, Magnanimity, and Optimism will be assessed. The results of the present study indicate that there is a significant difference between Government and Private high school teachers.

**Keywords:** Spiritual Intelligence, Teachers, Government and Private high school teachers

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# **Impact of Parenting Style on Mental Health among the Youngsters**

*Deepika\*, Vinita Nehra\* & Vijeta Singh\**

## **Abstract**

The aim of present research is to compare parenting style and mental health among the youngsters. The statistical population of the paper included all the female and male university students in the city of Hisar. The sample is selected through simple random style in access. Mental health includes one-being emotional, psychological. It effects one-being's thinking, feeling and action. Mental health is important at every stage of life from the time of childhood till to adulthood. Parenting style refers how parents raise their children and also refers to the parent's level of expectation, performance demand as well as the style of discipline that parent utilize enforce the expectation. The tools used in this research comprises two: Parenting scale and Mental health inventory. Parenting scale containing 40 items that include 8 parenting models that can be studied as the role of mother and father and Mental health inventory containing 54 items that include 6 dimension of mental health.

*\*Department of Applied Psychology, Guru Jambheshwar University of Science and Technology,  
Hisar, Haryana, India.*

# **Understanding the Efficacy of School Counseling: An Empirical Study**

*Kirti Wadhwa \*.& Preeti Pant \**

## **Abstract**

Schooling is a crucial context that lays down the foundation of a child's psychological health. Most schools have mental-health counselors as a part of making mental health a priority. The experience of students with such professionals shall determine how they understand and implement coping with mental health issues further in life. In the present study, an attempt has been made to understand the efficacy of school counseling process through experiences of students. The participants constituted of students in the age group of 18-22 years, who completed their schooling in Delhi NCR. The participants responded to a semi-structured questionnaire that covered aspects like Counselor Availability, Client Autonomy, Confidentiality, Client Justice, School Authorities and Counseling, and Counselor Efficiency. This was presented as a pilot study with over 25 participants, which will be extended into a final study with over 100 participants. The data shall be analyzed through a mixed method involving both qualitative and quantitative analysis. The findings of the present study are likely to assist schools to reflect on how students' mental wellness is significantly dependent upon their interaction with their school counselors and that in turn is likely to help them improve the quality of the mental health facilities they provide.

*\*Associate Professor, Department of Psychology, Gargi College, University of Delhi, India.*

# Exploring the effect of parenting styles on aggression in adolescents

*Poonam Phogat\*, Pooja Lal\*& Ashmeet Kaur\*\**

## Abstract

Parenting is one of the most challenging and difficult responsibilities a person can face. The style of parenting with which children are raised can profoundly affect their social development, as well as their abilities to deal with life situation. The adolescent years pose some of the most difficult challenges for parents which includes violence, alcohol or drug abuse as well as aggressive behaviour. The study aims to explore “the effect of parenting styles on aggression in adolescents”. The overall objective of this study is to highlight the link between parental styles and the pattern of aggression among adolescents. It is a quantitative study using convenience sampling and Parental Authority Questionnaire (Buri, 1991) and Aggression Questionnaire (Buss and Perry, 1992). The sample consists of 85 participants, including both males and females between the age group of 15- 21 years. This study is important because it suggests the parenting type that is suitable for monitoring and controlling aggression in adolescents.

**Keywords:** Parenting, Parenting Styles, Adolescent, Aggression, Behaviour

*Dr Poonam Phogat,\* Pooja Lal,& Ashmeet Kaur\*\**

# **A comparative study of spiritual intelligence among government and private high school teachers of Haryana state**

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## **Abstract**

Spiritual Intelligence is one of important effective element in classroom discipline management. The present study was aimed to find out the Spiritual Intelligence among Government and Private high school teachers of Bhiwani and Sirsa district of Haryana. The Study were conducted with a sample of (N=320) high school teachers (160= Government high school teachers and 160=Private high school teachers) using Spiritual Intelligence Scale by Santosh Dhar and Upender Dhar (2010). Random sampling technique was used to collect the data. The results will be statistically analyzed using Mean, SD and t ratio. Spiritual Intelligence in dimensions of Benevolence, Modesty, Conviction, Compassion, Magnanimity, and Optimism will be assessed. The results of the present study indicate that there is a significant difference between Government and Private high school teachers.

**Keywords:** Spiritual Intelligence, Teachers, Government and Private high school teacher.

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# **Sleep quality and psychological wellbeing in University students**

*Oindrila Mukherjee*

## **Abstract**

The link between sleep quality and several indicators of psychological health has been emphasized by several studies. The aim of the present study was to examine the relationship between sleep quality and psychological wellbeing in university students. Academic stressors, as well as stressors from other aspects of life affect the overall health of a student, thereby impacting sleep quality. Purposive sampling was used to select 120 university students for the study. The Pittsburgh Sleep Quality Index and the Psychological Wellbeing Scale developed by Carol Ryff were administered to the participants. Using correlation analysis, results showed that there was a fairly strong positive relationship between sleep quality and psychological wellbeing ( $r = 0.79$ ) indicating that better the sleep quality, higher the psychological wellbeing in students. Future research needs to focus more on the factors affecting quality of sleep in university students. Improvement in sleep quality may lead to higher psychological wellbeing.

\*\*\*\**Oindrila Mukherjee*

# **Exploring relationship between socioemotional adjustment and parental bonding among fresher student**

*Pavitra Singh\*, Anshul Girdhar\* & Vijeta Singh\*\**

## **Abstract**

The very first bond in human bonding process is with the parents and this bond plays a significant role in the emotional, cognitive and social functioning. A faulty bond may lead to many problems and a healthy bond may assure emotional and social stability. A fresher student may face a number of problems and the adjustment problems preside in those problems. The purpose of this research is to find the parental bonding and its relationship with adjustment problems in fresher students. Target sample for this research was hostellers as the adjustment problems prevail among hostellers. For this a sample of 100 fresher students (50 males and 50 females) was taken using the ADJUSTMENT INVENTORY FOR COLLEGE STUDENTS(AICS) by Prof A.K.P. Sinha for their social and emotional adjustment and PARENTAL BONDING INSTRUMENT (PBI) by Gordon Parker, Hilary Tupling and L.B. Brown. The gender differences were also measured for Socioemotional Adjustment and Parental Bonding.

*\*Department of Applied Psychology, Guru Jambheshwar University of Science and Technology,  
Hisar,Haryana, India.*

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# **Role of mental states in procrastination: a study on young adults**

*Geeta Kumari\* & Sonia Malik\*\**

## **Abstract**

Academic procrastination is frequently observed behavior in students. It is deliberate act of doing academic work just in the nick of time. It has negative consequences on their academic performance, achievement and health. It also causes stress, anxiety and pressure due to last minute hustle-bustle. There are numerous factors leading to procrastination such as low self-esteem, poor organization skills, fear of failure, social desirability and impulsiveness. Hence the aim of the present study is to assess the levels of academic procrastination, impulsiveness and social desirability among post graduate students and also to explore the relationship of impulsiveness and social desirability with academic procrastination. A purposive sample of 100 young adults i.e. post graduates comprising of both male (n=50) and female (n=50) was drawn from M.D. University, Rohtak. McCloskey's (2011) Academic Procrastination Scale, Patton, Stanford & Barratt's (1995) Barratt Impulsiveness Scale and Strahan and Gerbasi's (1972) M-C1 (10) Social Desirability scale were used to collect data. Data were analyzed by using descriptive statistics and correlational analysis. Findings indicated a moderate level of academic procrastination, impulsiveness and social desirability among young adults. Further correlation analysis indicated the positive significant correlation between academic procrastination and impulsiveness whereas a negative insignificant correlation was found between academic procrastination and social desirability.

**Keywords:** academic procrastination, impulsiveness, social desirability, young adults.

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

# **Role of emotional intelligence on health risk taking behavior among adolescents**

*Naina Sharma \* & Manmeet Kaur\*\**

## **Abstract**

Health risk taking behavior (HRTB) involves behaviors that are detrimental to health and wellbeing of adolescents. National Family Health Survey (NFHS-4, 2015-16) found that adolescents engage in variety of risk behaviors such as tobacco (57% of men and 11% of women) and alcohol (13% of men and 2% of women) resulting into serious biopsychosocial health issues. The present study aimed to assess the role of emotional intelligence (EI) on HRTB and to understand the gender differences in HRTB amongst adolescents. The study included 532 adolescents (Males=238 and Females=294) of +1(Arts) and +2(Arts) from different schools of Patiala district in the age range of 15-18 years. The consent was taken from the participants and were given the Youth risk behavior surveillance system (YRBSS, Centers for disease control and prevention, 2017) and Trait emotional intelligence (TEI, Petrides and Furnham, 2003) for their assessment. Pearson Product Moment coefficient of correlation was computed to study the role of emotional intelligence in HRTB. The results revealed that various domains of health risk taking behavior such violence, suicide, smoking, alcohol were found to be negatively correlated with wellbeing; bullying, suicide and sexual behavior negatively correlated with emotionality; tobacco use negatively correlated with self control; sexual behavior and concussions negatively correlated with sociability. t-test indicated statistical significant differences among males and females on health risk taking behaviors on various domains: Violence ( $t=7.72$ ,  $p<.01$ ); Suicide ( $t=5.28$ ,  $p<.01$ ); Alcohol ( $t=8.62$ ,  $p<.01$ ), Drugs ( $t=7.04$ ,  $p<.01$ ) and Sexual Activities ( $t=5.71$ ,  $p<.01$ ).

*\* Astd. Professor, Distance Education, Punjabi University, Patiala, Punjab, India.*

*\*\*Research Scholar, Deptt. of Psychology, Punjabi University, Patiala, Punjab, India.*



# **The relationship between body self-image and personality in adolescents with Beta Thalassemia major**

*Neelam Rathee\* & Hasrat Dhanjal\*\**

## **Abstract**

Body image is a multidimensional concept that entails a person's perceptions, thoughts, and feelings about his or her body. It includes the aesthetic characteristics of a person and their state of health and sexuality. This concept is widely documented among adolescence as it's a stage marked by intense self-consciousness and a strong desire to look the most perfect version of one self. Hence, to study the body image concerns of adolescents suffering from the genetic blood disorder of beta thalassemia major which entails various physical deformities and other clinical manifestations becomes important. It is also vital to understand how these adolescents differ from their healthy peers with respect to body image issues and whether personality plays a role in creating such differences, if any. The aim of the present study is to explore the relationship between body self-image and personality traits of beta thalassemia major patients in comparison to their healthy peers. The scales used are the Body Self Image Questionnaire by Rowe, Benson & Baumgartner and NEO Five Factor Inventory-3 by Costa & McCrae. The total sample for the present study is N=80 which includes beta thalassemia major and healthy adolescents (n=40 each) of the age range 14-22 years.

**Key words:** Body self-image, personality, adolescents, thalassemia

*\*Associate Professor, P.G. Govt. College for Girls, Sector - 11, Chandigarh, India.*

*\*\* Research Scholar, Department of Psychology, Panjab University, Chandigarh, India.*

# **Causal relation between mindfulness, virtues and transcendence on gender differences**

*Neelam Rathee\* & Sukhmani Kaur Dhillon\*\**

## **Abstract**

Mindfulness is a human ability to concentrate and react to the present situation. According to Niemiec (2015), the essence of mindfulness lies in virtue of wisdom, justice, humanity, temperance and transcendence. They help the person to be more aware of their social environment as well as the inner phenomena and utilize signature character strengths. Mindfulness facilitates an individual to overcome their obstacles and distractions by allowing them to express their character strengths according to the situation they are in. By doing so, they are going beyond what is going around them and achieve the state of transcendence. It can be self-transcendence or spiritual-transcendence. These variables could be seen to mutually enhance each other. Study aims to acknowledge causal relationship between mindfulness, virtues and transcendence on an age group of 40 to 55 years. The total sample selected for the study is N=80 which is equally divided on the basis of gender (n=40 each). The Five Facet Mindfulness Questionnaire by Baer, et.al (2006), VIA Scale by Petersen & Seligman (2004), Self-Transcendence Measure-Revised by Wong (2016) and Spiritual Transcendence Scale Short Form by Piedmont (2004) are the scales used in this research. The results are discussed according to the research hypotheses framed.

**Key words:** Mindfulness, Virtues, Character Strengths and Transcendence.

*\*Associate Professor, P.G. Govt. College for Girls, Sector - 11, Chandigarh, India.*

*\*\* Research Scholar, Department of Psychology, Panjab University, Chandigarh, India.*

# Effect of Yoga on Heart Rate Variability In Patients

*Babita Vishwakarma\*, Shirley Telles\* & Acharya Balkrishna\**

## Abstract

The present study assessed the effects of yoga on heart rate variability in patients and compared them with healthy persons.

Fifteen male patients were included in yoga group with ages between 24 and 64 years (group mean age $\pm$ S.D. 38.7 $\pm$ 11.4 years). Fifteen healthy male persons were taken in control group. The yoga group practiced yoga for an hour daily for seven days while the control group continued with their routine activities. Both groups 'heart rate variability' was assessed on the first and the last day. Repeated measures analyses of variance (ANOVA) using SPSS version 24.0 was used to analyze the data.

No significant changes were seen in both groups.

The results suggest that yoga does not influence heart rate variability in patients. However in lack of a larger sample this cannot be stated conclusively.

Small sample size is the limitation of the study.

**Keywords:** heart rate variability, yoga, patients.

*\*Patanjali Research Foundation, Haridwar, Uttarakhand, India.*

# **Social Support, Well-being and Mental Health: Review**

*Monika Bargujjar\* & Taruna Gera\**

## **Abstract**

Socialization begins right after birth; an individual depends on various social relations throughout his life for a wide range of reasons. The sense of relying on someone triggers positivity in oneself by promoting important psychological factors like quality of life, happiness, well-being and mental health, etc. Social support has been widely studied in different context and also with well-being and mental health. Studies demonstrate that lower social support, be it from family or friends, leads to loneliness causing a disruption in well-being, physical health and mental health. As we know, well-being and mental health are important constituents of a healthy lifestyle and a healthy human being, therefore, it becomes important to study these factors in depth for a better understanding. This study is aimed at highlighting major studies done in this field and for finding gaps to generate future research possibilities in this area.

\*Department of Applied Psychology, Guru Jambheshwar University of Science & Technology,  
Hisar, Haryana, India.

## **Impact of community based yoga practice in Chandigarh**

*Manjot Singh, A.K. Sinha & Ikreet Singh Bal*

We wanted to find the effects of community based Yoga practice on the physical, emotional and mental well-being of the practitioners in Chandigarh who practiced at least 2 months of Yoga.

107 Yoga practitioners were interviewed who were practicing Yoga as per Common Yoga Protocol formed by Ministry of AYUSH. Yoga trainers and students or practitioners who were reported to be practicing Yoga for at least 2 months were included in a cross-sectional study using both quantitative and qualitative methodology. Interview schedule was used to do a self-assessment survey. Of all Yoga practitioners, 32.7% (35) were males and 67.3% (72) were females.

Participants reported improved overall physical well-being as they reported better flexibility, posture, balance, digestion and breathing. Reduction in stress, depression, anxiety, insomnia, anger and fear indicated improved emotional well-being. Improved mental well-being with experience of deep relaxation, optimism, self-awareness, peace, along with better concentration were reported.

Practice of Yoga improves the overall well-being of the practitioners. This observation should be confirmed with more clinical research on effects of Yoga practice.

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# **The role of family socialization in determining conception of work and work values of women employees in West Bengal**

*Upali Dasgupta*

## **Abstract**

The present study endeavoured to examine whether Family Socialization play any pivotal role in determining the 'Conception of Work' and 'Work Values' of public sector women employees in West Bengal.

Following a matching Criteria a representative sample of 560 married women employees from organized sectors of West Bengal were selected. They were selected equi-proportionately from 10 randomly selected Districts of West Bengal. For measuring 'Conception of Work'-questionnaire was developed after J.B.P. Sinha, (1990) and Joseph, Ganguly, Khobragade, (1984). 'Work Values' questionnaire was developed after J. B.P. Sinha, (1990). The scores obtained on the 'Family Socialization questionnaire' were utilized to find out the Median value. On the basis of the median value the Supportive and Non-supportive Family socialization groups were determined. Finally, data collected on the above tools were analyzed using descriptive and t-Statistics.

The result mirrored that the women employees of Supportive Family Socialization differed significantly from the women employees of Non-supportive Family Socialization with respect to their 'Conception of Work' and 'Work Values.'

This finding is supporting the fundamental importance of the family socialization process on the formation of 'Conception of Work' and 'Work related Values'. Family characteristics like family functioning style and family work values appear to be important attributes for the women employees of West Bengal, since they exert significant effect in preparation for work.

*\*Department of Applied Psychology, University of Calcutta, west Bengal, India.*

# Parenting behaviour and its impact on children

*Sabah Singh\* & Aradhana Sharma\*\**

## Abstract

The self is shaped through productive social interactions and family relationships. Socialisation leads to formulation of symbolic interactions. The present study aims at presenting the theoretical aspect of parenting behaviour and its impact on children. Parenting has an important effect on the life and well-being of a child. The parents socialise their children by teaching norms, values and focus on their interest and capacities as well. It has been a widely researched area and has provided four types of parenting styles: authoritarian, authoritative, permissive and neglecting. Along side, parenting differential treatment among siblings lead to poor relationships and well-being. Parent's behaviour is important in the area of academic achievements. It was observed that parents act the way they do due to socio-cultural factors, parenting practices and knowledge. Despite the universality of the concept of parenting, it was noted that it varies culturally. Parenting behaviours and strategies differ with respect to Eastern and Western contexts, socio economic status, areas of residence and education. The individual's self is formed is in the formative years and parents and their behaviour plays an important role, therefore, if the parent has suffered then so will the child. There is need for parent support system or counselling sessions for healthy parenting as per cultural context.

**Key words:** parenting, behaviour, socialisation

*\*Research Scholar, \*\*Associate Professor , Department of Psychology, DAV College, Sector 10, Chandigarh,India.*



## **Impact of rejection sensitivity on loneliness**

*Pooja\*& Urvi Sharma\**

### ***Abstract***

Rejection sensitivity implies a heightened sensitivity to interpersonal cues and a hypersensitivity to rejection. It results in a person anxiously expecting, rapidly perceiving and overreacting to rejection. At the core of rejection sensitivity are anxious or angry expectations of rejection which are formed because of rejection by valued others, at any time in the developmental course. Rejection sensitivity can negatively impact one's ability to develop positive relationships and thus can potentially contribute to feelings of loneliness. The main aim of the current study is to find out whether rejection sensitivity is a predictor of loneliness in young adults. The study also tests the hypothesis that gender differences exist in rejection sensitivity. Rejection Sensitivity Questionnaire (RSQ; Downey & Feldman, 1996) and UCLA Loneliness Scale Version 3 (Russell, 1996) are used to measure levels of rejection sensitivity and loneliness.

**Keywords:** rejection sensitivity, loneliness, gender differences, anxious expectations of rejection

*\* Department of Psychology, Panjab University, Chandigarh, India.*

# **Organizational culture and interdisciplinary research: experiences and challenges**

*Dr. Snigdha Vishnoi\*.*

## ***Abstract***

Organizational Culture is the buzzword of corporate and academic world in the current times. The utility, transparency and linkage of culture to the business of the organization are being emphasized with great enthusiasm and belief. Various streams of social science have been increasingly exchanged notes on the study of various phenomenon in the organizational spaces. Issues (especially) with regarding to human behaviour at such locations is receiving huge attention across the globe for decoding the human algorithm of best practices and beyond.

The paper throws light on a study of “Organizational Culture” using anthropological lens and ethnographic methods. Research discusses inspiration drawn from various academic branches especially social psychology and conceptual understanding of organizational culture by Edgar Schein. The research deliberations emphasize screening scholarship across the disciplines to find best suited interests paving way to rich conclusions. The present ethnographic study instilled and highlighted debates the usefulness and challenges on her journey of ‘meanings over measurement’, ‘dynamicity of sharedness’ and ideas of ‘multivocality’ being brought to light having taken inspirations of various social sciences especially psychology and anthropology.

*\*Independent Researcher, Delhi, India.*

# **Life skills among adolescents in relation to their gender and locale**

*Surriya parveen\*& Jagjeet kaur\*\**

## **Abstract**

Life skills are essentially those abilities that help to promote mental well-being and competency in youngsters as they face the realities of life. The present study has been designed to investigate the life skills among 9th grade students across gender and location. The sample was selected from district Patiala of Punjab by random sampling. Background information sheet and Life Skills Assessment Scale by A. Radhakrishnan Nair, R. Subasree, Sunitha Ranjan (2010) were used for data collection. The results of study revealed no significant gender differences in life skills among adolescents whereas significant difference was found in terms of location. Rural students showed high level of life skills as compared to urban students.

**Key words:** Life Skills, Adolescents, Gender, Location.

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# Youth and Commitment: A Review

*Shivika Jain\*, Vanshita Rupela\* & Monika Bargujjar\*\**

## Abstract

World Health Organization (WHO) defines ‘adolescence’ as age spanning from 10 to 19 years, “youth” as those in 15-24 year age group and these two overlapping age groups as “young people” covering the age group of 10-24 year. Youth is the window of opportunity that sets the stage for a healthy and productive adulthood and to reduce the likelihood of health problems in later years. Researchers view commitment as encompassing two related constructs: personal dedication and constraint commitment. Commitment is like a problematic task for such peoples. Those who have commitment phobia or commitment problem may suffer with anxiety or any other related issue. This doesn’t mean that they will not be in long term relationships, its just that they can face problem in having one. Long time ago it was thought to be a male problem only but now the scenario is different. Everyone has their own perspective but statistically people prefer to stay single. Research views that people suffering with commitment related issues can incur many mental health related issues and there can be so many reasons behind having a commitment phobia.

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# **Relationship between family environment, parenting styles and mental health among adolescents**

Akanksha Chhabra\*

## **Abstract**

The purpose of the present study was to study the relationship between family environment, parenting styles and mental health among adolescents. The sample comprised of 110 adolescents within the age range of 14-17 years inclusive of 60 boys and 50 girls.

Sample was assessed using the Family Environment Scale by MOOS, Parental Authority Questionnaire (PAQ) and General Health Questionnaire ( GHQ -28 ). Results indicated a negative

correlation between authoritativeness, permissiveness and mental health issues and positive correlation with authoritarian parenting and mental health issues. Positive correlation was found between conflict, control with mental health issues and other dimensions had negative correlation.

It is concluded that mental health correlates with family environment and parenting style.

**Keywords :** Family Environment, Parenting styles, Mental Health Issues

*\*Student, Institute of Behavioural Sciences, Gujarat Forensic Sciences University, Gandhinagar, Gujrat, India.*

## **Mental health of older adults**

*Rashmi Verma\* & Arun Kumar\**

### **Abstract**

By 2050, the proportion of the world's older adults is estimated to almost double from about 12% to 22%. Old age is the stage of life when a person's body and mind both are undergoing big changes. Health starts deteriorating, memory becomes weak, one becomes hard of hearing, and so on. Physically and mentally both the person experiences difficulties. In this paper the researcher has focused on mental health of old people. Old people make important contributions to society as family members, volunteers and as active participants in the workforce. We must understand their problems and needs. We will discuss their mental problems and treatment available. It is not unusual to see the older generation going through hardships. The well to do ones can afford a good life but what to say of the poor old people who hardly have anything to eat and can't afford medical treatment as well. They are in the most pitiful conditions. Firstly they are poor and secondly they are old. We as a society must cater to their needs and give them shelter, food, clothes, medicines and most importantly lots of love and emotional support.

*\*Department of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar, Uttarakhand, India.*

# **Psychological flexibility as correlate of resilience to pain among osteoarthritis patients**

*Priyanka Yadav & Deepti Hooda*

## **Abstract**

In present era, the number of osteoarthritis patients is increasing due to changes in lifestyle and pain associated with osteoarthritis is often debilitating. None of the commonly used treatments are sufficient to remove pain, or to substantially enhance physical and emotional functioning. This calls for the inclusion of psychological variables in addressing chronic pain and pain-related disabilities. If we could be able to identify such variables involved in chronic pain, then treatment design would be easy and modulation of such variables would enhance the well being of patients. Keeping all these things in mind, present study was conducted to find out the relationship between psychological flexibility and pain resilience and to find out the predictors of pain resilience among osteoarthritis patients. A sample of 147 osteoarthritis patients (89 female and 58 male) in the age range of 45 to 65 years was selected for the present study. All the subjects were assessed on scales of psychological flexibility and resilience to pain. Data was analyzed using correlational and regression analysis. The results revealed that Psychological flexibility is significantly correlated with resilience to pain. Further, regression analysis revealed that Psychological flexibility significantly predicts resilience to pain among osteoarthritis patients, accounting for more than 75% resilience to pain. The results and implications are discussed at length in the paper.

**Keywords:** Psychological Flexibility, Resilience to pain and osteoarthritis .

\*Research Scholar,\*\* Associate Professor, Department of Psychology, *Maharishi Dayanand University, Rohtak, Haryana, India.*



## **Test anxiety among secondary students**

*Sumaila parveen\* & Asiya Aijaz\*\**

### **Abstract**

In today's worlds every one suffering from a different type of anxieties, worries and stress. Test anxiety is one of the most prevalent among students; it hinders the performance even if, students have superior intelligence. Low performance in an academic career is creating major problems in formulating future career choices. Test anxiety is anxiety about examination or test, has been considered as a severe and pervasive problem (Sarason, 1984 and Spielberger, Anton, & Bedell, 1976). The scores of the students determine the academic success of the student because we live in a test conscious and test giving culture (Sarason, Davidson, & Highthull, 1960).

The present study is primarily conducted to assess test anxiety among students and relationship between test anxiety and academic achievement of students. A sample of 100 students consisting 50 girls and 50 boys from Aligarh Muslim University, Aligarh, has been selected by using random sampling method. Test anxiety Scale developed by Spielberger (1994) would be used to measure the test anxiety of students and t-test method would be used to know the differences between male and female test anxiety. On the background that test anxiety is a serious issue among secondary students; we would try to analyse empirically that whether there exist significant differences between male and female students regarding test anxiety or not.

**Keyword:** Test anxiety, academic achievement and Secondary students.

*\*Research Scholar\*\* Professor, Department of Psychology, Aligarh Muslim University, Aligarh, Uttar Pradesh, India.*

## **Self – regulation of athletes among college students**

*P. KIrthana\**

### **Abstract**

Self – Regulation to a regulation of the psychological state of an individual by the individual. It becomes necessary when internal or external barriers threaten the efficient regulation of an intended action. Self – regulation plays an important role in sports. Athletes have to prove their potential.

Keeping this view in mind the present study is to analyze the level of Self – Regulation processes of the athletes trained by experts and non-experts. The self-regulation questionnaire (SRQ; Brown, Miller, & Lawendowski, 1999) was used for the study. Sample size 120, comprised for athletes trained expert (60) and non expert (60) between the age group (17-23). Purposive sampling method was used. Results were analyzed using descriptive statistics (mean, SD) and t-test.

**Key words:** Athletes, Self-regulation, Expert and Non-experts

*\* Sri Kanyaka Parameswari Arts and Science College for Women.*

# **Impact of parenting style on mental health among the youngsters**

*Deepika\*, Vinita Nehra\* & Vijeta Singh\**

## **Abstract**

The aim of present research is to compare parenting style and mental health among the youngsters. The statistical population of the paper included all the female and male university students in the city of Hisar. The sample is selected through simple random style in access. Mental health includes one-being emotional, psychological. It effects one-being's thinking, feeling and action. Mental health is important at every stage of life from the time of childhood till to adulthood. Parenting style refers how parents raise their children and also refers to the parent's level of expectation, performance demand as well as the style of discipline that parent utilize enforce the expectation. The tools used in this research comprises two: Parenting scale and Mental health inventory. Parenting scale containing 40 items that include 8 parenting models that can be studied as the role of mother and father and Mental health inventory containing 54 items that include 6 dimension of mental health.

*\*Department of Applied Psychology, Guru Jambheshwar University of Science and Technology,  
Hisar, Haryana, India.*

# **Experience of Emotional Stress in Cancer Patients And Their Caregivers: A Qualitative Study**

*Swati Pathak*

## **Abstract**

The diagnosis of cancer in itself creates a lot of stress in the patient as well as the family members of the patient. The whole trajectory of treatment is a roller coaster ride for many patients and their caregivers ranging from experience of denial at the time of diagnosis anger, irritation, depression, hopelessness connected to the pain during treatment. and anxiety related to treatment procedures and quality of life post treatment. The present research paper is an attempt to explore the experience of emotional stress in cancer patients and their care givers. The sample consisted of 15 cervix cancer patients between the age range of 35 to 55 years of age purposively selected from various hospitals of Lucknow city. The data collected was subject to thematic analysis. Results revealed that patients experienced a gear of unknown, anxiety related to future of family members, feeling of being worthless, disgust from self, anger and jealousy of others. Similar themes were found for the case givers of cancer patients as well. The implications and limitations of the study are also discussed in the research paper.

**Keywords:** Cancer; caregivers, stress, emotional stress

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# Social support as predictor of quality of life among MSM

*Saurabh Srivastava\* & Archana Shukla\*\**

## Abstract

To study the social support of Men who have Sex with Men (MSM), relationship between social support and quality of life and how social support or its dimensions predict Quality of Life (QOL)

A cross-sectional study was conducted with 70 MSM age range from 21 years to 40 years recruited through snowball sampling from three different NGOs of Lucknow, Uttar Pradesh.

Social Support was predictor variable and Quality of life was dependent variable.

Social Support Questionnaire by Cohen, 1985 and The World Health Organization Brief Quality of Life Assessment Scale (WHOQOL-BREF), 1996.

Descriptive statistics of social support, correlation and multiple linear regression of social support and quality of life (QOL).

Participants primarily relied on partners and bisexual friends, and men from support groups for support. The most common types of social support received were tangible social support. Tangible and belonging social support had positive and significant relationship with physical quality of life ( $r=.366$  and  $.285$ ,  $p=.005$  respectively). Tangible and belonging social support had positive and significant relationship with Social relationship dimension of quality of life ( $r=.292$  and  $.463$ ,  $p=.005$  respectively). Tangible social support predicted Physical Quality of life ( $R^2=.134$ ) and Belonging Social Support predicted Social relationship Quality of life ( $R^2=.214$ )

Policy makers, psychologist and society should be aware of the different social support networks and needs of MSM and refer them to relevant support groups to improve QOL.

**Keywords:** MSM; homosexuality; social support; quality of life.

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# **An epidemiological study on peace and psychological well being among married and unmarried**

*Amandeep kaur*

## **Abstract**

Aim of this study is to investigate in which group of people have peace and well being in married or in unmarried. We also examined what kind of life's problems they face and how they cope with their problems.

To value the peace and psychological well being among married and unmarried.

This study will be done by non randomized control trial. A comparative study will be done on two groups. First group will be married persons of 25 participants and second group is unmarried of 25 participants. Questionnaire design will be used to collect data and interview method.

In this study different components will be studied on peace and psychological well being among married and unmarried persons. The results will be compared among these two groups. Aim of this study is to find out group of people having more peace and well being in their life either married or unmarried. The results are not prepared right now because data collection is not complete.

The conclusion will be given after the completion of study.

*\*MPH student, centre for public health, Panjab University, Chandigarh, India.*

## **Are humor and health gendered? : a comparative study**

*Dhyuti Sachdev\*, Ritu Kaushik \*& Punam Midha\**

### **Abstract**

Life is an amalgam of joy and sorrow, which ultimately affect one's status of health irrespective of gender. Some people are more humorous than others. There is a wealth of literature which emphasized gender plays a key role in shaping individuals' sense of humor which consequently affect one's health. In order to explore these notions empirically the present paper is an attempt to assess and compare the humorous style and health of male-female young adults. Subsequently the role of humor in determining their health was also explored. A sample of 100 postgraduate young adults (50 males, 50 female) aged 21-28 years, from Maharshi Dayanand University Rohtak, Haryana (India) was drawn. Their humorous style was assessed with the help of Martin & Doris's Humor Style Questionnaire and health was measured by Goldberg's Health Questionnaire-28. Results were analyzed by using descriptive, inferential correlation & regression analysis. The findings indicated that gender has no significant effect on positive and negative (overall) humorous style except self-defeating humorous style of young adults. The group of females appeared to be more heterogeneous (as visible from the values of SDs) as compared to their male counterpart as far as positive humorous style is concerned. On the contrary males were more heterogeneous as compared to females in negative humorous style. Male and female did not differ on overall health and its various domains. Further findings have revealed that self-enhancing humorous style predicted overall health and its various domains except social health while aggressive humorous style predicted females overall health and their physical health while self-enhancing humor emerged as robust whereas self-defeating humorous style as weak predictor of mental health. To sum up it may be stated that though gender segregation was observed in negative humorous style specifically self-defeating humorous style which was found more in females as compared to male. However gender did not appear to any key role in determining their health.

**Keywords:** Humor, Health, Gendered, Predictor

*\*Department of Psychology, Maharshi Dayanand University, Rohtak, Haryana, India.*



# **Psycho-physical impact of migraine in adults**

*Ankita kumara*

## **Abstract**

Nowadays headache is very common. A Large number of people are being suffering from various types of day to day headaches. Migraine is one of the specific types of headache in which patients feel intense pain in one side of their head. Nausea, vomiting, sensitivity towards light or sound are also the major symptoms of migraine. It has been seen that migraine influences the health of patients very badly. The present research represents the psycho- physical impact of migraine in adults. The term psycho-physical refers the psychological and physical health. 100 adults “Mean age 35” in which 50 migraine patients and 50 healthy adults were selected from Jharkhand. At the very outset data was collected from diagnosed migraine patients afterwards from control group, which were healthy adults. World Health Organization Quality of Life (WHOQOL) scale was used to measure the psycho-physical impact, Migraine Disability Assessment Scale (MIDAS) was used to know the disability level of migraine and General Health Questionnaire-12 (GHQ-12) was used to identify healthy adults. Result reveals that migraine patients have significantly poor psycho-physical health than healthy adults and severe migraine patients have significantly poor psycho-physical health than mild migraine patients.

**Keywords:** Migraine, Psycho-physical impact.

*\*Veer Kunwar Singh University, Ara, Bihar, India.*

# **Relationship between orthorexia nervosa and appearance schemas in emerging adulthood years**

*Pratibha Khutan*

## **Abstract**

Orthorexia Nervosa is an alleged eating disorder in which the person is preoccupied with healthy eating (Varga et al., 2014). The obsession with healthy eating starts in adolescence when body image emerges as one of the major concerns but it becomes more prominent in Emerging Adulthood (developmental stage according to Arnett from age 18 to 25 years). They construct certain Cognitive Schemas such as Body Image Schemas particularly Appearance Schemas (Self-Evaluative Salience of Appearance or SES and Motivational Salience of Appearance or MS) which may lead to obsession with healthy eating. Some are only obsessed with the idea of healthy eating while others compulsively act on it and adopt all diet regimes which they consider healthy in their daily routine. Research indicates that there is a relationship of Orthorexia with eating and body image disturbance (Varga et al., 2009). Males show higher prevalence of Orthorexia than females (Anna Brytek-Matera, 2012). The present study was done to find out the relationship of Orthorexia Nervosa with SES and MS, and the gender differences in Orthorexia Nervosa in emerging adults. The data was collected from the sample of 56 males and 62 females. The tools used for the data collection were ORTO-15 (Donini et al., 2005) and Appearance Schemas Inventory-Revised (Cash et al., 2004). The data was analyzed using the Pearson Product Moment Correlation and t-ratio. The results indicated that there are no gender differences in the present sample of Emerging adults in case of Orthorexia Nervosa. There is no significant relationship of Orthorexia Nervosa with the SES and MS forms of Appearance Schemas. Results are discussed in the light of studies available in the literature.

**Keywords:** Orthorexia Nervosa, Emerging Adulthood, Appearance Schemas, Self-Evaluative Salience, Motivational Salience, Correlation.

*\*Research Scholar, Department of Psychology, Guru Nanak Dev University, Amritsar, Punjab, India.*

## **.Mental states of employed vs unemployed women: a comparative study**

*Kirti\*& Punam Midha\**

### **Abstract**

Employment plays a pivotal role in one's life especially among women which provides them a sense of heightened selfworth, autonomy as well as financial security. As women have overburdened themselves by entering in work sphere, which has covertly adversely affected their mental states. With these notions in mind, the present research was carried out with an attempt to compare the mental states (stress, anxiety and depression) of employed women with unemployed. The purpose of this study was to assess and compare the levels of stress, anxiety and depression among employed vs unemployed women. A purposive sample of 60 married women consisting of 30 employed and 30 unemployed women were taken from Baba Mastnath University and home bound of Rohtak city respectively, aged 25-45 years. Bhatnagar et al. (2008) scale measuring stress, anxiety and depression was used. Descriptive statistics and t-tests were computed. The findings indicated that employed women have more stress, anxiety and depression as compared to unemployed women. Thus, the findings indicated that employed women are in need of enhancing their positive mental health through intervention/ psycho-education.

**Keywords:** Mental States, Employed, Unemployed, Stress, Anxiety, Depression.

*\*Department of Psychology, Maharshi Dayand University, Rohtak, Haryana, India.*

# Exploring mental health literacy across age and gender

*Simran Suparna Paul\*, Smriti Rawat\*& Poonam Phogat\*\**

## Abstract

The term ‘Mental Health Literacy’ was proposed by Jorm et al (1997a), having been defined as “knowledge and beliefs about mental disorders which aid their recognition, management or prevention.” and also consisting of several components. The necessity of awareness of this term arises from the relative ignorance regarding mental health and disorders as compared to physical health. There is an even greater need for mental health literacy due to the stressful and fast paced life of the current times which contribute majorly to mental health negligence. This study focuses on examining the degree of mental health literacy across age and gender. It is a survey study using convenience sampling and a mixed questionnaire. The sample consisted of 91 participants, including both males and females, who were aged between 17-60 years. This study was important as it deals with the concept of Mental Health Literacy and provides additional support to the existing literature which verifies the benefits of public knowledge of mental disorders as well as mental well being. It also provides several other related findings which are useful in understanding and designing a public mental health care program.

**Keywords:** Mental Health Literacy, mental well being, awareness, public knowledge, mental health care

*\*Undergraduate student \*\*Assistant Professor, Department of Applied Psychology, Gargi College, University of Delhi, Delhi, India.*

# **Exploring sensation seeking and smoking trends across gender**

*Nanda, A. & Rizvi, S.H.*

## **Abstract**

The sensation seeking construct is seeking of varied sensations and experiences, and the willingness to take physical, social, legal, and financial risks for the sake of such experience. The purpose of this research was to explore gender differences in sensation seeking in smokers and non smokers. A sample of 100 undergraduate students of the University of Delhi was taken. Age range of the participants was 17-22 years. Informed consent was duly obtained and the data was collected within Delhi University. Using convenience sampling the participants were asked to fill the Sensation Seeking Scale (form V) by Marvin Zuckerman (1964) consisting of 40 items that measure Thrill and Adventure seeking (TAS), Experience seeking (ES), Disinhibition (Dis), and Boredom susceptibility (BS); and fill out their demographic data in a Google form. The information in the data was used to explore the relationship between Sensation Seeking scores and demographic and behavioral variables. Student t test was used to analyse the differences in sensation seeking between smokers and non smokers, differences between genders was also calculated. Smokers had higher SSS scores than non- smokers. Results are reported in terms of *Cohen's d* (1984) the global standard in terms of effect size for reporting findings.

**Key words:** Sensation seeking, smoking, gender, youth

*\* Gargi College, University of Delhi, Delhi, India.*

# Exploring sensation seeking and smoking trends across gender

*Ashima Nanda\* & Sabeen.H. Rizvi\*\**

## Abstract

The sensation seeking construct is seeking of varied sensations and experiences, and the willingness to take physical, social, legal, and financial risks for the sake of such experience. The purpose of this research was to explore gender differences in sensation seeking in smokers and non smokers. A sample of 100 undergraduate students of the University of Delhi was taken. Age range of the participants was 17-22 years. Informed consent was duly obtained and the data was collected within Delhi University. Using convenience sampling the participants were asked to fill the Sensation Seeking Scale (form V) by Marvin Zuckerman (1964) consisting of 40 items that measure Thrill and Adventure seeking (TAS), Experience seeking (ES), Disinhibition (Dis), and Boredom susceptibility (BS); and fill out their demographic data in a Google form. The information in the data was used to explore the relationship between Sensation Seeking scores and demographic and behavioral variables. Student t test was used to analyse the differences in sensation seeking between smokers and non smokers, differences between genders was also calculated. Smokers had higher SSS scores than non- smokers. Results are reported in terms of *Cohen's d* (1984) the global standard in terms of effect size for reporting findings.

**Key words:** Sensation seeking, smoking, gender, youth

*\*Undergraduate Student, \*\*Associate Professor, Department of Applied Psychology, Gargi College, University of Delhi, Delhi, India.*

# **Family violence and depression in wives of alcoholics and non alcoholics**

*Mamta Rani\* & Dr. Alpna Agarwal\*\**

## **Abstract**

The purpose of the present investigation was to study the family violence and depression in wives of alcoholics and non alcoholics. For this purpose family violence was measured with the help of family violence scale constructed by Rai and depression was measured with the help of Beck Depression Inventory constructed by back. The sample consisted of 100 wives of alcoholics and non alcoholics. A one factor design was used. There was one independent variable. The independent variable was alcohol varied at two levels i.e. alcoholics and non alcoholics. Mean, SD, and t-value were calculated. On the base of obtained result it was found that there is significant difference in family violence and depression of wives of alcoholics and non alcoholics.

**Key words:** Family Violence, Wives, Depression, Alcoholics.

*\*Department of Psychology, C.C.S. University, Meerut, Uttar Pradesh, India.*



# **Effect of social desirability on internet addiction and satisfaction with life among college students**

*Dr. Komila Parthi & Naureen Kaur*

## **Abstract**

Due to the rapid expansion of technology, internet has become the most vital part of human life and youth are found to be more dependent on it for various purposes. Internet addiction is defined as excessive involvement in the Internet with negative consequences. It is a fact that most young people spend valuable time on the Internet without knowing the negative impact this engagement may have. Excessive use of the Internet can significantly interfere with functioning in other areas of life such as relationships, education, work, physical health, and emotional well-being. Thus, this study was conducted on 60 hosteller (30 males and 30 females) and 60 day scholars (30 males and 30 females) to examine the effect of social desirability on internet addiction and quality of life by using the following questionnaires a) Marlowe-Crowne Social Desirability Scale b) IAT by Dr. Young c) Satisfaction with Life Scale (Diener, E., Emmons, R. A., Larsen). The relationship between the above variables was interpreted in consideration of different residential accommodation among college students.

*\*DAV College, Sector-10, Chandigarh, India.*

# Suicidal ideation in relation to depression among school-going adolescents

*Hemlata Sharma\* & Satyananda Panda\**

## Abstract

Suicide and the suicidal attempt is currently a major problem among students in our society. According to the World Health Organization, there is approximately one million people die by suicide worldwide every year. Sikkim situated in Himalaya foothills in the north-eastern part of India is also known for its highest suicide rates in nation by National Crime Records Bureau. Depression is under-recognized and undertreated in adolescents, with near 75% of depressed adolescents not receiving treatment. Untreated depression in adolescence is related to different outcomes among adults, including lower educational and poorer physical health and also sometimes leads adolescents to commit suicide. The present study sets out to investigate the association between suicidal ideation in relation to depression among school-going adolescents. A survey was conducted among 100 adolescents (50 male and 50 female) using stratified random sampling from different school of East Sikkim. The participants were assessed by using Beck Suicidal Ideation, Beck Depression Inventory-II, and Academic stress scale. The data were analysed by using descriptive statistics – Pearson method of correlation and non-parametric statistics like t-test. The findings indicated that suicidal ideation was negatively associated with depression. Also significant difference was found across gender among school adolescents. This finding will facilitate in understanding the major problem behind suicide and guide the future intervention strategies in managing suicide.

**Key Words:** Suicidal Ideation, Adolescents, Depression, Gender

*\*Department of Psychology, Sikkim University, Gangtok, Sikkim, India.*

# **Parental attitude regarding suitable academic subject for girls' education in rural area**

*Priyanka*

## **Abstract**

Parental attitudes regarding the importance of educating girls may contribute to the education gender gap in rural India. Education is an indispensable tool in the hands of women to increase her participation in economic activities and also to gain significance in decision making roles. The purpose of the present study is to analysis the attitude of parents towards girl's higher education. The study covers parental attitude regarding suitable academic subject for girls' education in rural area. The data was collected from rural area of Hisar and Jind district of Haryana State. The study collected data from 500 parents whose daughter are pursuing higher education or have completed P.G in 2017-18 session. The attitude of parents is studied using semi structured interviews and content analysis method is used for analysis of data. The result of the study found that a significant number of parents said that the choice of subject depends on girls' interest. On the other hand, some of parents prefer science, mathematics and technology. They asserted that we are living in an era of technology so these subjects will open the gateways of jobs for their daughter and she can become self-reliant. So, they give first preference to science and mathematics subjects.

**Keyword:** Parental attitude, girls' education and rural area.

*\* Department of Human Development and Family Studies CCSHAU, Hisar, Haryana, India.*

# **Relationship between orthorexia nervosa and appearance schemas in emerging adulthood years**

*\* Khutan, P. \**

## **Abstract**

Orthorexia Nervosa is an alleged eating disorder in which the person is preoccupied with healthy eating (Varga et al., 2014). The obsession with healthy eating starts in adolescence when body image emerges as one of the major concerns but it becomes more prominent in Emerging Adulthood (developmental stage according to Arnett from age 18 to 25 years). They construct certain Cognitive Schemas such as Body Image Schemas particularly Appearance Schemas (Self-Evaluative Salience of Appearance or SES and Motivational Salience of Appearance or MS) which may lead to obsession with healthy eating. Some are only obsessed with the idea of healthy eating while others compulsively act on it and adopt all diet regimes which they consider healthy in their daily routine. Research indicates that there is a relationship of Orthorexia with eating and body image disturbance (Varga et al., 2009). Males show higher prevalence of Orthorexia than females (Anna Brytek-Matera, 2012). The present study was done to find out the relationship of Orthorexia Nervosa with SES and MS, and the gender differences in Orthorexia Nervosa in emerging adults. The data was collected from the sample of 56 males and 62 females. The tools used for the data collection were ORTO-15 (Donini et al., 2005) and Appearance Schemas Inventory-Revised (Cash et al., 2004). The data was analyzed using the Pearson Product Moment Correlation and t-ratio. The results indicated that there are no gender differences in the present sample of Emerging adults in case of Orthorexia Nervosa. There is no significant relationship of Orthorexia Nervosa with the SES and MS forms of Appearance Schemas. Results are discussed in the light of studies available in the literature.

**Keywords:** Orthorexia Nervosa, Emerging Adulthood, Appearance Schemas, Self-Evaluative Salience, Motivational Salience, Correlation.

*\*Research Scholar, Department of Psychology, Guru Nanak Dev University, Amritsar*

# **Players unknown battleground (pubg) and psychological wellbeing of online gamers**

*Meera Hirani\*, Shubham Jaiswal\*\*& Roopali Sharma\**

## **Abstract**

Players' Unknown Battleground (PUBG) is the most sought after online shooting game in India. Its escalated use is highlighted by its impact that it has created in the past few years. The study was conducted to assess the influence of PUBG on psychological wellbeing of online gamers. A total of 70 PUBG players (62 males and 8 females) were recruited through random sampling. The participants completed the 7 item Gaming Addiction Scale (GAS) and the 42 item Psychological Wellbeing Scale by Ryff. After statistical analysis it was found that those players who score high on gaming addiction have low level of overall psychological wellbeing. The results have been discussed in detail, recommendations and future scope of research has been delineated.

**Keywords:** PUBG, Online Gaming, Psychological wellbeing

*\*Amity University, Noida, Uttar Pradesh \*\* Amity University, Kolkata, West Bengal, India.*

# **Yoga – a traditonal lifestyle of well being**

*Rakesh Giri*

## **Abstract**

Yoga has been recognized all over the world for its curative, preventive and promotive aspects of health in order to provide a sense of well being in its all dimensions; Ananthnarayanan (1983); Bhobe (2004); Sherman & et al (2005). In accordance with holistic view of health in Ayurvedic terms, Yogic way of healthy living covers all the physical, mental and spiritual dimensions of health. To cover up physical aspect mainly, Yoga prescribes postural exercises – Asanas; Pranayama, Mudras & Meditation for emotional & mental health; social & personal ethical norms for mental, emotional & social aspects of well being; whereas meditation plays a vital role for improving well being at spiritual level. Yogic diet & its dietary norms covers up the physical, mental & spiritual aspects of well being of a person. Thus, Yoga provides a practical & holistic approach for well being of a modern man so as to have sustainable healthy life with prosperity & peace.

*\*Asso. Prof. & Head, Dept. of Yogic Science, Gurukul Kangri Vishwavidyalaya, Haridwar,  
Uttarakhand, India.*

# Effects of altruism and spirituality on happiness in monks and general population

*Rakshanda Thakur*

## Abstract

Spiritually and altruistically modified psychotherapy is the personal and spiritual growth and wellbeing of a person as a whole, thus expanding the altruism's and spirituality's role in quality of life. This research's aim is to find the effect of altruism and spirituality on happiness in monks and general population. In this research it is hypothesized that there will be a significantly positive relationship between happiness and altruism, and happiness and spirituality, there will be a significantly positive relationship between altruism, happiness and spirituality in monks and general population, in general population altruism, spirituality and happiness might be low as compared to monks and that the impact of altruism and spirituality on happiness in monks will be more as compared to in general population. 'The Spiritual Intelligence Self-Report Inventory' (SISRI-24) by David B. King (2008), 'Generative Altruism Scale' (GALS) by Arndt Büssing et. al. (2013) and '**Subjective Happiness Scale**' (SHS) by Sonja Lyubomirsky has been used to assess the level of spirituality, altruism and happiness respectively. A sample of total 100 people (50 monks and 50 general population) with an age range of 17-75 years is collected from Himachal Pradesh (India).

This research found out that, there is a significantly positive correlation between happiness and altruism, and happiness and spirituality (in both monks and general population), there is a significantly positive correlation between altruism, happiness and spirituality in monks and general population, altruism came out to be higher in monks whereas spirituality and happiness came out to be higher in general population (partially contradicts the hypothesis) when compared with each other. Also, there is a significantly higher positive impact of altruism and spirituality on happiness in monks as compared to general population.

This research might contribute in studying spiritual cognitive therapies, relationship between religiosity and spiritual well-being, and in improving psychotherapies like CBT, REBT, etc.

*\*Department of Psychology, Panjab University, Chandigarh, India.*

# Selfitis Behavior in Relation to Narcissism, And Body Image Among Youth

*\*Dr. Roshan Lal , \*\*Mr. Jasvir Singh*

## ***Abstract***

*Selfitis can be considered as the obsessive-compulsive desire to take photos of one self and post them on social media as a way to make up for the lack of self-esteem and to fill a gap in intimacy. Narcissism implies to a trait of personality which may be considered as grandiosity and an extremely positive self-observation, specifically of the individual's own social popularity and physical appearance. Body image can be defined as a multidimensional concept that encompasses perceptual, cognitive-affective, and behavioral domains. The objective of the present study was to explore the relationship between selfitis behavior, narcissism, and body image among university students. In this study 60 males, age ranged were 22-23 years studying at universities in Ludhiana District (Punjab) has included. Selfitis behavior, narcissism, and body image were assessed by psychological tests. To find out the results pearson product-moment correlations were used, the results showed that there is relationships between above mentioned variables.*

**Key words:** Selfitis, Narcissism, Body Image, Youth

*\*Asst. Professor, Dept. of Psychology, Panjab University, Chandigarh*

*\*\*Research Scholar Dept. of Psychology, Panjab University, Chandigarh*

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# **A comparative study of temperament among students having dyscalculia**

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*Nidhi*

## **Abstract**

A person's temperament is inborn and defines how they respond to the world around them. Children's temperament continues to make a significant contribution to their physical health, development, and behavior as they progress into later childhood and adolescence. The definition of temperament as behavioral style remains the same, although the relative importance of the several dimensions shifts, factors affecting it broaden, its stability increases, and its measurement becomes more complex. An important role has been established for temperament in behavior problems through childhood but less so for new ones in adolescence, in several aspects of physical health and some other areas such as coping or adaptive style. The temperament has strong influence on school performance and emphasizes the probability that many children who are now said to have the disorder of attention-deficit hyperactivity disorder are likely to have normal neurologic function and a temperament that does not fit well with the demands of the modern school environment (Pediater Clin, 1992). Thus the present study compares the temperament of the students of primary school students having dyscalculia in relation with the type of schools. A sample of 100 students having dyscalculia was drawn from the Dehradun district of Uttarakhand. For comparing data statistically, one way ANOVA was applied through SPSS software. The investigation revealed that among five measures of temperament the government and private school students having dyscalculia exhibit similar level of temperament.

**Keywords:** Specific Learning Disability, Dyscalculia, Temperament, Sociability, Emotionality, Energy, Attentivity, Rhythmicity, Gender, elementary schools.

*\*Department of Psychology, School of Humanities & Social Sciences,  
H.N.B.G.(Central) University, Uttarakhand, India.*

# Self-attributes as barometers of flourishing

*Ritu Kaushik\* & Punam Midha\*\**

## Abstract

During the 21<sup>st</sup> century the positive views about emerging adults have focused upon their sense of flourishing which may be the outcome of their core self-attributes. So the identification of those core self- attributes is a major concern of psychologists. Hence the current research is an attempt to assess and explore self-attributes (i.e. self-efficacy & self-compassion) as indicators of flourishing among emerging adults. A purposive sample of 150 postgraduate students both male & female, aged 21- 25 years, belonging to both rural and urban areas was drawn from the various departments of Maharshi Dayanand University, Rohtak. For measuring self-efficacy, self-compassion and flourishing standardized scales were used. Descriptive statistics, correlation and regression analyses were computed. The findings indicated the high level in both self-efficacy and flourishing while average level in self compassion. Correlational analysis indicated the positive significant relationship of self-efficacy and self-compassion (overall and its various domains such as self-kindness, common humanity and mindfulness) with flourishing. Though positive yet insignificant correlation of two domains of self-compassion (i.e. isolation & over-identification) with flourishing was found. Similarly insignificant but negative correlation was found between self-judgment (a domain of self-compassion) and flourishing. Further regression analysis revealed self-efficacy as a robust predictor of flourishing followed by self-kindness (a domain of self-compassion) which emerged as a weak predictor of flourishing. The current findings endorsed the suggestion that there is a need to enhance the level of self-compassion through interventions among young adults.

**Keywords:** Self-Efficacy, Self-Compassion, Flourishing, Barometers

*\*Research Scholar, \*\* Professor, Department of Psychology, Maharshi.Dayanad University, Rohtak, Haryana, India.*

# **Spiritual well being and mental health: a theoretical understanding**

*\*Punia Kusum & \*Gupta Aanchal*

## **Abstract**

In the past decade or so, researchers across a range of disciplines have started to explore and acknowledge the positive contribution spirituality can make to mental health. Spiritual wellbeing means the ability to experience and integrate meaning and purpose in life through a person's connectedness with self, others, art, music, literature, nature, or a power greater than oneself. Spiritual well-being is about our inner life and its relationship with the wider world. Spiritual wellbeing is about wholeness, which encompasses the physical, emotional, mental and spiritual dimension. Spirituality also incorporates healthy practices for the mind and body, which positively influences mental health and emotional wellbeing.

**Key words:** Spiritual well-being, Better Mental health, Positive Emotions, Less Stress, better self-control, self-esteem and confidence

*\*Master's student, Department of Psychology, Government Post Graduate College, Panchkula, Haryana, India.*

# **The impact of life lessons on emotional intelligence of adolescents**

*Sarabjit Kaur\**

## **Abstract**

This study describes the impact of Life Lessons on Emotional Intelligence of adolescents. Life Lessons are the prime movers or motive forces of thought and conduct and also add zest and spice to life. It is certainly in its formative impact on adolescence that Emotional Intelligence demonstrates their efficacy in sculpting human personality. Any intervention in the delicately vulnerable state of a teenager's fragile psychological condition may be disastrous if it is not carefully nuanced and calibrated to suit individual need. Juvenile delinquency is reaching alarming levels, paradoxically in those countries which stand at the vanguard of prosperity and progress. We, therefore, need urgently a body of techniques that could enable us to understand such disturbed psyches, while allowing us to formulate and intervene with healing, therapeutic procedures, in those cases where a rupture of the individuals' psychological fabric has already taken place. It is possible that Emotional Intelligence may become indispensable intervention strategies in these situations. If the concerned authorities do not recognize this aspect of investigation and ignore their responsibilities, our schools will become institutions geared up for the mass production of maladjusted personalities. If we want to deliver adolescents from this maladjustment and to make them socially effective, we will have to work accordingly. Thus, a need was felt to develop and present biographical sketches of great personalities to motivate adolescents for the optimum and constructive use of their time and talents in accordance with the needs of their social ambience. It was found that the Adolescents of Experimental Group performed significantly better than Control Group on Emotional Intelligence. Thus, Teaching of Life lessons proved helpful in promoting Emotional Intelligence.

**Keywords:** Life Lessons; Emotional Intelligence; Adolescence.

*\*Principal, Guru Ram Dass B.Ed College, Jalalabad (w), India.*

## **The influence of gratitude and patience on well-being**

*Vijeta Singh\* & Rakesh Kumar Behmani\*\**

### **Abstract**

In today's fast paced and competitive world, it has become difficult for everyone to remain patient and to express gratitude for what they have. Gratitude means appreciating and feeling thankful for what we have. It takes place after an individual has received help which is recognized as valuable and altruistic. People having higher gratitude are less stressed and tend to perceive higher social support which tends to extend resilience in life. Patience is the propensity to endure difficult and frustrating situations by remaining calm. Additionally, it has been seen that grateful people perform their duties better in adverse circumstances. Studies have propelled that presence of social skills such as gratitude and patience can enhance well-being in our lives. The objective of the present study is to shed light on how patience and gratitude can affect the well-being of our lives and the ways in which we can instill these qualities in our daily routine.

*\*Research Scholar \*\*Professor, Guru Jambheshwar University of Science &  
Technology, Hisar, Haryana, India.*

# **The Role of Counselling Development in Effective Teaching and Learning In schools**

*Mamta Rani*

## **Abstract**

Counselling Psychology addresses the emotional, social, work, school and physical health concerns people may have at different stages in their lives. counselling psychologists help people with physical, emotional and mental health issues improve their sense of wellbeing, alleviate feelings of distress and resolve crises. Counselling often referred to as therapy has developed significantly through research and treatment experience by counseling psychologists. Counseling is a learning-oriented process carried on in a simple one to one social environment in which the counselor, professionally competent in relevant psychological skills and knowledge counseling plays an role of in schools for the child future success of the child. The process of counseling develops in definable stages with recognizable transition. The counselors should encourage students to under the therapy session to be able to help the child in their future success. The study use of review of research techniques because is an opinion paper. Counselors help the all students in the areas of academic achievement, career and social, emotional development. counselling in effective teaching and learning in schools for the child future success.

**Key Words:** Counseling psychology, Teaching & Learning, school, child.

\*Assistant Professor, Department of Education, Guru Nanak Girls College, Yamunanagar,  
Haryana, India.

# **What it takes to be committed? An empirical study on employees working in an IT sector**

*KomalChandiraman\*Daisy Sharma \*\**

## **Abstract**

Employment not only means financial stability but it also defines an individual's identity. Psychological empowerment refers to employee's perception about their roles in an organization whereas Job Satisfaction involves specific beliefs about one's job, behaviour intentions and feelings about it. Both the above constructs have an important role in predicting organizational commitment and therefore greater success at work. The objective of the present study was to explore gender differences and understand the predictors of organizational commitment in Indian IT sector. For this, a convenience sample of employees was taken from various organizations and was administered Organizational Commitment Questionnaire (Mowday, Steers & Porter, 1979), Minnesota Satisfaction Questionnaire (Hirschfeld, 2000) and Measuring Empowerment Questionnaire (Spreitzer, 1995). Both descriptive and inferential statistics were used to analyze data. T- test was used to understand the male and female group differences on the above constructs. Moreover, pearson's product moment method of correlation coefficient and multiple regression analyses were used to analyze the data. The above analyses revealed a number of significant findings between the above constructs. The research was concluded by briefly foregrounding some of the study's implications and future directions

**Keywords:** IT sector, Job Satisfaction, Organizational Commitment, Psychological Empowerment

*\* Department of Psychology, Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, Delhi, India.*

# **Psychological contract, positive psychological factors and organizational commitment of female bank employees**

*Siddharth Soni\*& Manisha Agarwal\*\**

## **Abstract**

Banking all over the world is moving in a new direction, as the memories of global financial crisis are gradually fading. In today's global world, the employee-employer exchange relationship is vulnerable to many contextual and situational threats, such as layoffs, little or no job security, greater reliance on contractual workers and fewer opportunities for promotion, which make it very difficult for organizations to increase and sustain their employees' levels of identification. Consequently, employees are more likely to perceive the employer's psychological contract breach, which can subsequently decrease their organizational commitment. The present study examined the relationship between psychological contract, positive psychological factors such as hope and optimism and affective, continuance and normative organizational commitment. A total number of 285 (n=127) public and (n=158) private sector bank employees participated in the study. Participant's responses were measured by psychological contract, psychological capital and organizational commitment scale. The data was statistically analyzed through correlation, regression analysis. Research findings partially supported the hypothesized patterns of relationship between the variables in the study.

**Key words:** Psychological contract, Positive psychological factors, Organizational Commitment, Female Bank Employees

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*\*Research Scholar \*\*Professor, Department of Psychology, Banaras Hindu University, Varanasi, Uttar Pradesh, India.*



# **A Correlation Study: Gratitude and Resilience among Orphan Adolescents**

*Sana Irshad\* & Akbar Husain\*\**

## **Abstract**

The present study is an attempt to determine whether gratitude is correlated with resilience among orphan adolescents. The participants were one hundred orphan adolescents (97 boys and 3 girls) age ranged 8 – 18 years from Aligarh orphanage home. Instruments used were the gratitude questionnaire with six-item form (GQ-6) on a 7 point Likert scale and resilience scale was developed by Connor Davidson. The findings can be inferred that gratitude was found to be significantly correlated with resilience and also found out the positive correlation between resilience among orphan adolescents.

*\* PhD. Research scholar, \*\* Dean & Professor, Department of psychology, Aligarh Muslim University Aligarh, Uttar Pradesh, Indiaa*

# **A Study of Emotional Maturity among Employed And Unemployed Graduates**

*Anjali Singh\* & Sunita Kumari\**

## **Abstract**

Mental health is synonymous with maturity and maturity is born of responsibility. They cannot be mentally or emotionally healthy, if individuals are unemployed. Several studies have revealed an association between unemployment and mental health and shown that unemployment can affect people's emotional maturity differently. The main purpose of this present study was to assess the emotional maturity of the employed and unemployed graduates. The sample consisted of 200 graduate students from different area of Aligarh district in U.P., in which 100 employed and 100 unemployed graduates male and female. Random sampling method was used to selecting the sample. The age range of the sample was 20 to 30 years. Emotional maturity scale was developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used to data collection. The data was analyzed using mean, S.D. and t-test. The findings of the study revealed that the significant difference between employed and unemployed graduates.

**Keyword:** emotional maturity, employed & unemployed

# **Effect of age on attributional style and coping mechanism: a comparative study**

*Sheetal Panwar\*, Amita Yadav & \* Satya Parkash\*\**

## **Abstract**

Attribution style is defined as the concept of understanding how one explains the causes of events. Attribution theory (Fritz Heider, 1958) originally developed to find causes of behaviour, states that there are basically two kinds of explanation: those that involve an internal cause and those who assume that causes are external. Attributional style is directly related to individual's coping mechanism. Coping mechanisms are strategies people use to adjust to stressful events while helping them maintain their emotional well being. The present study aims to explore the effect of age on attributional style and coping mechanism. A sample of total 105 participants belonging to age group 20-30 years, 30 to 40 years and 40-50 years were taken for the present study. The attributional style questionnaire and the coping response inventory (CRI- adult) were administered on the subjects. Data was analyzed by using one way ANOVA. There would be a significant difference between the different age groups on their attributional style and coping mechanism.

**Keyword:** Attribution, Coping, Age, Adults.

*\*Student, Department of Psychology, Gurugram University, Gurugram, Haryana, India.*

*\*\*Assistant Professor, Department of Psychology, Govt. College, Baund Kalan, Haryana, India.*

# Emotional contagion and mental health of young adults

*Arjun Sharma & Shalini Singh\*\**

## Abstract

Emotional contagion is the tendency to mimic and feel emotional displays and experiences of others in social interactions. In other words it can be said that Emotional contagion is the phenomenon of having one person's emotions and related behaviours directly trigger similar emotions and behaviours in other people. As our emotions are a part of our mental health they do also influence our mental health directly and indirectly. While experiencing an positive emotional contagion it may lead to better mental health and vice versa. The present study also aimed at examining the relationship between emotional contagion and mental health. For the fulfilment of purpose of the study, Emotional contagion scale by Doherty (1990) and Mental Health Inventory by Veit and Ware (1983) has been administered. The present study comprises of 100 university students 50 males and 50 females of age group 20-25 years. Two hypotheses were assessed with the first one being that females will have higher emotional contagion than males. And the second one is being that emotional contagion will have a significant relationship with the mental health of the students Results, limitations, and implications are discussed further throughout the study.

**Keyword:** Emotional contagion, Mental Health.

*\*Research Scholar, Dept. of Psychology, Maharsi Dayanand University, Rohtak, Haryana, India.*

*\*\*Professor, Dept. Of Psychology, Maharshi Dayanand University, Rohtak, Haryana, India.*

# **Exploring the Role of Social Media on Socio, Political and Economical Dimensional Approach Of Development**

*Anupama Bharti\*& Viney Dhiman\*\**

## **Abstract**

Media is a fourth pillar of government it also assumes as a social vocal and reflected as a pillar of democracy. There are two types of Media Electronics and printed. In recent scenario using of Social media is favorable channel of users to share ideas, thought and emotions through the social sites such as face book, twitter and what sup etc. It is eminent to mention here various research has come with conclusion that media may be reflected as boom and bane because it gave mixed best result in its advantages and adverse effect. Significance of media is upmost because it can contribute in social ,economic and political development of Country but sometimes it also looked at case of addiction when its use is heavy and notion with halo effect of media .It is culled fact that threat of Media in the form privacy and security of data has created lot of complexity in the system in the form of hacking, cyber attack, criminal activity, cyber bullying, suicide ,cases of harassment and adverse excitement of users in religious and communal matter and in recent time incident of Mob latching and articulation of Socio, political and economical behavioral of people, may become appropriate example of it because it has an impact of Mental health of the people. In this study attempt has been made to check impact of Social media on development in Socio, Political and Economical dimension.

**Key Words:** Development, Hacking, cyber attack, criminal activity, Cyber bullying

*\* Assistant Professor, Department of Sociology & Social Work, Himachal Pradesh University, Shimla, India*

*\*\*Mr Viney Dhiman, Research Scholar, Centre for Social Work, Panjab University Chandigarh,India.*

# **Internet addiction in relation to emotional intelligence,depression, anxiety and stress among University students**

*Navdeep Kaur*

## **Abstract**

Recent research has highlighted pathological Internet use is associated with adverse mental health outcomes such as stress, anxiety, and loneliness. The purpose of this study is to examine the relationships between internet addiction and emotional intelligence, depression, anxiety, and stress among university students. Sample of the study consisted of 100 students. Their age ranged 20 to 30 years, their education was at least graduation and above and they belonged to middle socio-economic status. Internet Addiction Test, Emotional Intelligence Scale and depression stress scale (DASS-21) were used. Results showed that there is a weak, but statistically significant, negative relationship between emotional intelligence and internet addiction. In further analysis, internet addiction was found positively related to depression, anxiety, and stress.

**Keywords:** Internet addiction, Emotional intelligence, Depression, Anxiety, Stress.

*\*kurukshetra university, haryana, india.*

# **Internet addiction amongst teenagers in Haryana**

*Mandeep Sharma, \* Jyoti Verma & \*Sanjay Kumar\*\*\**

## **Abstract**

The advancement in technology and drastic change in societal make up the engagement of youth in internet and social media has been significantly increased and that is affecting the relationships. An attempt has been made to reveal the impact of geographical locale behind the level of engrossment in social media. To see the impact of geographical locale on the internet usage, the total sample of 120 students were taken from rural and urban background and they were further divided into 3 groups on the basis of the socio-economic status (high, medium, low). This division has been done on the basis of family annual income. The adolescents of age group 12-19 years were recruited from 4 schools which includes 2 private schools situated in 2 districts of Haryana (Hisar and Bhiwani) whereas two government schools were visited which were situated in the villages near both the districts respectively. Easy accessibility and dependency on technical gadgets like smartphones and laptops though initially being used for the fulfillment of relevant purposes but in recent days increased time consumption in these activities is leading to deficient social and family relationships. Therefore, they are becoming the potential victims of mental and psychiatric disorders. Appropriate statistical analysis was applied on the collected data to test the hypotheses.

**Keywords:** Internet Addiction, School students, Socio-economic status, Rural, Urban

*\*M.Sc. Student    \*\* Assistant Professor, Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar, Haryana, India.*

# **Attitude towards sexuality: a comparative study among cultures**

*Nidhi Lohchab\*, Neha Sehrawat \*& Amit Kumar\*\**

## **Abstract**

In today's modern society it has been tough to psychologically healthy life. An attitude refers to a set of emotions, beliefs, and behaviours toward a particular object, person, thing, or event. Attitudes are often the result of experience or upbringing, and they can have a powerful influence over behaviour. When we talk about sexuality, people do not have enough knowledge about it which leads to terrible result. The present study aims to assess the cultural differences among people's attitude towards sexuality. For the purpose of this study, a sample of 140 participants of age group 20-25 years belonging to North India, south India and Ghana were selected on the basis of availability. For collecting the data, subjects were randomly assigned and a questionnaire was provided i.e. brief sexual attitude scale by Hendrick and Reich (1987). Data was analysed by using one way anova. A significant result was found between people belonging to different culture i.e. North India, South India and people from Ghana (South Africa).

**Keywords:** Sexuality, Culture, Attitude.

\*Student, Department of psychology, Gurugram University, Gurugram, Haryana, India.

\*\*Student, Department of psychology, MD University, Rohtak, Haryana, India.



# **Special education with learning disabled students**

## **Abstract**

*\*Pooja Devi \*\* Kiran Bala Salaan*

Special education is the process by which students with special needs are educated by the process of addressing their differences while integrating them as much as possible in the typical environment where their peers are educated. Success, measured as self-sufficiency, academic achievement, and future contributions to the community may not be achieved if students with special needs are not provided this additional help. In the United States and many other countries, children who have educational special needs are entitled by law to receive services and accommodations that will help them perform to the best of their abilities and reach their academic potential. Special needs can include learning disabilities, speech and language impairments, autism spectrum disorders, cognitive impairments, emotional and behavioral disorders, physical disabilities like cerebral palsy, muscular dystrophies, sensory impairments like vision or hearing, chronic medical illness, and any condition that affects optimal education. Whenever possible, the needs of these students should be met in the same environment where other peer learns. Only when progress is lacking in this mainstream setting, then a different classroom placement can be selected for their education. This new setting may include fewer students in the classroom, more teachers, or higher level of support. The process of moving a child from the typical classroom or educational setting to a specially structured one is gradual. Emphasis should be placed on finding the balance where the student's educational needs are met in the least restrictive environment.

**Key Words:** Special education, Children

*\*Pooja Devi \*\* Kiran Bala Salaan*

# **Life Satisfaction and Existential Death Anxiety Among Employed And Unemployed : a Comparative Study**

*Punam Chaudhary\**, *Kuldeep\** *Anju\*\**

## **Abstract**

Life satisfaction is the way in which people show their emotions, feelings and how they feel about their directions and options for the future. The awareness of the own death represents one of the biggest threats to the human being, because humans are evolutionary determined to survive, death anxiety can therefore mitigate the individual wellbeing. If there is a more satisfaction in our life, then we feel less anxious about our health. The aim of the current study is to study the effect of employed & unemployed on life satisfaction and death anxiety. For collecting the data, a sample of 100 participants belonging to age group 50-55 years those who are employed & unemployed were taken. Data was analysed with the help of t-test. Following questionnaire were provided i.e. life satisfaction scale & death anxiety scale. There would be significant difference among employed & unemployed in relation to life satisfaction & death anxiety.

**Keywords:** Life Satisfaction, Death Anxiety, Employed, Unemployed.

*\*Student, Department of Psychology, Gurugram University, Gurugram, Haryana, India*

*\*\*Resource Person, Department of Psychology, Gurugram University, Gurugram, Haryana, India*

# **Work incivility, job performance and turnover intention among corporate employees**

*Ravi Rathee\* & Shalini Singh\*\**

## **Abstract**

Workplace Incivility differs from workplace bullying in that bullying occurs when a person is exposed to negative behavior from other employees over an extended period of time. Intention to leave occurs when employees of the organization consider terminating their employment with the specific organization based on their own free will because of their work environment and it affects job performance also. The present study aims to explore the association between work bullying and job performance of private employees. For the purpose of the study, a sample of 100 employees working in corporate sector (age= 30-40 years) having minimum work experience of 5 yrs were randomly selected from the corporate sector. The workplace incivility scale, job performance scale and turnover intention scale were administered on the subjects. Data was analyzed by using correlation and regression method. The result revealed that those having high work incivility at work place were found to have lower job performance and higher turnover intention.

**Keyword:** Work Incivility, Job Performance, Turnover Intention, Employees.

*\*Research Scholar, Department of Psychology, M.D.U, Rohtak, Haryana, India.*

*\*\*Professor, Department of Psychology, M.D.U, Rohtak, Haryana, India.*

# **Relationship between social support and resilience among farmers from Punjab**

*Vipan Chaudhary\*&) Shruti Shourie\**

## **Abstract**

Farmers are socially isolated, working for long hours without any opportunity for social interaction, which can lead to loneliness and poor mental health (Skerratt, 2018). The **present study aimed** to assess the relationship between perceived social support and resilience among farmers. For this purpose, a sample of 230 farmers aged 35-50 years were selected from various rural areas of Punjab. **Results** revealed a significant positive relationship between perceived social support and resilience. This finding has **implications** for mental health counsellors in enhancing resilience among farmers by highlighting the role of social support through family counselling and awareness campaigns. Families of farmers need to be educated with regards to their role in providing social support to the farmers in the face of difficult times, and farmers need psychoeducation about seeking social support without hesitation or inhibitions.

**Keywords:** Farmers, Resilience, Social Support, Punjab

*\*D.A.V. College Sector- 10, Chandigarh, India.*

# **A Study of Depression, Anxiety and Stress among Women With And Without Polycystic Ovary Syndrome**

*Simran Mago*

## **Abstract**

This paper attempts to identify the existing relationship between a chronic disease and its psychological and psychological impact, as the properties of the disease drives the individual's body to manifest so. The chronic disease that has been chosen to study for the paper is the Polycystic Ovarian Syndrome. This genetically acquired set of symptoms that affect women in their reproductive and developmental ages of life, has direct relation with their emotional and psychological health, which this paper aims to shed light on.

The study solicited participation of women who are suffering from polycystic ovary syndrome and women who do not have any menses related disorder. The tool used for this process was the Depression Anxiety and Stress Scale 21 by Lovibond and Lovibond

The hypothesis of the above study was "women suffering from polycystic ovary syndrome show significant difference in depression, anxiety and stress in comparison to women who are PCOS free". The hypothesis was supported from the above data. It was seen that women who had Polycystic Ovary Syndrome scored higher in the sub dimensions of the questionnaire when compared to those who did not.

The intentions of this research were to study the relationship between predispositions of anxiety; depression and stress in women with polycystic ovary syndrome versus women who are PCOS free, expecting positive correlation. The variables measured in the study were depression, stress and anxiety levels in women. The scale used was DASS 21. The results did support the hypothesis as there was an observed relationship between higher predisposition to experienced symptomatology and prevalence of PCOD. The significance of each sub dimension was found to be 0.015 for depression, 0.445 for anxiety and 0.001 for stress. This shows that a null hypothesis for this research can be considered invalid and a positive alternate is true.

**Key words:** Polycystic ovary syndrome, depression, anxiety, stress, DASS21

*\*Panjab University, Chandigarh, India.*

# **A study of emotional intelligence, sense of humor and anxiety among students**

*Aradhana Sharma\* & Neha Nahar\*\**

## **Abstract**

Adolescence is the period of great stress and anxiety. It is a transitional phase in which emotional intelligence is required to cope up with stressful situations due to the external pressure by the parents and society. The present study explores the relationship between emotional intelligence, sense of humor and anxiety among school students from various government and private schools of Ludhiana. For this purpose, 200 students were selected as a sample. 100 students (50 girls, 50 boys) were from government school and 100(50 girls, 50 boys) were from private school. The Assessing Emotions Scale(Schutte,1998), Multidimensional sense of Humor Scale (Thorson & Powell, 1993) and Beck Anxiety Inventory(Beck, 1988) were administered to assess emotional intelligence, sense of humor and anxiety respectively. The scoring is done and statistical methods were applied. The results have been discussed.

**Keywords:** Adolescence, Emotional Intelligence, Sense of Humor and Anxiety.

*\*Assistant Professor\*\* Research Scholar, D.A.V. College, Sector 10, Chandigarh,India.*

# **Economic dilemma and suicide among farmers in Punjab**

*Vipan Chaudhary\* & Shruti Shourie\*\**

## **Abstract**

The current paper attempted to understand the economic dilemma and suicide among farmers in Punjab. For this purpose, a sample of 230 farmers was presented with nine questions, on whether they have taken any debt, reasons for high suicide rates, purpose of taking loans, reasons for not paying instalments of loan on time, and the biggest problem faced by farmers in Punjab in today's time. Farmers reported to close-ended questions, which had response options, such as, yes/no or other multiple responses. Data was analysed with regards to frequencies of responses for every question. These numerical proportions were further represented through a pie chart. Results are further discussed and suggestions are made based on the findings.

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**Keywords:** Farmers, Punjab, Debt, Farmer Suicide, Indebtedness, Loans

*\*D.A.V. College ,Sector- 10, Chandigarh, India.*

# **Flourish: a new understanding of happiness and well being**

*Anju Walia*

## **Abstract**

Positive psychology is a science of positive aspects of human life, such as happiness, flourishing and well-being. Happiness is not just pleasure or being drugged with Satisfaction, being indifferent to life's problems, without negative feelings and being self centred. On the positive side, happiness is associated with optimum arousal and flow, meaning total involvement. Flourishing is the product of the pursuit and engagement of an authentic life that brings inner joy and happiness through meeting goals, being connected with life passions and relishing is accomplishments through the peaks and valleys of life. It is being realised that for true well-being and for a good fulfilling Quality life, external, social, economic and environmental development should lead to or be accompanied by internal satisfaction and happiness or subjective well-being. On the other hand, happiness is the narrow sense of simply desire satisfaction and instant gratification is limiting not meaningful and genuinely fulfilling. Therefore, well being including subjective well being, is a broader and more value-laden concept. Here we will be concerned with subjective well being or happiness in a broader sense of satisfaction with life over a long period of time and the conditions favourable for its achievement.

**Keywords:** Flourishing, Wellbeing, Happiness, Positive Psychology.

*\*Principal, Sant Nischal Singh College of education for women  
santpura, Yamuna Nagar, Haryana, India.*



# Character strengths, mindfulness and transcendence: a correlational study

*Neelam Rathee\* & Sukhmani Kaur Dhillon\*\**

## Abstract

The study aims to acknowledge and analyze the relationship between character strengths, mindfulness and transcendence. Mindfulness is a human ability to concentrate and react to the present situation. It facilitates an individual to overcome their obstacles and distractions by allowing them to express their character strengths according to the situation they are in. There are a total of 24 character strengths that are found in every culture but differ based on societal values and norms. Both Mindfulness and character strengths help in increasing awareness of social environment as well as the inner phenomena. By doing so, a person is going beyond what is going around them and achieve a state of transcendence. It can be self-transcendence or spiritual-transcendence. These variables are expected to be related to each other. The research will be conducted on a sample of 100 on an age group of 40 to 55 years. The results are discussed according to the research hypotheses framed.

**Key words:** Character Strengths, Mindfulness and Transcendence.

*\*Associate Professor, P.G. Govt. College for Girls, Sector - 11, Chandigarh, India.*

*\*\* Research Scholar, Department of Psychology, Panjab University, Chandigarh, India.*

# **Parental attachment and self-esteem as predictors of life satisfaction among male and female school students**

*Chandra Shekhar \* & Rachna Devi\*\**

## **Abstract**

Several research studies have shown that adolescents' secure attachment to their parents and high self-esteem is statistically significantly related to their higher academic success, interpersonal functioning, lower psychological distress, higher life satisfaction and subjective happiness. Keeping this in view, the present study was planned with the objective to study the gender differences on parental attachment, self-esteem and life satisfaction among school students as well as to further study the role of parental attachment and self-esteem as predictors of life satisfaction. The study was conducted on 100 students (50 male and 50 female) studying in different middle, secondary and senior secondary government schools of Kathua District of J& K. All the participants were in the age range 13-18 years i.e students from VII<sup>th</sup>, VIII<sup>th</sup>, IX<sup>th</sup>, X<sup>th</sup>, XI<sup>th</sup> and XII<sup>th</sup> grades. Rosenberg's self-esteem scale (Rosenberg, 1965), Parental attachment Inventory (Armsden & Greenberg, 1987) and Brief Multidimensional Students' Life Satisfaction Scale (BMSLSS; Seligson, Huebner, & Valois, 2003) were the tools used in the study. The sampling method employed was purposive. Independent sample t-test, and multiple regression analysis was used for analysis. Significant gender differences were found on measurement scales. Parent attachment and self-esteem significantly predicted satisfaction with life. Detailed results will be presented during the conference.

*\* Senior Assistant professor, University of Jammu, India.*

*\*\* Assistant Professor, GDC Kathua, Jammu, India.*

# **Does the state of emotional maturity enhance the sense of self-esteem and self-control among adolescents?**

*Surjeet Singh \* & Nov Rattan Sharma \*\**

## **Abstract**

Adolescence is a phase that occurs in between childhood and adulthood where mental and physical development occurs at a high pace. Emotional and behavioural changes often take place throughout this period, and these factors play a significant role in healthy functioning. When an individual become aware about his/her self, sense of emotional maturity improves parallel. Present study was planned to investigation the association between emotional maturity, self-esteem and self-control among adolescents. Present study consists of 100 adolescents (50 males, 50 females) with the age range of 14-17 years. To fulfil the purpose of the study The Emotional Maturity scale (Singh & Bhargav, 1990), Self-esteem Scale (Rosenberg, 1965) and Self-control Scale (Tangney, Baumeister & Boone, 2004) were used in present research. Two hypotheses were assessed with the first one being that there is a significant association between emotional maturity, self-control and self-esteem and the second one is that females will have lower emotional maturity, self-control, self-esteem than males. Results, limitations, and implications are discussed further throughout the study.

**Keyword:** Emotional Maturity, Self-esteem & Self-control

*\*PGT-Psychology Lecturer, GSSS, Dadri Toye Jhajjar, Haryana, India..*

*\*\*Professor, Dept. of Psychology, MDU, Rohtak, Haryana, India..*

## **Exploring predictors of happiness, quality of life and psychological well being among college students**

*\* Dr. Daisy Sharma & Komal Chandiramani\*\**

With the advent of 21<sup>st</sup> century, the field of psychology has observed a shift in focus from mental health problems to enhancing happiness and quality of life. The students these days are overburdened with stress related to various domains like academics, career and relationships which influences their well being negatively. Considering the importance of happiness in every individual's life, this research is focused on exploring the variables leading to happiness, thereby, enhancing the psychological well being and quality of life among students. For this, a sample of 100 males and 100 females was taken through purposive sampling technique from various colleges of University of Delhi with the scales namely; Orientation to Happiness scale, The World Health Organization Quality Of Life (Whoqol) –Bref and Ryff's Psychological Well-Being Scales (PWB). The data will be analyzed with the help of SPSS 22.0. The descriptive analysis of mean, SD and correlation will be applied and multiple regression will be applied to find out the predictor variables of happiness. The data collection is still in progress.

**Keywords:** Happiness, psychological well being, quality of life, college students.

*\* Keshav Mahavidyalaya, University of Delhi, Delhi, India.*

*\*\* Shaheed Rajguru College of Applied sciences for Women, University of Delhi, Delhi, India.*

## **Empathy and personality traits as correlates of irritability**

*Dr. Bindu Kumari\* & Deeksha\*\**

Irritability is a lower threshold of stimulation necessary to elicit anger. It also acts as a red flag for psychopathology. The present study investigated personality traits and empathy as correlates of irritability. Earlier researches indicated that Empathy Exhaustion, Neuroticism and Openness to Experience have relationship with Irritability. The study was conducted on 100 adolescents (Males= 50, Females= 50, Mean Age= 15.36, S.D= 1.47). The Big Five Inventory by John & Srivastva, 1999, Toronto Empathy Questionnaire by Spreng, McKinnon, Mar & Levine, 2009 and Affective Reactivity Index by Stringaris et al., 2012 were the tools used. Descriptive Statistics, t-test, correlation test were used for statistical analysis. Significant gender differences were found in Extraversion and Irritability scores. Empathy was found in significant relation with Conscientiousness and Agreeableness personality traits. Neuroticism and Irritability were found to be in significant relation with each other.

**Keywords:** Empathy, Personality Traits, Irritability

*\* Assistant Professor, Deptt. of Psychology, Hindu Girls College, Sonapat, Haryana, India.*

*\*\* Deeksha, MA Final Year Student, IGNOU, New Delhi, India.*

# **Mental toughness, self efficacy and kinesophobia in patients with anterior cruciate ligament injury**

*Jaspreet Kaur\**, *Anuradha Bhandari\*\**, *Monica Chhabra\*\*\**, *Mandeep S Dhillon\*\*\*\**

## **Abstract**

Mental toughness refers to the resilience and strength that individuals possess to soldier through struggles and succeed. It is the ability to push past exhaustion, opposition, and injury to win in sports. Self-efficacy is the belief in doing well and achieving favourable outcomes. Kinesophobia is an excessive, irrational and debilitating fear of physical movement and activity resulting from a feeling of vulnerability to painful injury or re-injury.

To study relationship between Mental Toughness, Self-Efficacy and Kinesophobia in patients with Anterior Cruciate Ligament (ACL) Injury.

Thirty six patients with ACL Injury from Department of Orthopaedics, PGIMER, Chandigarh were assessed at two stages. Stage 1 Pre-operative (patients assessed pre-surgery) and Stage 2 Post-operative (patients assessed between 6 to 9 months after surgery). Sample comprised of male patients in the age range of 18-45 years. Patients were administered a Semi Structured Performa, Mental Toughness Questionnaire (Cherry, 2005), General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995), Tampa Scale for Kinesophobia (Miller, Kori & Todd, 1991) and 2000 IKDC Subjective Knee Evaluation Form (Irrgang et al., 2001). Descriptive statistics, t-test and correlation analysis were employed.

Main findings are discussed, in the context of recent research evidence.

**Key words:** Mental Toughness, Self-Efficacy, Kinesophobia, Anterior Cruciate Ligament Injury

*Jaspreet Kaur\**, *Anuradha Bhandari\*\**, *Monica Chhabra\*\*\**, *Mandeep S Dhillon\*\*\*\**

# **Role of health, negative affect, depression and stress in suicidal ideation among professionals**

*Indu Sharma*

## **Abstract**

The world today is more violent, unequal, turbulent and unstable. Today's world life of human being is full of stress. Our modern life style is getting hectic day by day. Nobody has time for himself or herself. Today every person is suffering from stress, anxiety and tensions. Professional life is usually stressful. Professionals are facing a lot of problems related to their work place. The problems got exaggerated due to one reason or the other. These unexplained reasons and poor coping strategies some times lead to genesis of suicidal ideation which may lead to deliberate self harm. The professionals in many areas such as corporate, health, education, military and other are at greater risks for these problems. There are several factors which may be responsible for suicidal ideation. These factors are personal, social and environmental. Current reviews highlights various factors that contribute to risk for suicidal ideation span physical and mental health, social and psychological domains.

**Keywords:** Health, Negative Affect, Depression & Stress.

*\* Assistant Professor, Sant Nischal Singh College of Education for women Santpura,  
Yamunanagar, Haryana, India..*

## **Effectiveness of leadership style**

*Ankita\**

### **Abstract**

Leadership is a process whereby an individual, or clique, is able to influence others to internalize a collective vision and mobilize them toward attaining that vision. Effective leadership transforms people's goals and ambitions, even their identities, and replaces self-oriented behavior with group-oriented behavior. The exercise of power over people to force them, through rewards and punishments, to comply with commands and bend to one's will is not leadership.

**Key words:** - Effective Leadership, Self oriented Behaviour, Power, Influence, Confidence, Responsibility

*\* MA Psychology, Govt P.G. College Sec-1, Panchkula, Haryana, India.*



# **A Study on Gender Difference from Psychological Perspective**

**\*\***

## **Abstract**

Introduction: Gender may be the most important factor in development. Belief in sex-related differences required sheltering women to protect their reproductive capacity. This belief has created a status for women in the society that sets her apart from her counterpart. With the rising tide that set a revolution in the status of women a lot of development has taken place. With women becoming educated empowerment of women has become the focus of the society and the issues related to gender equality has been the focus of debate for decades. Personality is one of the most important psychological dimensions that contribute to what make an individual unique as well as classify him/her under a common class. The objective is to study and explore the gender difference in the dimension of personality as explained by the Big Five personality theory among teachers of School and University of Bhiwani. The study has 60 participants consist of (30 males and 30 females) selected purposely from teachers of school and university of Bhiwani who had no diagnosed physical or psychological illness. The participants belonged to the age group ranging from 24 to 54 years. The tool Five Factor Personality Inventory was developed and standardized and consists of five sections measuring five dimensions of personality viz., extraversion, agreeableness, conscientiousness, neuroticism and openness to experience. Analysis done using t-test showed significant difference between males and females ( $p < .01$ ) on extraversion, agreeableness, conscientiousness and openness to experience. On neuroticism no gender difference was observed. While males were dominant over females on extraversion, agreeableness and openness to experience, females were dominant on conscientiousness. The study conclude that gender difference is prominent in the expression of psychological characteristics of personality.

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# **Self-Efficacy: An Essential Motive to Achieve**

*Pratibha S. Dhundia\**

## **Abstract**

Self-efficacy refers to subjective judgements of one's capabilities to organize and execute courses of action to attain designated goals. It addresses "how well can I do something?" rather than "what am I like?". Self-efficacy development is closely intertwined with a person's experiences, competencies and developmental tasks in different in various domains at different stages in life. Personal beliefs about self-efficacy can affect individuals' task choices, effort, behaviour, persistence, motivation and achievement. Self-efficacy holds special importance during the adolescence phase of life when children are experiencing a myriad of changes and are vulnerable. Any negative experiences at home, school or in any other social setting during this period, can lower self-esteem and confidence in their abilities. This, in turn, directly impacts their academic motivation and performance. Adolescence is often a stressful period during development and there are multiple ways that negative influences can lower students' self-efficacy. This paper specifically discusses the impact parents, teachers and peer groups can have on adolescents' self-efficacy beliefs. It also summarizes some of the most effective strategies suggested by the existing theory and research to help parents and teachers promote self-efficacy in adolescents.

**Key Words:** Adolescence, Self-efficacy & Motivation

*\* Assistant Professor, Postgraduate Department of Psychology, DAV College, Chandigarh, India.*

# **Relationship between resilience, depression, anxiety, stress and psychological well-being among university students**

*Rohtash Singh\*, Mukesh Kumar\*\* & Sunil Dutt\*\*\**

## **Abstract**

Psychological well-being has become integral part of human life. It is need of time to follow the path which can enhance the psychological well-being. The present study investigated the relationship between Resilience, Depression, Anxiety, Stress and Psychological Well-being of university Students. The sample consisted of 80 (boys and girls) with age range from 20 to 26 has taken from Kurukshetra University. The questionnaire of psychological well-being, The Resilience Scale and DASS were administered. The Pearson's product moment correlation and linear regression were used to infer the purposed hypotheses. The results indicated that resilience correlated positively whereas depression, anxiety and stress correlated negatively with psychological well-being.

**Keywords:** psychological well-being, resilience, depression, stress and anxiety.

*\*Professor \*\*Ph.D Scholar \*\*\* M.Phil Scholar, Department of Psychology ,Kurukshetra University, Kurukshetra, Haryana, India.*

# **Understanding Compassion: The role of socio-demographic factors**

*Komila Parthi\* & Radhika Gupta\**

## **Abstract**

Interest in the role of compassion has increased over the years. Research suggests that differences exist in gender, socio-economic status and level of education for compassion (Lopez, Sanderman, Ranchor & Schroevers, 2018). Yet, most of the research fails to account for the influence of demographic variables in compassion. The role social and demographic variables are undeniably significant in the field of psychology. In today's rapidly changing society, wherein almost every five years the generation changes, these factors have gained even more significance. The present research aims to study the how demographic and social variables influence compassion among college students. A sample of two hundred college students was selected from DAV college, Sector 10, Chandigarh. The students were asked to fill out a set of two questionnaires, namely, socio-demographic form and Compassion Love for Humanity Scale (Sprecher& Fehr, 2005). Results and future implications shall be discussed.

*\*DAV college, sector 10, Chandigarh, India..*

# **The role of counseling development in effective teaching and learning in schools**

*Mamta Rani*

## **Abstract**

Counselling Psychology addresses the emotional, social, work, school and physical health concerns people may have at different stages in their lives. counselling psychologists help people with physical, emotional and mental health issues improve their sense of wellbeing, alleviate feelings of distress and resolve crises. Counselling often referred to as therapy has developed significantly through research and treatment experience by counseling psychologists. Counseling is a learning-oriented process carried on in a simple one to one social environment in which the counselor, professionally competent in relevant psychological skills and knowledge counseling plays an role of in schools for the child future success of the child. The process of counseling develops in definable stages with recognizable transition. The counselors should encourage students to under the therapy session to be able to help the child in their future success. The study use of review of research techniques because is an opinion paper. Counselors help the all students in the areas of academic achievement, career and social, emotional development. counselling in effective teaching and learning in schools for the child future success.

**Key Words:** Counseling psychology, Teaching & Learning, school, child.

*\* Assistant Professor, Department of Education, Guru Nanak Girls College, Yamunanagar, Haryana, India.*

# **Yoga-the royal path for developing positive psychology**

*Mantri Madan Mohan*

## **Abstract**

Yoga is the ancient science founded by sage Patanjali through his yoga sutras. These aphorisms describe the theory as practice of yoga. The credit of synthesizing and organizing knowledge about yoga goes to this great sage prior to 400B.c. the process of yoga helps human beings to have healthy as fit body and clean and calm mind. A sound body and a sound mind are very essential for our well-being, happiness and a satisfying life. Positive psychology in that branch of psychology that deals with prospective of adopting a more open and appreciative perspective regarding human potentials, motives and capacities.

This helps people develop those qualities that lead to great fulfilment for themselves as for others. Here we find a close relation between yoga as positive psychology. Both aim at the well being of lives of dignity as purpose now yoga is developing from a philosophy to a therapy to address pathology this can also be a modality employed for human flourishing.

Yoga makes an unhealthy person and a healthy person more healthy and happy. It is a process of empowering individuals to progress towards improved health and well being through application of yogic practices and teaching. Positive psychology is a science that focuses on individuals and societal flourishing by cultivating happiness, strengths, self-esteem and optimism. So, it is found that science of positive psychology fits wonderfully with the ancient practice of yoga. Yoga may help in achieving the targets of positive psychology. In this paper the author discusses the various concepts of yoga and establishes a relation between the two. Finally it can be concluded that yoga is the royal path for developing positive psychology.

*\*Associate Professor, IASE, Andhra university, Andhra Pradesh, India.*

# **A study of smartphone addiction and mental health among young adults**

*Mansi\* Srivastava & Amit Kumar\*\**

## **Abstract**

Since the Smartphone was first released in 2009, its common use has made everyday life convenient but caused many social problems. In this article, we surveyed the status of Smartphone usage and identified the influence of Smartphone addiction on mental health. The aim of the Present Study was conducted to find out the differences and relationship between Smartphone Addiction and Mental Health among young adults. For the present investigation 100 Young Adults were surveyed within the age range of 18 to 40 years. For data collection Smartphone Addiction Scale (SAS-SV) constructed by Kwon, Kim, et al., 2013 and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS), 2008 was used. Statistical analysis was done using T-test, mean, sd, and Karl Pearson Correlation Method.

**Key Words:** Smartphone addiction, Mental Health And Young Adults.

*\*Post Graduate Student, \*\*Senior Research Fellow, Department of Psychology, Panjab University, Chandigarh*

# Exploring gender differences in perceived stress, academic stress and personal growth initiative among college going students

*Komila Parthi & Snehil Chauhan*

## Abstract

The current study aimed to explore the gender differences on perceived stress, academic stress, and the personal growth of college going students. A sample of one hundred students was taken from different colleges and universities located in different states of India. In all, 100 college going students (50 males and 50 females), falling within the age range of 18 to 25 years, comprised the sample. Random sampling procedure was adopted to identify the sample. The results showed a significant difference between male and female college students on scores on the Perceived Stress Scale (PSS). Insignificant gender differences emerged on Academic Stress Scale, and Personal Growth Initiative Scale (PGIS). The findings of this study will help the students, intellectuals, instructors, career and counseling centers, and the University administrations to put in place all those mechanisms that can lessen the impacts of stress on the students. The findings also spur intellectual forums on the issue of perceived stress and academic stress among students in higher institutions and help the readers to peep into the actual causes of poor academic performance and academic stress.

**Keywords:** gender differences, perceived stress, academic stress, personal growth.



# **Mental Health of Guest Teachers of Punhana Block –Mewat district (Haryana): A Case Study**

*Dalel Singh*

## **Abstract**

Health, an indispensable quality in human beings, mental health is defined as the state of mental pleasure and lacking of psycho-physiological complaints. Mental health of the guest teachers is essential for effective teaching and improvement of education system. A mentally unhealthy guest teacher reflects tension, restlessness and hopelessness among its co-teachers as well as its students. Punhana block is totally rural block. Teaching in Punhana Block-Mewat district (Haryana) is a very difficult task. Mewat district was established in the year 2005. Even today also it lacks minimal resources for guest teachers in Punhana block which makes teaching hard. In present research, an effort has been made to explore the mental health conditions of the guest teachers teaching in the schools of Punhana block-Mewat district (Haryana). Through descriptive survey method and, by applying Positive Mental Health Inventory by Dr. C. D. Agashe and Dr. R. D. Helode (2008), the results attained, give an idea that the mental health conditions of the guest teachers are not too good due to varied reasons like 'low salaries', 'inadequate tenure', 'extra workload of classes, clerical work and extracurricular activities', 'unsatisfactory progress of pupils', 'loneliness', 'high moral expectations', 'lack of social prestige', 'relationship among co-teachers and administrators', 'lack of facilities', 'no additional allowances' and 'no housing facilities', 'religious questions' and the like.

**Key words:** Mental health; Mentally healthy guest teachers; Punhana Block; Mewat district of Haryana

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*\*Senior Research Fellow, Department of Community Education and Disability Studies, Panjab University, Chandigarh e-mail: dalelchauhan26@gmail.com*

## **Internet addiction in relation to emotional intelligence, depression, anxiety and stress among University students**

*Navdeep Kaur*

### **Abstract**

Recent research has highlighted pathological Internet use is associated with adverse mental health outcomes such as stress, anxiety, and loneliness. The purpose of this study is to examine the relationships between internet addiction and emotional intelligence, depression, anxiety, and stress among university students. Sample of the study consisted of 100 students. Their age ranged 20 to 30 years, their education was at least graduation and above and they belonged to middle socio-economic status. Internet Addiction Test, Emotional Intelligence Scale and depression stress scale (DASS-21) were used. Results showed that there is a weak, but statistically significant, negative relationship between emotional intelligence and internet addiction. In further analysis, internet addiction was found positively related to depression, anxiety, and stress.

**Keywords:** Internet addiction, Emotional intelligence, Depression, Anxiety, Stress.

*\* Kurukshetra University, Haryana, India.*

# **Social support as predictor of quality of life among MSM**

Saurabh Srivastava\* & Archana Shukla\*\*

## **Abstract**

To study the social support of Men who have Sex with Men (MSM), relationship between social support and quality of life and how social support or its dimensions predict Quality of Life (QOL)

A cross-sectional study was conducted with 70 MSM age range from 21 years to 40 years recruited through snowball sampling from three different NGOs of Lucknow, Uttar Pradesh.

Social Support was predictor variable and Quality of life was dependent variable.

Social Support Questionnaire by Cohen, 1985 and The World Health Organization Brief Quality of Life Assessment Scale (WHOQOL-BREF), 1996.

Descriptive statistics of social support, correlation and multiple linear regression of social support and quality of life (QOL).

Policy makers, psychologist and society should be aware of the different social support networks and needs of MSM and refer them to relevant support groups to improve QOL.

**Keywords:** MSM; homosexuality; social support; quality of life;

## **Academic achievement motivation: role of attribution styles and gender**

*Pratibha S. Dhundia*

### **Abstract**

The present study aimed at investigating the effect of attributional styles and gender on academic achievement motivation among adolescent students. For this purpose, a sample of 120 adolescent students (60 males and 60 females) in the age group of 14-17 years was randomly selected from various private schools of tri-city (Chandigarh, Mohali & Panchkula). The measures, Academic Attributional Style Questionnaire (Higgins & Lapointe, 2012) and Academic Motivation - High School Version (Vallerand et al., 1989; 1992 & 1993) were used to assess attributional styles and academic achievement motivation respectively. Descriptive statistics including means and standard deviations were calculated. Two-way ANOVA was employed to assess the significant difference between the groups on academic achievement motivation.

It was observed that students with functional attributional style (FAS) scored higher on intrinsic motivation (IM)- a dimension of academic achievement motivation, as compared to adolescents with dysfunctional style. Adolescents with dysfunctional style had high extrinsic motivation (EM) and amotivation (AM)—other dimensions of academic achievement motivation, as compared to students with functional attributional style. Overall, students with functional attributional style scored high on academic achievement motivation. However, no significant differences emerged between males and females on different dimensions of academic achievement motivation. Furthermore, two-way interaction between attributional style and gender did not exhibit its significant effect on academic achievement motivation and its dimensions.

**Key Words:** Attributional Style, Adolescence & Academic Achievement Motivation.

*\*Assistant Professor, Postgraduate Department of Psychology, DAV College, Chandigarh, India.*

## **A study on social media usage and fear of missing out among adolescents and young adults**

*Prerna Gosain & Dr Kanchan Yadav*

### **Abstract**

The popularity of social media has become a boon and bane altogether for today's millennials. The growth of social media usage has become a pervasive aspect of day to day life and its affect has widely spread throughout the globe. The rapid growth of social media platform has led to evolve communal distress regarding the way in which youth specifically adolescents and young adults have engaged themselves in the verge of destruction. To understand the rise in population of adolescents and young adults getting engage in social media platform the social psychologist started to work on this issue of concern and came out to answer this problem with a phenomenon called Fear of missing out popularly known as FOMO. Fear of missing out is an example of social psychological process which has been associated with excessive usage of social media platform. The present study is an attempt to highlight the understanding of social media usage and fear of missing out among adolescents and young adults it also attempts to do a comparative analysis of use of social media and Fear of missing out among adolescents and young adults. This was accomplished by finding the difference between adolescents and young adults on social media usage and fear of missing out. Data was collected from 100 participants 50 of them were adolescents and other 50 were young adults. Quantitative method was used during the process of data collection and data collected was analyzed using t-test method. The findings of this analysis determined the degree of fear of missing out and social media addiction among adolescents and young adults. And it was also revealed from the analysis of this study that there is a significant difference between social media usage and fear of missing out among adolescents and young adults.

**Keywords:** social media addiction, adolescents, social media usage, millennials and fear of missing out

## **Academic Achievement Motivation: Role Of Attribution Styles And Gender**

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The present study aimed at investigating the effect of attributional styles and gender on academic achievement motivation among adolescent students. For this purpose, a sample of 120 adolescent students (60 males and 60 females) in the age group of 14-17 years was randomly selected from various private schools of tri-city (Chandigarh, Mohali & Panchkula). The measures, Academic Attributional Style Questionnaire (Higgins & Lapointe, 2012) and Academic Motivation - High School Version (Vallerand et al., 1989; 1992 & 1993) were used to assess attributional styles and academic achievement motivation respectively. Descriptive statistics including means and standard deviations were calculated. Two-way ANOVA was employed to assess the significant difference between the groups on academic achievement motivation.

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**Key Words:** Attributional Style, Adolescence & Academic Achievement Motivation.

*\*Assistant Professor, Postgraduate Department of Psychology, DAV College, Chandigarh, India.*

## **Pushing towards a better future, or pushing to the brink: view from the vantage point of adolescents**

*Neerja Chadha*

### **Abstract**

The period of adolescence, which is the transitory period between childhood and adulthood, is aptly considered a period of unique abilities and corresponding vulnerability. In contemporary times, against the backdrop of rapid pace of industrialization, westernization, individuation, and increased competitiveness, the pressure to achieve is taking a toll. Delving deeper into the issue, the present study focusses on adolescents' perceptions of achievement pressures, the stresses they experience, aspects of relationship with parents, and ramifications of the same. High school students, 158 adolescents (82 male and 76 female) from New Delhi, India participated in the study. The high degree of pressures and stress experienced by the participants was duly borne out. Male respondents were found to perceive significantly higher achievement pressures than the female respondents. Achievement pressures had a significant positive correlation with anxiety and depression. To draw greater insights, focused group discussions were held separately with a subset ( $N=16$ ) of the adolescent sample, and a group of 13 parents. Analyses inform recommendations with regard to providing a positive and nurturant milieu to our adolescents.

**Key Words:** Adolescents, parents, achievement pressures, anxiety, depression.

*\*Professor of Child Development, Indira Gandhi National Open University, New Delhi, India.*

# **Annihilating the negatives and promoting the positives among children and adolescents: the role of counselling and family therapy in the Indian context**

*Amiteshwar Ratra\**

## **Abstract**

The paper focusses on the role of counselling and family therapy as both preventive and promotive measures in dealing with children and adolescents. In the recent past, in India, there has been increased involvement of school going children and young adolescents in crimes both on the school campus and outside, highlighting the need of counselling. The paper discusses increased suicides and use of drugs among children and adolescents, increase in parental discords, conflict in parent-child interactions, addiction to social media among children and adolescents, reduced respect for elders, lack of social communication among the family members, heightened individualism, and deteriorating interpersonal skills as a few of the manifestations of and reasons for rise of problematic behaviour among today's children and adolescents. The fast-changing scenario of modern India poses many challenges to be met by the family members as a unit. The paper discusses the significance of family therapy and counselling in dealing with children and adolescents to help them evolve and grow as constructive and productive citizens of India. Family provides the epitomes of experiences which influences the child's development. Further, the current day scenario underlines the need for immediate intervention. In response to this recognition, family therapy has emerged across the world, including India, as a holistic mode of intervention that seeks to improve the psychological well-being of children and adolescents by addressing not just him/her individually, but also the significant others in his/her life. This paper gives suggestions for provision of both male and female counsellors in co-educational schools and provision of family therapist in a cohort of neighbourhood schools.

**Key Words:** Adolescents, Children, Counselling, Family therapy.

*\*Assistant Professor, SG, Stride, Indira Gandhi National Open University, New Delhi. India.*



# **A Study of Parental Acceptance-Rejection In Relation To Self-Esteem and Life Satisfaction among Adolescents**

*Dr Roshan Lal\* & Amit Kumar\*\**

## **Abstract**

Adolescence is the period in human growth and development that occurs after childhood and before adulthood. The present study was carried out with the aim to find out the relationship and differences between parental acceptance-rejection, self-esteem and life satisfaction among adolescents. For the following purpose, a sample of 100 (50 boys and 50 girls) of age 16-18 years from various schools of Punjab were selected. The Parental Acceptance-Rejection Questionnaire (Rohner, 2008); Rosenberg Self Esteem Scale (1965); and Satisfaction with Life scale (Diener et al., 1985) were administered respectively. Results and implications will be further discussed.

**Keywords:** Parental Acceptance and Rejection, Self-Esteem and Life Satisfaction.

*\* Assistant Professor, Department of Psychology, Panjab University, Chandigarh*

*\*\* Senior Research Fellow, Department of Psychology, Panjab University, Chandigarh*

# **Internet addiction, life satisfaction and loneliness among adolescents of Jammu city**

*Prachi Gandotra\*, Vishal Bajotra\*, Dharvinder Singh\*\**

## **Abstract**

The purpose of the present study was to find out the relationship between internet addiction, life satisfaction and loneliness among adolescents. Internet addiction is a behavioural addiction in which an individual is highly dependent on the use of internet. Whereas life satisfaction is the evaluation of one's life as a whole, not simply one's current level of happiness. It is the experience of an individual that how is his quality of life which includes both emotional reaction and cognitive judgments. On the other hand loneliness is an emotional state in which an individual become alone and develop a feeling of sadness. The sample of the present study consisted of 150 adolescents (75 males and 75 females). Young's Internet addiction scale (1998) , satisfaction with life (1985) scale by Diner and UCLA loneliness scales were used to assess the internet addiction, life satisfaction and loneliness among the adolescents. Data were subjected to statistical analysis results were interpreted in terms of their implications and significance

**Keywords:** Internet Addiction, Life satisfaction, loneliness, Adolescents.

*\*M.A. Students P.G. Department of Psychology, University of Jammu, India.*

*\*\*Lecturer P.G. Department of Psychology, University of Jammu, India.*

# **Internet addiction and suicidal ideation among young adults of systematic and intuitive type cognitive styles**

*Darshpreet Kour\*, Preeti Suwal\*, Dharvinder Singh\*\**

## **Abstract**

Internet addiction is an impulse control disorder which does not involve the use of an intoxicating drug and somewhat similar to gambling. Whereas suicidal ideation refers to the thought that life is not worth living, ranging in intensity from fleeting thought through to the concrete, well thought through to concrete, well thought out of plans for killing oneself, or a complete preoccupation with self-destruction. Cognitive styles refer to the different ways in which people think about and remember information. It refers to the way individual processes information in different ways. The aim of the present study was to establish a relationship between internet addiction and suicidal ideation among the young adults of different cognitive styles. The sample of the present study consisted of 160 adolescents (80 males and 80 females). Young's Internet addiction scale (1998), The suicidal behaviour questionnaire-revised (SBQ-R) by Osman (2001) and Cognitive Styles Inventory (CS-I) by Kumar (2016) were used to assess the internet addiction, suicidal ideation and cognitive styles respectively. Data were subjected to statistical analysis results were interpreted in terms of their implications and significance

**Keywords:** Internet addiction, Suicidal ideation, Cognitive styles, Young adults

*\*M.A. Students P.G. Department of Psychology, University of Jammu, India.*

*\*\*Lecturer P.G. Department of Psychology, University of Jammu, India.*

## Impact of internet use on well-being among University going adults.

*Gagandeep Singh \*& Roshan Lal\*\**

### **Abstract**

Findings of different studies on relationship between internet use and well-being are still contradictory and unclear.

The present study aimed to investigate the impact of internet use on well-being among college going adults.

The study is based on a sample of 60 university going adults as per inclusion and exclusion criteria. Participants are administered on internet addiction test and subjective well-being scale, life satisfaction scale and general health questionnaire to assess the internet use and Psychological well-being. Descriptive statistics, Pearson 'r' and other appropriate statistical methods will be used to examine the impact on obtained data.

The study is currently ongoing and results and conclusion will be discussed in the conference.

*\*Research Scholar\*\* Assistant Professor,, Department of Psychology, Panjab University,  
Chandigarh,India..*

## **Basic psychological needs, self-efficacy and psychological well-being among young adults**

*Aashna Jasrotia\*, Vishav Bhushan Katoch \* Rabia Maryam Malik\*, Karuna Gupta \*\**

### **Abstract**

The present study examined the relationship between basic psychological needs, self-efficacy and psychological well-being among young adults. Psychological well-being refers to the achievement of one's full psychological potential. Basic psychological needs theory is one of the mini theories of self-determination theory by Deci and Ryan (2000) which supports three basic psychological needs (competence, relatedness, and autonomy) that must be fulfilled to foster wellbeing and health and these needs can be universally applied. Bandura (1997) defined self-efficacy as "peoples' beliefs in their capabilities to produce desired effects by their own actions." The sample of the study comprised of 150 young adults (75 males & 75 females) studying in University of Jammu. Basic psychological; needs, self-efficacy and psychological well-being was assessed by using Basic psychological needs scale (BPNS) by Deci & Ryan (2000), Self-efficacy scale by Schwarzer & Jerusalem(1995) and Psychological well-being scale by Ryff & Keyes (1995). Data were subjected to statistical analyses. Results were interpreted in terms of their implications and significance.

**Keywords:** Basic psychological needs, Self-efficacy, Psychological well-being, Young adults.

*\*MA Students, PG Department of Psychology, University of Jammu, J&K, India*

*\*\*Lecturer , PG Department of Psychology, University of Jammu, J&K, India*

## Resilience and psychological well-being: A correlational study among young adults.

*Harsha Pahwa\*, Poonam Devi \* Karuna Gupta \*\**

### **Abstract**

The aim of the study was to explore the relationship between resilience psychological well-being among young adults. Resilience is the ability through which an individual copes up with a crisis or returns to the pre crisis state quickly. (Christine, 2014). Psychological well-being refers to the achievement of one's full psychological potential. It consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose, meaning in life, personal growth and development. The sample of the study consisted of 150 young adults (75 males & 75 females) studying in University of Jammu. Psychological resilience scale by Bhat and Khan and Psychological well-being scale by Ryff & Keyes a(1995) were used to assess resilience and psychological well-being . Data were subjected to statistical analyses. Results were interpreted in terms of their implications and significance.

**Keywords:** Resilience, Psychological well-being, Young adults.

*\*MA Students, PG Department of Psychology, University of Jammu, J&K, India.*

*\*\*Lecturer, PG Department of Psychology, University of Jammu, J&K, India.*

## Basic psychological needs, adjustment and well-being: a study among adolescents living in border areas.

*Karuna Gupta \*, Kanchan Slathia & Shivali Kangotra*

### **Abstract**

The state of J&K is a 'border state'. There are millions of people living in the border belts of Jammu and Kashmir (India). For the residents firing and shelling due to ceasefire violation is an order of the day. The turbulence along the border does not let the residents heave sigh of relief. People continuously feels fear of the war which brings loss of security, unpredictability and the lack of structure in routine life (Machel, 2001; Stichick & Bruderlein, 2001). The psychosocial impact of conflict on adolescents is huge. Due to this children show increased signs of anxiety about being separated from their families, homes and closure of schools (Khajuria,2017). With this background in mind, The present study aims to study the basic psychological needs, adjustment and well-being among young adults. The sample of the study comprised of 200 adolescents (100 from border areas and 100 from non-border areas). Basic psychological needs scale (BPNS) by Deci & Ryan ,Adjustment Inventory Scale ( AISS ) by Sinha and Singh (2002) , (2000) and PGI well-being scale by Verma and Verma (1989 ) were used to assess basic psychological needs, adjustment and well-being. Data were subjected to statistical analyses. Results were interpreted in terms of their implications and significance.

**Keywords:** Basic psychological needs, Adjustment ,well-being , adolescents, border areas

*\*Lecturer , PG Department of Psychology, University of Jammu, J&K, India \* \*MA IGNOU .*

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**Keywords:** Basic psychological needs, Adjustment, well-being, Adolescents, Border areas.



*\*Lecturer , PG Department of Psychology, University of Jammu, J&K, India*

*\* \*MA Student IGNOU, New Delhi, India.*

## **A corelational study between depression and well being in patients with osteoarthritis.**

*Dr.Shahin Ghani*

### **Abstract**

The present study deals with the most common form of arthritis and the leading cause of chronic disability around the world and in India as well, Osteoarthritis. OA has a widespread impact on physical and psychological factors in affected individuals. A painful disease such as OA has personal, professional, economic and social repercussions and a strong potential impact on the patient's quality of life and well being indicators. The requirement for holistic treatment of OA and other chronic disorders also stems from the fact that they are a major public health concern.

This study was undertaken with the objective to evaluate correlation between depression and well being in patients suffering from osteoarthritis of the knee. A sample of 50 patients was selected and a single within group design with pre, post and follow up assessment was adopted for the purpose. Assessment was done using Beck Depression Inventory (BDI) and General Well Being Scale, PGI, Chandigarh. An intervention program was developed for the planned study incorporating the following components: psycho education, activity rescheduling and behavioural counselling to significant others. The sample showed a significant correlation between depression and well being at pre, post and follow up assessment stage. Results also demonstrated effectiveness of the intervention in management of osteoarthritis. In search of practical and simple interventions on a primary care level, findings of the present study indicate the relation between depression and well being besides highlighting the effectiveness of psychological interventions in alleviating depression and enhancing well being among patients. Thus, the study emphasizes the value of integrating combination of interventions and combining lifestyle modifications to ensure holistic improvement in patients.

**Key Words:** Osteoarthritis (OA); Depression; Well Being; Pschoeducation; Activity rescheduling; Behavioural counselling.

*Assistant Professor, Dept. of Psychology, Govt. Hamidia Arts and Commerce College, Bhopal,M.P.,India.*

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*Assistant Professor, Dept. of Psychology, Govt. Hamidia Arts and Commerce College, Bhopal  
M.P.India. (: [drshahinghani@gmail.com](mailto:drshahinghani@gmail.com))*

## Study of communication skills of adolescents in relation to family environment.

Priyanka Sharma\* & Prof. Nandita Singh\*\*

### Abstract

Communication is delineated as the dynamic process of transmitting information for common understanding. In the present era of digitalization and globalisation, English has attained the status of being the universal language and it dominates transactions in all fields of the world. In India, the flagship of CCE under CBSE, clearly marks the importance of Communication Skills in English and considers it an extremely necessary skill for students. Not being the native language of India, many students often struggle to communicate in English whereas some students have the best flair in it. As they say , family has a big role in an individual's overall development and in inculcating certain habits and talents. This research paper has attempted to find out the role and relationship of Family environment with all four macro skills of Communication among adolescents in English language. The results divulged that there is a positive and significant correlation between each dimension of family environment and all four macro skills of communication i.e listening, speaking, reading and writing . Also, a positive significant correlation was found between the overall score of family environment and Communication skills.

*\*Senior Research Fellow, Department of Education, Panjab University Panjab  
University, Chandigarh, India.*

A comparative study among male and female bank employees.

*Kavita Rajora*

**Abstract**

The Present Study designed to find out the differences among male and female bank employees on Life Satisfaction. The sample was comprised of 40 employees [20 Male and 20 Female]. The age range 30 to 50 years. Random sampling was used for data collection. The data was collected through Life Satisfaction Scale developed by Hardeo Ojha to examine Life Satisfaction among employees. Mean, SD and T Test will be used. The result indicates that there will be a significant difference among male and female employees.

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## Yoga based leadership program and perceived stress level of rural youths.

*Divya Kanchibhotla, Anusha Anand, Shashank Kulkarni, Shweta Singh*

### **Abstract**

Rural communities often have challenging life situations, which induce stress in their daily life. This stress often gets manifested in the form of suicides, alcohol dependency, substance abuse, violence, criminal tendencies among the young people. A comprehensive intervention technique offered by Art of Living called as Youth Leadership Training Program (YLTP) addresses empowerment needs of younger generation. This program consists of processes that make youth to develop positive attitude and confidence to face multifaceted challenges. The present study examined the impact of yoga-based empowerment program on stress and mental well-being of total 992 rural youths who participated in this observational study. All the participants attended eight days Youth Leadership Training Program (YLTP) in different years and at different places

in India. They were then invited to a YLTP retreat at the Art of Living International Centre, Bengaluru and were asked how they perceived stress before and after doing YLTP program through a questionnaire. The impact of the empowerment program was observed on individual's perceived stress using Perceived Stress Scale (PSS) (Cohen, 1988). Significant results clearly demonstrated that by YLTP program, a reduction in stress level can be obtained.

**Key words:** Rural Community, Perceived Stress, Youth Leadership Program

*\*\*Sri Sri Institute for Advanced research, Ved Vignan Maha Vidyapeeth, Bengalur, Karnataka, India*

Effectiveness of a comprehensive yoga program on convicted extremist offenders.

*Divya Kanchibhotla., Shashank Kulkarni & Shweta Singh*

### **Abstract**

In the current study, the potential of yoga as a technique is explored on the wellness and behavior of individuals who have propagated and participated in extreme violence and aggression. The sample includes 219 male convicts from United Liberation Front of Assam militants selected immediately after surrender of arms in the year 2012 from northeast region of India.

The study design was a single group with assessment of individuals before and after the workshop. All participants attended a 40-day intensive Yoga workshop (Sudarshan Kriya Yoga,

Pranayama, Meditation) conducted at Art of Living International Centre, Bengaluru. The impact of these practices was observed on aggression, quality of life and satisfaction and assessed using aggression questionnaire, WHOQOL-BREF and Satisfaction with Life Scale.

The results were compared using paired t-test. It demonstrates a significant reduction in aggression and enormous improvements in quality of life and satisfaction after practicing yoga techniques (Sudarshan Kriya, Yoga, and Meditation). Hence these practices can aid in rehabilitation after experience of militancy, reduce future criminality of already convicted violent extremist and thereby maintaining peace and order in the society.

**Keywords:** Aggression, quality of life, satisfaction, Sudarshan Kriya Yoga, yoga techniques

*\*Sri Sri Institute for Advanced Research, Ved Vignan Maha Vidya Peeth, Art of Living  
International Centre, Bengaluru, Karnataka, India*

Psychological wellbeing and aggression in impending retirement.

*Rahmat Kaur Kochar\* & Anuradha Bhandhari\*\**

### **Abstract**

Work life to retirement is a significant transition that could lead to psychological changes in employed individuals. Do the number of years to retirement and gender play a role?

The present investigation was planned to study psychological wellbeing, aggression, hostility and anger in employees at two levels of impending retirement: a) teachers presently working with 8-10 years to retirement and; b) teachers working with 2-3 years to retirement.

Thirty male and thirty female teachers in the age range of 48-56 years comprised the sample for the present study. They were randomly selected from colleges of Panchkula, Mohali and Chandigarh. Respondents were administered the Positive and Negative Affect Schedule (Watson et al., 1988) and the Aggression Questionnaire (Buss & Perry, 1992). Descriptive statistics, t-test, two-way ANOVA and correlation analysis were computed.

Main findings are discussed in the context of recent research work on impending retirement.

**Key words:** Psychological Well Being, Aggression, Impending Retirement.

*\*Research Scholar, \*\*Professor, Department of Psychology, Panjab University,  
Chandigarh, India.*

Role of gratitude in subjective well-being of school teachers.

*Sharma T., Sood S., Singh R., Jamwal H., Kour, N. & Kour, A.*



## **Abstract**

Gratitude is a feeling of thankfulness. It is an emotion and an attitude towards life .It is an important component of one's well-being. It is a positive virtue that enhances well-being.

To assess the role of gratitude in subjective well-being of school teachers.

Cross sectional design was used and the data were gathered in short duration of 45 days. The sample comprised of 200 school teachers from Jammu and Samba district. Gratitude and subjective well-being of participants was assessed using Gratitude Scale (Anas et .all, 2016) and Subjective well-being dimension of Happiness Scale (Rastogi & Moorjani , 2017) respectively. Multiple regression was applied to test the hypotheses.

It shows that gratitude towards other and gratitude related activities are significant and negative predictors of subjective well-being .

Much involvement in gratitude related activities specially the religious oriented might reduce level of subjective well-being. Also expressing gratitude through promotion of activity of humanity and serving helpless people could be responsible for lowering of subjective well-being.

**Keywords:** Subjective well-being, Gratitude, Teachers.

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*Department of Psychology, University of Jammu, J&K, India.*

## Personality correlates of body image dysphoria.

*Nidhi Verma \* & Pooja Yadav \*\**

### **Abstract**

The present study examined the personality factors of adults seem to be over concerned about their body image. Thus, the study was planned to examine the correlation between Personality and Body image. To realize the main objectives of the study; a sample of (N= 100) PG students from various disciplines from Central University of Haryana were taken who volunteered themselves for the study and reported over concerned about their body image or appearance. The subjects were administered with NEO-FFI (Costa & Mc Crae, 1995) and Multidimensional Body Self relations Questionnaire (MBSRQ) (Cash, 2000). The test consisted of ten subscales but in our study we have included only four sub-scales which are related with appearance anxiety. Descriptive statistics and Pearson's Product moment correlation were computed. Results showed Neuroticism is positively correlated with overweight preoccupation, and Conscientiousness is found to be positively correlated with Appearance Evaluation and Body area Satisfaction. Extraversion is negatively correlated with Overweight Preoccupation. However, Research on large sample is required to arrive at a dependable conclusion regarding the relationship between personality factors and Body Image Dysphoria.

**Key words:** Personality, Body Image Dysphoria, Appearance Evaluation

*\*Asst. Professor, Deptt. of Psychology, Central University of Haryana, Mahendergarh.*

*\*\* Research Scholar, Deptt. of Psychology, KUK, India.*

# Self-esteem as mediator of relationship between parental attachment and psychological wellbeing.

*Dharvinder Singh\* & Arti Bakhshi\*\**

## **Abstract**

Adolescence is a period of transition during which an individual moves from the relative security of childhood to the privileges and responsibilities of adulthood (Mogler, 2009). Attachment includes an emotional bond that is experienced with a substantial degree of intensity. Psychological wellbeing measures the individual's aspect of self-acceptance, establishment of quality ties to other, sense of autonomy in thoughts and actions, the ability to manage complex environments to suit personal needs and values, sense of purpose in life, continued growth and development as a person. Self-esteem is the aspect of self-concept that involves judgements about one's own growth and the feelings associated with those judgements. The purpose of the present study was to see mediating effect of self-esteem on the relationship between Parental attachment and psychological wellbeing of adolescents. The sample of the present study consisted of 300 adolescents (150 males and 150 females). Inventory of parent and peer attachment-revised (IPPA-R) by Armsden and Greenberg (1987), Self-esteem scale by Rosenberg (1965) and Psychological wellbeing scale by Ryff and Keyes (1995) were used for data collection. Result findings indicated an indirect association between parental attachment and psychological wellbeing through self-esteem of adolescents. Results showed that there is support for partial mediation of self-esteem.

**Keywords:** Parental attachment, Psychological wellbeing, Self-esteem, Adolescents.

*\*Lecturer, \*\* Professor, P.G. Department of Psychology, University of Jammu, J&K, India.*

## Consciousness: theravada Buddhist perspective.

*Ashin Candavara*

### **Abstract**

There is no differentiated meaning of consciousness or mind in Buddhism. There are six synonymous words mentioned in Pāli literature i.e. “citta, ceto, mano, viññāṇa, hadaya, mānasa” (Abhidhānappadīpikā, verse.153). These all words are translate into English in appropriately such as consciousness, mind, heart, thought, conception, or idea etc. It can found in Samyutta Nikāya ‘asutavā sutta’, the Buddha taught using in synonymous meaning of words ‘citta, mana, viññāṇa’ to understand for peoples. Therefore, consciousness and mind are no differentiated meaning in Sutta literature in Buddhism. But in Abhidhamma literature, mostly used the word ‘citta’ is more than the word ‘mana’. Although there is no differentiate meaning in original Pāli literature but in a translation of another area there is a lot of differentiation using consciousness and mind.

According to Theravada Buddhist Abhidhamma literature mentioned detail of consciousness (citta) and mental factor or mental concomitants (cetasika). Of them mental concomitants are more important. In a Buddhist Abhidhamma, there are 89 types of consciousness and 52 kinds of mental factors or mental concomitants. In my presentation paper, I will present about the definition of consciousness. Then will explain different kinds of consciousness (citta) and mental concomitants (cetasika) using by the power points.

*Research Scholar, Department of Philosophy, Panjab University, Chandigarh, India.*

## **Youth and well being: Buddhist perspective.**

*Nguyen Thi Tam Tu*

### **Abstract**

Psychological perspective of 'well being' is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction and a sense of meaning or purpose.

The Buddha appear in this world is to benefit for all sentient beings (hitāya). And the Dhamma, teachings of the Buddha is to happiness for all sentient beings (sukhāya), and Samgha, the disciples of the Buddha appear in this world is to the develop of the good deeds for all the sentient beings as a farm where good conditions of soils to grow the plantation.

Buddha's teachings are not only for all the people to liberate rebirth circulation but also how to stay happily in life prosperity and peacefully. In the Buddhist literature can find one of the young prince asked to the Buddha that "Bhante, we are laymen enjoying sensual pleasures, living at home in a house full of children. We use sandalwood from Kāsi; we wear garlands, scents, and unguents; we receive gold and silver. Let the Blessed One teach us the Dhamma in a way that will lead to our welfare and happiness in this present life and future lives." Seeing the question of prince, nowadays all of the beings also same the question out and they need the rightly answers.

In my paper, I will present what the Buddha taught to the prince eight types of suggestion for the welfare and happiness in this life and future lives.

*\*Research Scholar, Department of Philosophy Panjab University, Chandigarh, India.*

A study of personality in relation to sense of humor and depression among adolescents.

*Neha Nahar & Garima Arora\*\**

***Abstract***

Adolescence is the crucial stage for identity formation and for the development of personality. Many factors play important role and influence the basis of personality development. The present study explores the relation between personality, sense of humor and depression among adolescents. For this purpose, sample of 100 students were selected randomly from Kundan Vidya Mandir school, Ludhiana. The equal number of Girls (50) and Boys (50) were taken. To assess personality, The Big Five Inventory (BFI) (John & Srivastava, 1999) was used. To assess sense of humor and depression, Multidimensional sense of humor scale (Thorson & Powell, 1993) and Beck's Depression Inventory II (Beck, 1996) was used respectively. The data was collected and scored according to the manual. The statistical methods were applied and results were presented.

**Keywords:** Adolescence, Personality, Sense of Humor, Depression

*Research Scholar\**, *Student\*\**

## Perceived parental expectations as related to achievement motivation of high school students.

*Dr.Sunita Rani\**, *SurabhiRawat\*\**

### **Abstract**

The present study focus on to find out the effect of parental expectation on achievement motivation of high school students. For this we administered Hindi translation of perception of parental expectations inventory constructed and standardized by Dr. S. Karunanidhi and Dr.S. Sasikala and Achievement motivation Scale by Dr.Beena Shah and administered it on 400 high school students of government schools of Dehradun and Haridwardistrict of Utrakhand. Then Statistical measure Pearson product moment correlation coefficient and regression analysis was calculated for analysis of data. The results reveal that there was positive relationship between achievement motivation and other dimension of parental expectation namely personal expectation, academic expectation, career expectation parental ambition and parental expectation ( $0.567 < 0.0001$ ,  $0.551 < 0.0001$ ,  $0.528 < 0.0001$ ,  $0.347 < 0.0001$ , and  $0.591 < 0.0001$ ), and parental expectation and its dimension are able to predict about achievement motivation its equation was, Achievement Motivation=  $0.39650 + 0.294198 * \text{Personal Expectation} + 0.252584 * \text{Academic}$

Expectation+ 0.260409\*Career Expectation+ (-0.120049)\*Parental Ambition. These results reveal that high parental expectations tend to high achievement motivation of adolescents.

**Key words :** Adolescents, parental expectation, achievement motivation

*\*Assistant professor, department of psychology, kanya gurukul campus,GKV Haridwar.*

*\*\* Research scholar, department of psychology, kanya gurukul campus,GKV Haridwar*

The concept of natural principle in Theravada Buddhism based on Palinikaya.

*Nandathiri*

### **Abstract**

The intention of this research paper is to find out the theory of ‘Natural Principle’ that consists of the four noble truths according to the Theravada Buddhist discourses. Especially, to indicate the reason of the four noble truths and to build the methods of meditation in detail with objective of the nature of the subjective reality. For the primary data of this, will be collected from the Mahasatipatthana sutta of Digha-Nikaya, Samyutta-nikaya and Buddhaghosa’s work of Visuddhimagga. The Mahāsatiṭṭhāna Sutta of Dīghanikāya indeed indicates the explanation of the four noble truths than Satipaṭṭhāna Sutta of Majjhima-nikāya. As methods of study, the



research will mostly consist of the descriptive type of research that is mostly used to understand the cause process.

*Department of Philosophy Panjab University, Chandigarh, India*

**Mental health of guest teachers of Punhana block Mmewat district Haryana:  
a case study.**

*Dalel Singh\**

**Abstract**

Health, an indispensable quality in human beings, mental health is defined as the state of mental pleasure and lacking of psycho-physiological complaints. Mental health of the guest teachers is essential for effective teaching and improvement of education system. A mentally unhealthy

guest teacher reflects tension, restlessness and hopelessness among its co-teachers as well as its students. Punhana block is totally rural block. Teaching in Punhana Block-Mewat district (Haryana) is a very difficult task. Mewat district was established in the year 2005. Even today also it lacks minimal resources for guest teachers in Punhana block which makes teaching hard. In present research, an effort has been made to explore the mental health conditions of the guest teachers teaching in the schools of Punhana block-Mewat district (Haryana). Through descriptive survey method and, by applying Positive Mental Health Inventory by Dr. C. D. Agashe and Dr. R. D. Helode (2008), the results attained, give an idea that the mental health conditions of the guest teachers are not too good due to varied reasons like 'low salaries', 'inadequate tenure', 'extra workload of classes, clerical work and extracurricular activities', 'unsatisfactory progress of pupils', 'loneliness', 'high moral expectations', 'lack of social prestige', 'relationship among co-teachers and administrators', 'lack of facilities', 'no additional allowances' and 'no housing facilities', 'religious questions' and the like.

**Key words:** Mental health; Mentally healthy guest teachers; Punhana Block; Mewat District of Haryana.

*\*Senior Research Fellow, Department of Community Education and Disability Studies, Panjab University, Chandigarh, India.*

Internet addiction in relation to emotional intelligence, depression, anxiety and stress among University students.

*Navdeep Kaur*

### **Abstract**

Recent research has highlighted pathological Internet use is associated with adverse mental health outcomes such as stress, anxiety, and loneliness. The purpose of this study is to examine

the relationships between internet addiction and emotional intelligence, depression, anxiety, and stress among university students. Sample of the study consisted of 100 students. Their age ranged 20 to 30 years, their education was at least graduation and above and they belonged to middle socio-economic status. Internet Addiction Test, Emotional Intelligence Scale and depression stress scale (DASS-21) were used. Results showed that there is a weak, but statistically significant, negative relationship between emotional intelligence and internet addiction. In further analysis, internet addiction was found positively related to depression, anxiety, and stress.

**Keywords:** Internet addiction, Emotional intelligence, Depression, Anxiety, Stress.

*\*\*Kurukshetra University, Haryana, India.*

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*Triveni Sharma*

## **Abstract**

Personality is the unique set of characteristics within a person that works to influence their beliefs, motivations, emotions and behaviour. Personality influences every dimension of an individual's life. In this paper the alliance of personality and relationship satisfaction is seen in the emerging adults and also the role of self esteem is traversed. The sample is taken from the different colleges in the city of Chandigarh. The age range of the sample is from 18 to 25 years and the research paper also investigates the dimension of gender and how it influences the results of the investigation.

*\*Research Scholar, Panjab University, Chandigarh*

# Social support as predictor of quality of life among MSM.

*Saurabh Srivastava\* & Archana Shukla\*\**

## **Abstract**

To study the social support of Men who have Sex with Men (MSM), relationship between social support and quality of life and how social support or its dimensions predict Quality of Life (QOL).

A cross-sectional study was conducted with 70 MSM age range from 21 years to 40 years recruited through snowball sampling from three different NGOs of Lucknow, Uttar Pradesh.

Social Support was predictor variable and Quality of life was dependent variable.

Social Support Questionnaire by Cohen, 1985 and The World Health Organization Brief Quality of Life Assessment Scale (WHOQOL-BREF), 1996.

Descriptive statistics of social support, correlation and multiple linear regression of social support and quality of life (QOL).

**Keywords:** MSM; homosexuality; social support; quality of life;

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Decision making among adolescents in relation to psychological well being.

*Bansal, A.*

**Abstract**

The present study investigated Decision Making in relation to Psychological Well Being among Adolescents. Two standardised tools were used to collect data. The collected data was analysed as per the instructions given the respective manuals. Pearson Product moment correlation coefficient and t-value was calculated to test the formulated hypotheses. According to the results Decision Making is positively and significantly correlated to Psychological Well Being and its dimensions Satisfaction, Efficiency, Mental health and Interpersonal Relations; and there exist a significant difference in the mean scores of Decision Making at low and high levels of Psychological Well Being.

**Keywords:** Adolescents, Decision Making and Psychological Well Being.

*\*\*Research Scholar Panjab University, Chandigarh, India.*

A qualitative inquiry on well-being of residential school students.

*Chetna Sareen\*, Aditi Jain\*\*, & Arun Kumar\*\*\**

#### **Abstract**

This article is a qualitative study that investigated the use and effect of coping strategies among students of residential schools (Girls, 10-12 years) in managing stressors. Qualitative data was collected using purposive sampling technique. 100 participants of 6<sup>th</sup> Grade who were registered as newcomers participated in the study. The data was collected using open ended questionnaire and was analyzed using content analysis. The major stressors that emerged were - Homesickness, Peer influence, Academic problems, Residential problems and Health issues. The findings pointed out problem-focused coping and emotional-focused coping as prominent coping strategies. The impact of employing these coping strategies had both positive and negative effect on dealing with stressors. Implications for educational practitioners, counselors, parents and areas for further studies were discussed.

**Key words:** qualitative, well-being, coping, adjustment, residential school.

\*\*\*: *Department Of Psychology, Banasthali Vidyapith*

Self-efficacy, grit, academic motivation and academic performance in graduate students.

*AfsheenMasood\*, Muhammad Sulman\*\* & Sajida Awais\*\**

### **Abstract**

Present research aims to investigate the relationship between self-efficacy, grit, academic motivation and academic performance in graduate students. Main hypothesis of this research was to examine whether there is significant relationship among self-efficacy, grit and academic motivation in graduate students. Cross sectional research design was used in the present study. A sample consisting of 100 graduate students of University of the Punjab within the age range ( $M = 23.01$ ,  $SD = 2.110$ ), was taken by using non-probability purposive sampling technique. Data was collected through questionnaires as General Self-efficacy Scale(GSE), Angela Duckworth Grit Scale & Academic Motivation Scale in addition to demographic sheet. Results revealed that there were significant relationship in academic motivation, grit and self-efficacy. Self-efficacy, grit, academic motivation emerged as significant positive predictors of academic performance in graduate students.



**Keywords:** Academic motivation; Grit; Self-efficacy

*\*Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.  
\*\*PhD Scholar, University of Central Punjab, Lahore, Pakistan.*

**Determining the efficacy of artificial intelligence and machine learning in  
diagnosing and treating depression.**

*Afsheen Masood\*, Rafia Rafique\*, Arooj Arshad\*\* & Muhammad Sulman\*\**

**Abstract**

This experimental pre-post research was designed in order to investigate the artificial intelligence and machine learning in diagnosing and treating depression. The assumption behind this investigation was that artificial intelligence is likely to support the accurate diagnosis behind diagnosis and suggestible treatment of depression. AI is assumed to have efficacious results in virtual counseling, patient monitoring and precision therapy. This investigation aims to examine the efficacy of such strategies in accurately diagnosing and suggesting treatment for depression. The sample comprised of participants  $n=30$ ; 15 in control group and 15 in experimental group, age ranging between 18-28 years. The participants in experimental group were exposed to Woebot along with its chatbot that is specially designed machine learning and natural language processing to help people manage their mood and alleviate depression while control group was

not exposed to any of the applications. Efficacy was measured using a standard patient health questionnaire for depression called PHQ-9. The pre-post comparison revealed that patients using chatbot had reduced symptoms of depression. The findings carry significant implications for diagnosticians and AI scientist in utilizing machine intelligence in service of psychiatric population.

**Keywords:** Artificial intelligence; Chatbot; Depression; Machine learning

*\*Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan,  
\*\*PhD Scholar, University of Central Punjab, Lahore, Pakistan.*

Determinants of relationship quality: the role of attachment styles, gender, emotion regulation and love styles.

*Aishwarya Verma*

### **Abstract**

Relationship is the core of human existence. The concept of relationship is complex and considered to be affected by the past experiences and have potential strength to predict the future relationships. Therefore, the present study is aimed to investigate role of attachment styles, love styles and emotional regulation in relationship quality with regards to gender. The sample consisted of 137 young adults, 46 boys and 91 girls from Amity University Mumbai, Maharashtra. The scales used for the data collection were Adult Attachment Scale (AAS), Love Attitudes Scale: Short Form (LAS), Emotion Regulation Questionnaire and Relationship Assessment Scale. The data was analyzed using correlation, regression and moderation analysis.

The results indicated a significant relationship among relationship quality, attachment styles and love styles among girls and boys. Relationship quality in both boys and girls was significantly correlated with Eros and Storge love styles. In boys, it was also associated with Mania and Agape. Secure attachment style in girls was positively related with relationship quality whereas avoidant attachment had an inverse effect on relationship quality. As hypothesized, attachment styles and love styles significantly predicted relationship quality. Advanced analysis revealed that emotion regulation moderates the relationship between attachment styles, love styles and relationship quality. The present study not only replicates the mentioned constructs in today's context on Indian young adults rather it also adds useful insights into emotional regulation and relationship quality among young adults.

**Keywords:** Attachment styles, Love styles, Emotion regulation, Relationship quality.

*\*\* aish2696@gmail.com*

## Body image and self concept: a case study.

*Anju Arora\* & Anushka Arora\*\**

### **Abstract**

This study explores how body image has an impact on self esteem, personality traits, and self concept. All four aspects of body image are examined in depth to arrive at meaningful conclusions about teenagers' mental health. A case study of a teenage girl was made who was borne and brought up in Delhi. She also had good track of physical health and academic

performance in school. The hypothesis tested that, “Negative body image leads to high anxiety, social introversion and low self esteem” .The research methodology for the study included, unstructured interview with the subject and psychological testing involving three subtests such as: a. Maudsley Personality Inventory(MPI) by Eysenck aimed to study the subject’s level of extraversion and neuroticism. Self Concept Questionnaire (SCQ) by RK Saraswat, tests 6 separate dimensions of self-concept - physical, social, intellectual, moral, educational and temperamental was also conducted on the subject. The study concluded that body image has an impact on self concept. Feeling of discomfort and awkwardness for one’s body image leads to a higher probability of developing an eating disorder and obsessions with weight loss. Negative body image also leads to feelings such, as, self consciousness, and anxiety about one’s body which may further lead to depression, isolation and low self esteem.

**Key words:** Body Image, Self Concept, Self Esteem, Anxiety

*\* Associate Professor, Keshav Mahavidyalaya, University of Delhi, India.*

*\*\* Anushka Arora, Student, University of Delhi, India.*

Positive health as an affirmative correlate of happiness.

*Ankita\**

**Abstract**

The main purpose of this study was to measure to correlation between Happiness and Positive health. For the present investigation 100 female adolescents from annual education exhibition ‘ Saarthak ’ organized by Kanohar Lal Trust Society in the campus of K.L.P.G. College , Meerut city with the age of 18-28 years. The independent variable was Happiness and Dependent variable was positive health. For data collection Subjective Happiness Scale constructed by Sonja Lyubonirsky and Health Style Questionnaire developed by the Public Health Service was used. Statistical analysis was done by Mean, S.D and Karl Pearson Product Moment Correlation Method. Result revealed that the significant correlation was found happiness and positive health.

**Key words:** Happiness, Positive Health, hedonic Happiness and Eudemonic Happiness.

*\*Lecturer K. L. P. G., College, Meerut, Uttar Pradesh, India.*

# Role of emotional intelligence and coping style in stress and health of college teachers.

*Anupama Sihag\* & Priyanka\*\**

## **Abstract**

Teaching is a demanding profession where the satisfaction level of the teacher can be predicted from the results of students, their own academic growth, use of innovative teaching methods, and satisfaction level of the students. College teachers deal with adolescents and youth who are already in a state of turmoil, and thereby stress is inevitable in teaching professionals. This study was done to evaluate the role of emotional intelligence and coping style in stress and health of teachers. This study was conducted on a sample of 110 college teachers (62 males and 48 female) from the colleges of Hisar, Ambala, Karnal, and Panchkula districts of Haryana. Teachers were assessed on Daily Life Stress Inventory, Multidimensional Measure of Emotional Intelligence, Coping Style Questionnaire, and General Health Questionnaire. Results indicated that Stress correlated strongly with Anxiety (.62), Sleep Disturbance (.69), and Social Dysfunction (.52). The five dimensions of Emotional Intelligence were found to be inversely associated with Stress, ranging between -.21 and -.33. Coping style also contributed strongly towards Stress. Managing Emotions, self Awareness, Motivating Oneself, and Rational Coping were identified as the strong predictors of psycho-somatic health issues like Anxiety, Somatic Complaints, and Social Dysfunction.

**Key words:** Emotional Intelligence, EI, Stress, Coping, college, Teachers

*\*Assistant Professor, Department of Psychology, G.M.N. College, Ambala Cantt, Haryana, India.*

*\*\*Student, Department of Psychology, Panjab University, Chandigarh, India.*

## Effect of peer pressure and family structure on suicidal ideation of male adolescents.

*Anuradha\* & Deepshikha\*\**

### **Abstract**

The purpose of the research paper was to study the effect of peer pressure and family structure on suicidal ideation of male adolescents. For this purpose, peer pressure was measured with the help of peer pressure scale constructed by Singh and Saini and suicidal ideation was measured with the help of suicidal ideation scale constructed by Beck, Kovacs and Weissman. The sample consisted of 120 students from different schools of Meerut. 2 X 2 factorial design was used in this study. There were two independent variables. The first independent variable was peer pressure and second independent variable was family structure. ANOVA and Mean scores were used for analyzing the data. On the basis of obtained results, it can be said that there is significant effect of Peer Pressure and Family Structure on Suicidal Ideation of Male adolescents.

*\*Associate Professor; R.G. College, Meerut, Uttar Pradesh, India.*

*\*\*Research Scholar*

Anxiety among non- working women as related to age and caste.

*Dr. Anuradha Manisha*

***Abstract***

Anxiety is a normal emotion and everyone is experiencing it from time to time. Women's in modern global world have to play a dual role as housewife and career builder. In the present context, 2x2 factorial designs consisting of two independent variable. i.e. age and caste. The first Independent variable i.e. age 25 year and 50 year. The second independent variable i.e. caste has been using two group i.e. sc and non- sc. Anxiety in the present context is taken up as dependent variable.

As per plan and design of this study, total 80 women (40 Sc and 40 Non- Sc) has been used in the sample. The scoring has been done on the basis of procedure mentioned in the manual of the test. Two way analysis of variance has been used to find out the significant effect of the Independent variable on Anxiety. Thus, the results of this study apparently shows that the age factor has been found as a significantly influential factor and caste factor also has been found significant factor. The results are also interpreted in the light of previous studies related to anxiety in the present context.



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## Pedophilia- treatment and coping strategies.

*Archana Gupta\**

### **Abstract**

Pedophilia is a type of sexual paraphilia which involves sexual attraction towards prepubertal children. Pedophiles are different from child abusers. It is difficult to categorize or even define the deviant behaviors associated with this disorder because they are committed by a small percentage of the population and also concealed by the participants.

The aim was to identify various treatment mechanisms that will be effective for the various implications of pedophilic disorder and to explore various causes which increase its vulnerability.

An extensive qualitative analysis was conducted of this disorder in order to formulate this empirical research paper based on about 20 reviews.

This article is based on an empirical research which revolves around the treatment therapies and coping strategies (such as covert sensitization, satiation therapy, orgasmic reorientation, group therapy etc.) that can be used to channelize respective urges along with certain causes that come from varied schools of psychology.

This sexual disorder has devastating effects on the person suffering from it as well as the victim. There has been a controversy over this disorder being treatable in reality as treatments show mixed levels of success rates. Some people think of it as an 'orientation' rather than a disorder. Clearly, there exists a need for this domain to be explored further and spreading awareness regarding pedophilia will be a step forward towards its effective management.

**Key Words:** Causes of Pedophilia; Coping Strategies for Sexual Disorders; Pedophilia; Sexual Disorder; Treatment for Pedophilic Disorder.

*\*Master of Arts, Department of Psychology, The IIS University, Jaipur, India.*

## Investigating preference for numerical information and statistics anxiety of Nigeria's graduate education majors

*Arigbabu, Abayomi Adelaja & Owoyele, Jimoh Wale*

### **Abstract**

This is an investigation of students' preference for numerical information in relation to statistics anxiety. The purpose was to probe into the apparent dread of statistics as a course by students pursuing teacher education at the post-graduate level with a view to designing appropriate counselling interventions. The descriptive research design was used in the study in which 106 graduate education students were used as sample for the study. Data were collected using the pniq and the saq. Findings revealed that students have low preference for numerical information and this was found to have negative correlation with statistics anxiety. therefore, it was recommended that students should be given adequate counselling on the relevance of statistics to their training and career as educators in order to motivate them to enhance their preference for numerical information and minimize their statistics anxiety.

**Keywords:** Pni, Statistics anxiety, Teacher, Education, Students.

*\*Department of Mathematics college of Science and Information Technology Tai Solarin  
University of Education, Ijagun, ijebu-ode, Nigeria.*

*\*\*Department of counselling Psychology, College of specialised and professional education Tai  
Solarin university of education Ijagun, ijebu-ode, Nigeria.*

What role does gender play in life satisfaction among old age group that further  
leads to sustainable well being?

*Arpita Nema & Kamalika Vijeta*

### **Abstract**

One of the most important construct in psycho-social study of ageing among old age people is life satisfaction. According to the researches it is found that women are more satisfied with their life as compared to men. This paper intends to study how gender plays an important role in life satisfaction among old aged people. In this study we collect the data of 100 (50 males and 50 females) old age people of rural region of Rajasthan. The scale used is Life satisfaction scale by Dr. (Mrs.) Promila Singh and George Joseph. This scale is used to find out how gender influence life satisfaction which is one of the major reason for sustainable well-being in old age people. In our study we found that there is insignificant relationship of life satisfaction between male and female.

*\*Banasthali University, Rajasthan, India.*

Impact of brief ACT on the psychological risk & protective factors  
following myocardial infarction.

*Arpitha Anand*

**Abstract**

CVD is ranked as the number one cause of death in India. What makes the scenario bleak is its interaction with psychological risk factors leading to a significant impact. Current intervention has shifted focus to the psycho cardiology model of CVD, adopting psychological intervention as an auxiliary to mainstream treatment.

This study aims to assess the relative effect of brief acceptance and commitment .Therapy on risk factors and therapeutic enhancement of protective factors subsequent to myocardial

infarction. It also investigates the effect of brief ACT on correlates of the therapy-acceptance and mindfulness.

Participants were recruited at time of admission. Since it turned out to be a pilot study, a sample size of 7 participants was targeted. The study adopted a quasi-experimental design, as participants were assigned to the intervention or control arms based on their availability to attend the intervention. A mixed methods approach is used to evaluate the outcomes of the intervention. A battery of self-administered tests were completed three time points: at admission, follow-up at 1-month, follow-up at 3-months. 2 self-administered tests, measuring therapeutic correlates, were completed at follow-up at 2-months and post-intervention. Intervention was conducted at follow-up at 2-months (6 sessions).

Results suggest a clinically significant change in depression, anxiety and quality of life. Correlates of therapy-acceptance and mindfulness-also showed similar changes. These changes were maintained at follow-up. Thematic analysis of sessions revealed major themes that are supported by existing literature.

Adopting a double-pronged approach by focusing on both, reducing risk factors and enhancing protective factors, speeds up recovery and consolidates preventive measures.

*\*Sampurna Montfort College, Indiranagar, Bangalore, Karnataka, India.*

Physical self-efficacy, life satisfaction & optimism in Indian young adults.

*Baani Kaur\**

### **Abstract**

Study aims to understand how physical self-efficacy affects life satisfaction and optimism in Indian young adults. The study explores physical self-efficacy in lines of Bandura's Social Cognitive Theory(Bandura, 1986). The data was collected from 150 participants comprising of males & females ranging in age from 17 to 27 (Mean= 19.84). Three questionnaires were filled

online on physical self-efficacy with Self-Efficacy for Exercise Scale (SEE by Resnick & Jenkins, 2000), life satisfaction with Satisfaction in Life Scale (SWLS by Diener, Emmons, Larson and Griffin, 1985) & optimism with Life Orientation Scale (LOT-R by Scheier, Carver & Bridges, 1994). Telephonic interviews were conducted with 20 participants who had high physical self-efficacy to qualitatively assess the factors. The analysis was done using SPSS software to see the correlation of physical self-efficacy with the other two variables (life satisfaction & optimism). The scores of physical self-efficacy showed a statistically significant positive correlation with life satisfaction, whereas with optimism the result was not statistically significant.

**Keywords:** Optimism, Life Satisfaction, Physical Self-efficacy, Youth, Positive Psychology

*Postgraduate Student, DAV College Sector-10, Chandigarh, India.*

Internet addiction, loneliness and satisfaction with life among undergraduate students.

*S.S. Nathawat\* & Chaitali Gawas\*\**

**Abstract**

In recent past internet has become a boon to researchers and others as a tool of information technology. However, internet addiction has served as emotional problem in some vulnerable persons including student population. The present study was carried out on 100 students who were 50 boys and 50 girls from St. Xavier's College- Goa. They were administered well known Internet Addiction Test by Young (1998) along with UCLA Loneliness scale (Version 3) by Russell (1996) and The Satisfaction with Life Scale Diener et al. (1985).

Some significant trends were observed, students free from internet addiction, and mild internet addiction and moderate-severe internet addiction amounted as 25%, 61% and 14% respectively. Subjects with mild internet addiction fulfil the criteria of internet addiction more than moderate-severe ones. Analysis of 2x2 factorial design revealed that the relationship between loneliness and internet addiction was significant although satisfaction with life was insignificant with internet addiction and so was the case with gender differences. Thus, it can be inferred that students with loneliness may be vulnerable for internet addiction.

**Key words:** Internet Addiction, Loneliness, Satisfaction with Life.

*\*Prof. Emeritus S.S. Nathawat, Head Amity Centre for Positivism & Happiness, \*\*Ph.D.  
research scholar , Amity University Rajasthan, Jaipur,India.*

Occupational stress among working women as related to their profession

**Abstract**

The purpose of the present study was to find out the Occupational Stress of working women especially between teachers & nurses. The sample of the present research work consisted of 100 working women (50 teachers & 50 nurses) of district Meerut. The research tool used to assess the occupational stress was Occupational Stress Index (OSI) developed and standardized by Srivastava & Singh (1981). t-test was used for finding out a significant difference between concerning groups. t-test revealed that there were significant difference between teachers & nurses with regard to their occupational stress. Results showed that teachers & nurses were significantly differed in their Occupational Stress level ( $M_1 = 125.08$ ,  $M_2 = 114.70$ ,  $SD_1 = 20.243$ ,  $SD_2 = 23.137$ ) are respectively showing that both the group were significantly differed in their stress level. Thus on the basis of our findings, we may permitted to say that the present findings applied application.

**Keywords:** Occupational Stress, Working Women, Teachers, Nurses



*\*Ph.D Scholar, \*\* Associate Professor, Department of psychology Meerut College Meerut, CCS University, India..*

## Relationship between EQ and IQ

*Esheta Koul\* & Shweta Raul\*\**

### **Abstract**

The present study was conducted to investigate the relationship between Emotional Quotient(EQ) and Intelligence Quotient(IQ). Emotional intelligence is defined as “the ability to perceive emotions, integrate emotions to facilitate thought, understand emotions, and to regulate emotions to promote personal growth” (Salovey & Mayer, 1990). “Intelligence is the aggregate or global capacity of the individual to act purposefully, to think rationally and to deal effectively with his environment (Wechsler, 1944).” Past researches show mixed results in EQ and IQ correlation. This study attempts to explore the correlation between EQ and IQ scores of adult females ranging from 18-20 years of age. For measuring EQ, Emotional Intelligence Scale has been used and for measuring IQ, Jalota Mental Ability Test has been used.

**Keywords:** Emotional Quotient, Intelligence Quotient, Correlation.

*\*Students, Psychology (Hons), Post Graduate Govt. College For Girls, Sector-42, Chandigarh, India.*

*\*Research Scholar, \*\*Assistant Professor, Department of Psychology, Panjab University, Chandigarh, India.*

# Relationship between psychological distress, self-esteem and suicidal ideation in farmers of Punjab.

*Harprit Kaur \* & Amandeep Singh\*\**

## **Abstract**

More than 800,000 people worldwide lost their lives by suicide each year and it is the fifteenth leading cause of death, accounting for 1.4% of all deaths (WHO 2014). An article 'Report: 16,606 farmer suicides in 15 years' published in The Tribune (2018) revealed that 16,606 farmer suicides have been reported during 2000-2015 (The Tribune, January 11, 2018).

The main aim of the present study was to see the relationship between psychological distress, self-esteem and suicidal ideation. The study comprised a total of 321 farmers from villages of Bathinda, Manss, Fatehgarh Sahib, Patiala and Sangrur districts of Punjab who were administered General Health Questionnaire-12 (GHQ-12; Goldberg, 1972), Rosenberg Self-Esteem Scale (RSE; Rosenberg, 1965) and Modified Scale for Suicidal Ideation (MSSI; Miller, Norman, Bishop & Dow, 1991). It was hypothesized that there would be a positive relationship between psychological distress and suicidal ideation and there would be negative relationship between self-esteem and suicidal Ideation. The obtained results revealed that positive relationship was found between psychological distress and suicidal ideation ( $r = .349$ ,  $p = .001$ ) and negative relationship was found between self-esteem and suicidal Ideation ( $r = -.437$ ,  $p = .005$ ).

*\*Professor & Head, \*\*Research Scholar, Department of Psychology, Punjabi University,  
Patiala, Punjab, India.*

# Suicidal ideation in relation to depression among school going adolescents of Sikkim.

*Hemlata sharma*

## **Abstract**

Suicide and suicide attempt is currently a major problem among students in our society, because of the inability to identify most of the risk factors in individuals with suicide ideation. Depression is under recognized and undertreated in adolescents, with nearly 75% of depressed adolescents not receiving treatment. Untreated depression in adolescence is related with different outcomes among adults, including lower educational and poorer physical health and also sometimes leads adolescents to commit suicide (Chung 2015). The present study sets out to investigate the associations between suicidal ideation in relation to depression among school-going adolescents. A survey was done among 100 adolescent respondents (50 male and 50 female) using stratified random sampling from different school going adolescents from East Sikkim. The participants were assessed by using Beck Suicidal Ideation (1991) and Beck Depression Inventory-II (1996). The data were analysed using descriptive statistics –Pearson method of correlation and non-parametric statistics like t-test. The findings indicated that suicidal ideation was negatively associated with depression. Also significant difference was found across gender among school adolescents. This finding will facilitate in understanding the major problem behind suicide and guide the future intervention strategies in managing suicide.

**Key Words:** Suicidal Ideation, Adolescents, Depression, Gender

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## Predictors of death anxiety in relation to psychological well being and satisfaction with life.

*Ibadat Khan\* & Priyanka\*\**

### **Abstract**

The present study has been designed to investigate the potent predictors of death anxiety in relation to psychological well-being and satisfaction with life among university students. The study was conducted on a sample of 100 participants (50 male and 50 female students) with age range of 18-24 years randomly selected from a private university in Punjab. Death Anxiety Scale (Thakur & Thakur, 1983), Psychological Well-Being (Ryff, 1955) and Satisfaction with Life Scale (Diener et al., 1985) was administered with their consent. Multiple regression statistics was applied to explore the predictors of death anxiety among the sample. The results are showing that various dimensions of well-being and satisfaction with life has an important role in predicting the state of death anxiety. Further more, gender differences are also investigated on the dimensions of psychological well-being, satisfaction with life as well as for death anxiety among the sample. The study findings have also enlighten some important implications for educational and guidance significance.

*\* Assistant Professor, \*\* Assistant Professor, Department of Psychology, Akal University,  
Talwandi Sabo, Bathinda, Punjab, India.*

## **A study of creativity and concept formation among monolingual and bilingual children.**

*Jaskiran Kaur*

### **Abstract**

Learning of more than one language during childhood facilitates cognitive development or has unfavorable effect on mental functions is the main focus of my study. An attempt (objective) was made to compare the performance of monolingual and bilingual children on different measures of creativity and concept formation. Hypotheses included better performance of bilingual children as compared to monolingual children. Also that children high on creativity will perform better on concept formation tasks. Hypotheses were tested on 80 males (40 monolinguals and 40 bilinguals) students of kindergarden, grade 1 and grade 2 drawn from non-government schools in Chandigarh. Overall findings included that bilinguals perform better on different measures of creativity and concept formation. And monolingual and bilingual children high and low on creativity do not differ in their performance on concept formation.

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## Aggression and social intelligence among students.

*\*Jayesh B. Sarvaiya*

### **Abstract**

The main purpose of this research was to find out the Aggression and Social Intelligence among students. The sample consisted of 120 Students out of which 60 boys and 60 girls were selected purposively from the same area of the Rajkot district (Gujarat). The research tool used for data assessed Aggression questionnaire developed by Buss & Paerry (1992) and Social Intelligence Scale developed by Dr. S. Mathur (2007). Here Gujarati version was used to check the significant difference between group t-test was applied and check correlation between variables Karl Pearson correlation method was used. Here t-test used result revealed aggression and social intelligence is a significant difference. While the correlation between aggression and social intelligence reveals negative correlation.

**Key Words:** Aggression and Social Intelligence

*\*Department of psychology, Saurashtra University, Rajkot, Gujarat, India.*

## Impact of internet addiction on self-esteem and wellbeing of university students

*\*Jiwanjyot Kour, Tanya Korrin, Tanupreet Singh*

### **Abstract**

Social media has been linked to higher levels of loneliness, envy, anxiety, depression, narcissism, and decreased social skills. The present study makes an attempt to explore the impact of the levels of internet addiction on self-esteem and wellbeing in a cross-sectional sample of Punjabi University students of Patiala. The sample comprised 140 students in the age range of 20-25 years, was randomly selected from a cross-section of engineering, commerce and humanities streams. The students were administered the Young Internet Addiction Scale (Dr. Kimberly S. Young, 1998), Coopersmith Self-Esteem Inventory (1901) and Friedman Wellbeing Scale (1992). The results show that there is high self-esteem and well-being on lower level of an internet addiction as compared to higher ones, also there is high self-esteem better wellbeing in medium level of internet addiction as compared to lower and higher levels. Gender differences in the relationship of internet addiction with self-esteem and wellbeing have also been discussed in the study. Internet addiction has emerged as the significant predictor of

students self-esteem and well-being. Addressing the problem of internet use is one of the challenges facing us. Preventing this excessive use may go a long way in enhancing self-esteem and wellbeing of students. Future interventions may help to lower the excessive use, on the basis of indications from the present study, increase the self-esteem and wellbeing, by regulating the excessive internet use.

**Keywords:** Internet addiction, Wellbeing, and Self-esteem.

*Department of Psychology, Punjabi University, Patiala, Punjab, India.*

## Correlational analysis of emotional intelligence and Psychological well-being.

*Jui Pimple\* & Aayushi Rami\*\**

### **Abstract**

Psychological well-being (PWB) is the presence of positive emotions, life satisfaction and lack of the negative emotions (Myers and Diener, 1995). It is affected by factors like resilience, social support, mindfulness, yoga, physical health etc.. Emotional intelligence (EI) is one of those factors that can impact psychological well-being. Hence, the objective of the present research paper was to find correlation between emotional intelligence and psychological well-being of undergraduate students and to assess gender difference in context of Emotional Intelligence and PWB. EI is measured by Emotional Intelligence Scale by Upinder Dhar, Anukool Hyde and Sanjyot Pethe while PWB is measured by using PGI General Wellbeing Measure developed by Santosh Verma and Amita Verma. The sample group and size for present study was 45 males



and 75 females studying in undergraduate colleges. The data was collected using non-probabilistic purposive sampling technique and the research design followed is quasi-experimental separate group design. Results were analysed using SPSS version 21. Pearson product moment correlation shows positive significant correlation between EI and PWB. T-test analysis shows significant gender difference for emotional intelligence as males have high EI than females but no significant gender difference was found for PWB. Thus, it is concluded that people emotional intelligence does predict psychological well-being but that is not the only factor leading to PWB.

**Key words:** Emotional intelligence, Psychological well-being, Students, Emotional stability, Positive emotions.

*\*Assistant Professor, \*\* BA honours Student, United World School of Liberal Arts & Mass Communication, Karnavati University, India.*

## Gender differences in performance on Hindi- English stroop task.

*Kalyani Datta \*, Naresh Nebhinan \*\* & Abhinav Dixit\**

### **Abstract**

Stroop task is a well-known psychological test used for assessing cognitive functions. In the past, studies have shown conflicting evidence regarding gender differences in performance on the Stroop task. The present study aimed to evaluate gender differences in performance on the English-Hindi language version of the Stroop Task. 30 male and 30 female participants were recruited for the study. English and Hindi language Stroop task was programmed using

Superlab5 software. The reaction times in neutral, congruent, and incongruent conditions of the Stroop Task were recorded and analysed using SPSS, version 25. The results of the independent sample t-test revealed a significantly shorter reaction time in females as compared to males in both English and Hindi versions of the Stroop task. There were no significant differences in the reaction time across languages. Hence, it was concluded that gender difference in performance on the Stroop task is independent of the language. This difference in reaction time could be attributed to biological factors such as smaller head size in females.

**Keywords:** Stroop Task, Gender Differences, Cognition, Bilingualism, Language.

*\*Department of Physiology, \*\*Department of Psychiatry, AIIMS, Jodhpur, India.*

## Gender difference in internet addiction and academic stress among students of Delhi.

*Kavita Gupta\* & Ashok Kumar Patel\*\**

### **Abstract**

To investigate the gender differences in Internet Addiction and Academic Stress among undergraduate students of Delhi. The present study was conducted in selected college of Delhi on a sample of 200 undergraduate students (100 males; 100 females) pursuing graduation in the

Humanities, commerce and Science stream in the age range of 17-23 years for a period of 1 month through administration of standardized tool, The Internet Addiction Test (IAT) and Student Life Stress Inventory (SLSI). Data was compared by using SPSS (*ver. 20.0*) at the level of  $p < 0.05$ . The results of the study clearly illustrated that male and female students (gender) differ significantly on dimensions of Internet usage and Academic Stress ( $p < 0.05$ ). Further, the mean differences between male and female students are clearly indicative of the fact that Male students have more internet addiction problems and Academic Stress as compared to female students ( $p < 0.05$ ). According to results of the study, there is a statistically significant positive and strong correlation between internet addiction and academic stress with male students to be affected more in comparison with the female students.

**Keywords** : Internet Addiction; Academic Stress; Gender difference and Students

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Comparative study of alexithymia between male and female adolescence.

*Kavitha Reddy\**

**Abstract**

The term Alexithymia was coined in 1973 by Peter E Sifneos to describe the clinical characteristics which are identified among patients with Psychosomatic disorder. Alexithymia is also present in several psychiatric disorders including Depression, Obsessive-Compulsive Disorder, Schizophrenia, Post-Traumatic Stress Disorder, Autism spectrum disorder and Eating disorder. In recent study on Alexithymia is providing to be a heuristically useful construct for exploring the role of personality and emotions in the pathogenesis of certain somatic illness and diseases. Toronto Alexithymia scale (Toronto,1986), with 20 items were used to analyze emotional level . The aim of the present study were to measure the Alexithymia emotional level in adolescence. The sample size is 200 adolescence comprises both male and female were approached in urban area to proceed between the age group of (14-19) years. The result is shown in the form of descriptive and t- test.

**Keywords:** Alexithymia, Emotion , Somatic, Adolescence

# The level of vocational stress among senior secondary school going students

*Kiran Sachdeva\**

## **Abstract**

Stress is the key factor affecting the mental, social, personal, academic and vocational arenas of secondary school going students. Secondary school going students are often confronted with vocational stress. The objectives of the study are to find out the level of stress among 10+2 boys and girls living in Patiala city of Punjab. Another objective is to find out the level of stress of frustration, conflict, pressure and anxiety among senior secondary boys and girls. Descriptive method is used in the study. The sample of 120 senior secondary school students from two private schools of Patiala city was selected randomly for the study. The findings of the study reveal that there is high vocational stress among senior secondary school going boys and girls.

*\*Department of Education ASRA College of Education*

# Cyber bullying perpetration among Indian adolescents.

*Damanjit Sandhu\*\*, Kirandeep Kaur\* & Kirandeep\**

## **Abstract**

Cyber bullying now takes up an appreciable fraction of all bullying in young people. To understand the social emotional difficulties associated with cyber bullying perpetration among early adolescents (13-15 years), the current research was conducted to explore the relationship of cyber bullying perpetration with face-to-face bullying, attachment with parents and peers, social emotional competence and mental health. Gender differences in cyber bullying perpetration were also explored. For the given purpose, 600 early adolescents (300 males and 300 females) were randomly sampled from various urban schools of Punjab, India. Various statistical analyses were run upon the data and the major findings revealed that cyber bullying perpetrators are more likely to have been victimized by face to face bullying, tend to have disrupted attachment relationships with their parents (father and mother) and peers; exhibit low social emotional competence and experience greater mental health difficulties. Male adolescents in comparison to the females were found to bully more others online. Such findings warrant the need to address the issue of cyber bullying more seriously.

**Keywords:** Cyber bullying, Perpetration, Indian, Adolescents, Mental Health

*\*Department of Psychology Punjabi University, Patiala, Punjab, India.*

## Self-efficacy in relation to weight preoccupation and body-dissatisfaction among adolescent's females.

*Dr. Kirti Shekhawat\**

### **Abstract**

The present study was designed to investigate the self-efficacy in relation to weight preoccupation and body image dissatisfaction among adolescent females. The sample comprises 30 females aged between 12-15 years studying in grade 6-8. Self Efficacy Scale (Wister et al., 2009) and Minnesota Eating Behavior Survey (Ranson et al., 2005) were used. Co relational analysis was done. The result indicates significant negative correlation between self-efficacy and body dissatisfaction. Whereas, no significant relationship was found in self-efficacy and weight preoccupation.

**Keywords:** Self-efficacy, Body image Dissatisfaction and Weight Preoccupation.

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## Effect of PMS model on self esteem and psychological wellbeing of undergraduates.

*Kriti Vashishtha*

### **Abstract**

Present research studies the change in self-esteem and psychological wellbeing (self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relations with others) of undergraduates on the basis PMS model (P= positive affirmations, M= meditation and S= story telling). It was hypothesised that PMS model will improve the self-esteem and psychological well-being of the students. Standardized questionnaires were used to administer self-efficacy and psychological wellbeing. For this purpose, 250 undergraduates (final year technical students) were given regular sessions (on the basis of abovementioned PMS model) for 32 hours / lectures (3 lectures per week; 1 lecture = 1 hour). It was a pre-post study and t-test was used to convert raw scores into standardized scores for checking the significant results. On the basis of results, it was seen that the PMS model showed a significant improvement in self-esteem and psychological wellbeing (self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relations with others) of undergraduates.

**Keywords:** PMS model, Self-esteem, Psychological wellbeing



*\*Assistant Professor, Department of Computer Science, Poornima University, Jaipur, Rajasthan, India.*

## Perceived environment fit and job satisfaction among teachers of higher education.

*Komal Sharma & Sarita Sood*

### **Abstract**

Perceived environment fit is the degree to which an individual perceives a match between employee and their working environment. The competence of being fit can affect a person's motivation, behavior, overall physical and psychological wellbeing. Even just the perceptions of fit help people to facilitate their optimum functioning and bring satisfaction to their work. Objective: To assess the role of perceived environment fit in job satisfaction among teachers of higher education. Method: Cross-sectional design was followed for the present study. Using convenience sampling data were drawn from 200 teachers in Jammu. Mean age of the participants was 39 years with age range of 24-60 years. General Perception of Fit Measure and Job Satisfaction Scale were used for collecting the data. Internal consistency of Perceived Environment Scale and Job Satisfaction Scale for the present study came out to be .87 and .86 respectively. Statistical analysis: Linear regression analysis was used for assessing the role of perceived environment fit in job satisfaction among teachers. Results: Results revealed that the predictor variable perceived environment fit is significantly predicted 53 percent of variance in job satisfaction among teachers in higher education. Conclusion: It can be concluded that teachers having their strengths, capabilities that match to their environment are more likely to be engaged, remain energized and authentic to their work. In future studies role of other important factors can be taken into consideration for ascertaining wellbeing of teachers in higher education.

**Keywords:** Perceived environment fit, Job satisfaction, Authentic work, Teachers.

*P.G. Department of Psychology, University of Jammu, J&K, India.*

## **Yog nidra enhances resilience and positive affect.**

*Kulpreet Kaur, \* Rita Kumar,\*\* Abha Singh\*\*\* & Dr.Navin Kumar.\*\*\*\**

### **Abstract**

To study Yog Nidra as a predictor of Resilience and Positive Affect.

A Pre test Post test was conducted on a sample of 10 participants, 5 male and 5 female, age 20 to 45 years, graduates. Assessment using Brief Resilience Test, PANAS (Positive affect Negative affect Schedule) and Qualitative analysis was recorded post interventions through behavioural checklist on thoughts, emotions and action.

An intervention of Yog Nidra was administered for 6 weeks, to enhance Resilience and Positive Affect. To analyse the result of pretest posttest, t-test was used.

Results indicated difference in the pre test, post test means, significant difference in the p-value of t test, enhanced Resilience scores, enhanced positive affect, decreased negative affect. In Qualitative Analysis, participants recorded usage of more positive words in expression of thoughts, emotions and action.

Present paper attempts to study Yog Nidra as an enhancer of Resilience and Positive Affect. Findings indicates the scope of application of Yog Nidra in the realm of Resilience, Positive Affect.

**Keywords:** Yog Nidra, Prosocial Behaviour, Resilience, Positive Affect, Negative Affect

*\*Scholar, \*\*Prof, Amity Institute of Psychology And Allied sciences, Amity University, Noida UP,India.*

*\*\*\*Prof. & Ex Director, Amity Institute of Psychology And Allied sciences, Amity University, Noida (UP), Director, IILM Centre of Emotional Intelligence Lodhi Road New Delhi,India.*

*\*\*\*\* Associate Professor Deptt. of Psychology BhimRao Ambedkar College, University of Delhi,India.*

Comparitive processing on mental wellbeing of illiterate and literate workers.

*B. Laxmi Devi\**

### **Abstract**

Mental Health is the level of psychological, social and emotional well being of an individual. The World Health Organization (WHO) define health as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (WHO,2017).Mental health is important for the workers because it can make them mentally resilient to stress and emotionally healthy. It can increase the participation of the workforce and positive influence in community attitude. The aim of the present study is to know the level of mental well being between illiterate and literate. The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)(Warwick, Edinburgh 2007) with 14 items were used to measure there level of mental well being. The sample size is 200 comprises of 100 illiterate workers and 100 literate workers, purposive sampling method was used to select the samples. The results are analyzed using descriptive statistics, mean and 't' test.

**Keywords:** Mental Health, Mental wellbeing, illiterate, literate, workers.

*\*B.sc Psychology, Rri Kanyaka Parameswari Arts and Science College for Women, Chennai,  
Tamilnadu,India*

Emotional stability and self-esteem in student's relation to their stream.

*Mahesh B. Chauhan\**

### **Abstract**

The main purpose of this research was to find out the Emotional Stability and Self-esteem in students Relation to Their Stream. The total sample consisted 150 as a variation belonging to 50 Arts students, 50 Commerce Students and 50 Science students were selected purposively from the same area of the Rajkot district (Gujarat). The research tool used for data assessed emotional stability scale was measured by Dr. A. Sengupta and Dr. A. K. Singh and Self-esteem scale developed by Eagly and revised by Robinson and Shaver (1973). Here Gujarati version was used. To check the significant difference between groups F-test was applied and check correlation between variables Karl Pearson Correlation method was used. Here F-test used result revealed emotional stability is a significant difference and also self-esteem is a significant

difference. While the correlation between emotional stability and self-esteem reveals positive correlations.

**Key Words:** Emotional Stability and Self-esteem

\*Department of psychology, Saurashtra University, Rajkot, Gujarat, India.

## The role of social comparison in depressive symptoms among adolescents

*Mahima\**

### **Abstract**

The present study attempts to investigate the impact of social comparison among adolescents focusing on depression. Social comparisons tend to have negative significant relationship with psychological well being. Frequent social comparison gives birth to many suppressed thoughts in a person's mind and consequential change in the behavior.

Adolescence is the age wherein a child have pressure of career development propagated by family, friends, teachers, neighbors' in the social interactions. Since social comparison implications are more severe in this age group hence they are the target group of this research. Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.

The objective is to explore the relationship between suicidal ideation and its tendency with depressive symptoms in the case of adolescents. This is an empirical study based on a survey conducted amongst the late adolescents i.e. 17 to 19 years of age.

At this stage of our life if we get into the comparison of superior and inferior we will find ourselves soon in this rattrap of social status. Therefore keeping this insight in mind, the proposed study is conducted to explore the dimensions and impact of social comparison on depressive symptoms and its consequences on the youth.

**Keywords:** Depression, Hopelessness, Social Comparison, Suppressed thoughts

*\*B.A 3<sup>rd</sup> year student, Banasthali University, India.*

Anxiety among non- working women as related to age and caste.

*Manisha\**

**Abstract**

Anxiety is a normal emotion and everyone is experiencing it from time to time. Women's in modern global world have to play a dual role as housewife and career builder. In the present context, 2x2 factorial designs consisting of two independent variable. i.e. age and caste. The first Independent variable i.e. age 25 year and 50 year. The second independent variable i.e. caste has been using two group i.e. sc and non- sc. Anxiety in the present context is taken up as dependent variable.

As per plan and design of this study, total 80 women (40Sc and 40 Non- Sc) has been used in the sample. The scoring has been done on the basis of procedure mentioned in the manual of the test. Two way analysis of variance has been used to find out the significant effect of the Independent variable on Anxiety. Thus, the results of this study apparently shows that the age factor has been found as a significantly influential factor and caste factor also has been found significant factor. The results are also interpreted in the light of previous studies related to anxiety in the present context.

# Personality factors as correlates of life style among University students .

*Manju\*& SarvdeepKohli\*\**

## **Abstract**

The present study was conducted to find out the relationship among personality factors and life style among university students. The sample consisted of 100 university students (50 males and 50 females) age ranges from 20- 26 years. For data collection Personality factors NEO- FFI by Paul T. Costa and Robert R. McCrae and Life Style Scale (LSS) by S.K. Bawa and Sumanpreet Kaur were used. Lifestyle scale measures six Dimensions-Health Conscious, Academic Oriented, Career Oriented, Socially Oriented, Trend Seeking, Family Oriented and Overall Life Style and NEO-five factor Form-S measures five dimensions Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness. The data were analyzed using Pearson's Product Moment of Correlation and Regression analysis. The results are discussed in relation to the personality factors characterizing the life style of University students.

**Keywords:** Personality Traits and Lifestyle



*\*Department of Psychology, M.D.U. Rohtak, Haryana, India.*

## Study of cyber bullying and psychological distress: a play of gender

*Kumari Manju Bhau\* & Pallavi Sachdeva\*\**

### **Abstract**

Cyber bullying is a serious problem that is growing at local, national, and global level, primarily due to advancement in technology and the widespread use of technological devices among youth, adolescents and young adults. The high exposure to social network makes young adults more vulnerable to electronic bullying, they spent more time on social media which results into greater chance of becoming the victim of cyber bullying. It has been defined as an aggressive act that is delivered through electronic mode by a group or an individual frequently against a victim who cannot easily protect him or herself. It is defined as bullying that occurs through e-mail, instant messaging, in a chat room on a web page, or through digital images or messages sent to cellular phone. The psychological distress faced by cyber bullying victims has been founded in earlier studies and includes various problems such as anxiety, depression, and poor physical health. Person with psychological distress have low rates of help pursuing behavior, high incidence of mental disorders such as anxiety and depression. Cyber bullying reported by victims reveals various symptoms and difficulties such as psychological distress, anxiety, depression, low self-esteem, and even suicide, girls shows higher rate of cyber bullying, and psychological distress and are more likely to report being victims of cyber bullying as compared to boys. Studies have shown that cyber bullying is positively correlated with psychological distress. Victimization of cyber bullying may also lead to severe health problems, self-harm, suicide ideation and the expansion of other serious mental health problems. Results will be intimated further.

**Keywords:** Cyber bullying, Psychological distress, Young adults.

*\* Research Scholar, Department of Psychology, University of Jammu, J&K, India.*

*\*\* Assistant Professor, Department of Life Long Learning, University of Jammu, J&K, India.*

## **A Correlative study between social bonding and psychological attributes in adolescents of Jaipur city.**

*Matrika Singh\* & Madhu Jain\*\**

### **Abstract**

According to a 2014 United Nations report, India has the world's largest youth population of 356 million 10-24-year-olds (despite China's largest population).

The study aims to investigate if the psychological attributes i.e. helping attitude, participation in extracurricular activities and psychological wellbeing of the participants correlate to the social bonding in them. The sample consisted of 470 participants, of urban domicile, including both genders with a mean age of 16.28 years, who were randomly selected from both private and government schools of Jaipur city, Rajasthan.

The results revealed that Social bonding was found to positively correlate to the helping attitude in the school going adolescents. Though no correlation was found between social bonding and extracurricular activities, the sub-dimension of belief was found to positively correlate to extracurricular activity. Furthermore, Social bonding was found to have positive correlation with psychological wellbeing in the school going adolescents.

**Key words:** Social bonding, Psychological Wellbeing, Helping attitude, Participation in extracurricular activities, adolescents.

*\*Guest Lecturer, GGSDS College, Chandigarh, India.*

*\*\*Head & Associate Professor, Department of Psychology, University of Rajasthan, Jaipur, Rajasthan., India.*

## Gender differences in gaming habits.

*Meghmala Mukherjee & Krishna Kumar Mishra*

### **Abstract**

The present study examines the gender differences in reporting about gaming habits. Total 100 participants of 14 to 18 years of adolescents from Kolkata district were participated in this study. Parent- peer influence scale (17 items), and Internet Gaming Disorder Scale (27 items) were used for data collection. Gender difference was found significant only in two domain of gaming addiction measure. Finding of the study will be discussed in the light of available literature.

*\*Institute of Behavioural Science, Gujarat Forensic Sciences University, Gujarat, India.*

## Positive Psychology and Happiness among Indian Educated Housewives and Working women.

*S.S.Nathawt & Monika Mishra*

### **Abstract**

A woman plays an important role in the formation of the society, but many women face a lot of issues like looking after kids, managing their household chores, working for long hours, managing house and job together etc which leads to a lot of work load and stress which eventually hampers their happiness, thus this study analysis the happiness, lifestyle and personality of housewives and working women.

The study was conducted to evaluate the level of psychological capital, PERMA, psychological flourishing and flow among working women and housewives. The sample consisted of 200 women respondents, with age range from 25-50 years from Pune city. On the basis of job profile the respondents were divided into two categories (housewives and working women) each category was divided into equal number of respondents i.e. working women (n=100) housewives (n=100). Independent t-test was used to analyze the data. The psychological tools administered in the study included psychological capital scale developed by Luthans, Luthans, & Luthans, (2004), PERMA Model by Seligman (2011), psychological flourishing scale developed by Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener. (2009) and the flow short scale by

Rheinberg, Vollmeyer, and Engeser. Results indicated that, working women reported higher Mean scores on PERMA, psychological capital scale, psychological flourishing and flow. Thus it can be inferred that the job profile among women plays a major role in holding a positive opinion about them when compared to housewives.

**Keywords:** Working women, Homemakers, Psychological capital scale, PERMA, Psychological Flourishing, Flow.

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## Scamper creativity technique and workplace happiness on sustainable innovative behaviour of secondary school teachers in Oyo state, Nigeria.

*Dr. Muraina Kamilu Olanrewaju*

### **Abstract**

The study examined the effect of scamper creativity technique and workplace happiness on sustainable innovative behaviour of secondary school teachers in Oyo State, Nigeria. Pretest-posttest, control group quasi-experimental design with a 2x2 factorial matrix was used in the study. Multi-stage random sampling technique was used in sampling 100 participants from the State. The respondents were measured with validated instrument of .88 reliability value and the data obtained was analyzed using t-test statistical analysis. Two (2) research hypotheses were formulated and tested at 0.05 level of significance. The result showed that there was significant difference in the sustainable innovative behaviour of secondary school teachers exposed to scamper creativity technique and those in the control group and there was significant difference

in the sustainable innovative behaviour of secondary school teachers with high workplace happiness and those with low workplace happiness. In view of these findings, the study recommended that educational stakeholders should intensify their effort to organize conferences on the implications of scamper creativity technique as effective interventions towards enhancing sustainable innovative behaviour of teachers and that educational stakeholders should not only focus on the teachers' teaching methods alone but also their sustainable innovative behaviour of teachers.

**Keywords:** Scamper creativity technique, Sustainable innovative behaviour, Workplace happiness and Secondary school teachers

*\*Department of Educational Management and Counselling, Faculty of Education, Al-Hikmah University Ilorin, Kwara State, Nigeria.*

A study to analyse the effectiveness of cognitive behavioral therapy when applied with senior citizens at a family counselling centre in Chandigarh..

*Natasha kaur sekhon\**

### **Abstract**

Family Counselling provides a medium to the clients to have referral and rehabilitative services with family maladjustments ,social ostracism and also crisis intervention and trauma counselling. The present paper aims to evaluate the effectiveness of cognitive behavioural therapy, when applied during a counselling session within the senior citizens above the age of sixty years . Cognitive behavioral therapy focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. The study examined the prognosis and the growth graph of five individuals above the age of sixty who came to the

Family counselling centre and had the intervention with the counsellor in Chandigarh.

**Keywords:** Family, Counselling, Senior citizens, Cognitive behavioral therapy.

*\*Family counsellor, Family counselling centre, Central Social Welfare Board,  
Chandigarh, India..*

A study of meta cognition awareness, procrastination of University students.

*Navdeep Saluja\**

### **Abstract**

Metacognition is "an appreciation of what one already knows, together with correct apprehension of the learning task and what knowledge and skills it requires, combined with the ability to make correct inferences about how to apply one's strategic knowledge to a particular situation, and to do so efficiently and reliably."The use of metacognition appears to be related to academic achievement and enhanced learning outcomes. Procrastination is a sequence of postponement, it

produces substandard products, it must be related to a job considered as important by the procrastinator, there is a feeling of frustration as the result of procrastination. The current paper is to find out the relationships among metacognitive awareness and procrastination of the university students. Sample was taken from two universities in Lucknow: 20 (boys and girls) from the Lucknow University and 20 (boys, girls) from the Amity University. Metacognitive Awareness Inventory (MAI) is used to measure trait metacognition and Aitken Procrastination Inventory (API) is used to measure trait procrastination in academic context. Results indicated that there will be no significant differences between metacognition awareness and procrastination and findings show that metacognitive awareness is positively correlated with academic performance and procrastination is negatively correlated with academic performance and no gender differences found between procrastination tendency and metacognition awareness.

**Keywords:** Metacognition, Procrastination, University students

*\*M.Phil Student , Amity University,*

Aftermath of peer pressure and drug abuse among school and college students.

*Naveli Sharma\*, Shravya Gupta\*, Shayra Bhardwaj\*& Dr. Nidhi Gupta\*\**

**Abstract**



Peer influence is regarded as one of the significant determinants of substance abuse in adolescents and young adults. It is assumed that the pressure from our friends towards smoking or alcohol consumption is a major cause of substance use. The current study is a quantitative study which seeks to measure the relationship between two variables namely Peer Pressure (Independent Variable) and Drug Abuse (Dependent Variable). In order to fulfill the aim, responses of 200 participants were recorded and the data was compared between two groups, i.e. male and female. Furthermore, the population was divided into two sub groups: Adolescents (Age ranging from 13-17 years) and Young Adults (Age ranging from 18-22years). The data was collected by utilizing the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) scale and Peer Pressure scale by Sandip Singh and Sunil Saini. The questionnaire was administered in a co-ed school and college. Thus, our study laid a foundation for understanding that peer pressure can play a decisive role in promoting drug use which leads to drug dependence.

**Keywords:** Peer Influence, Smoking, Drug Abuse, ASSIST, Community Psychology

\*Student, B.A. (Hons.) Applied Psychology, Shyama Prasad Mukherjee College for  
Woman, University of Delhi.

\*\* Student, M.Phil (Clinical Psychology),

Empathy and peace behaviour among juvenile delinquents: a correlational study.

**Abstract**

In the present times, prevalence of juvenile delinquency is increasing. Many times research studies proven that fostering socio-emotional skills is vital to reduce violence in school environment and beyond. Previous studies conducted in the area of juvenile delinquency suggested that empathy has strong influence on development of peaceful attitudes of juveniles. Though literature reports that there is an importance of inculcating empathy to enhance positive psychological attitudes, still there is a poor understanding between empathy and peace behaviour among juvenile delinquents. So the present study aims at assessing relationship between empathy and peace behaviour. The present study used a correlation with the variables being empathy and peace behaviour. A total of 45 participants were chosen using purposive sampling methods. The survey instruments used for the present study includes, Peace Behaviour Questionnaire (Henry & Romate, 2015) and Basic Empathy Scale (Jolliffe & Farrington, 2006). The data were analysed by using descriptive statistics and Pearson product moment correlation. The findings revealed that there is a significant relationship between empathy and domains of peace behaviour.

In future, there is a need to plan appropriate intervention strategy to enhance empathy to bring peace behaviour among juvenile children.

*\*Research Scholar, Department of Psychology, Central University of Karnataka, India.*

## Life satisfaction among female school teachers: role of work environment and job satisfaction.

*Dr. Nishtha Mehra\**

### **Abstract**

Life satisfaction as defined by Buetell (2006) is “*an overall assessment of feelings and attitudes about one’s life at a particular point in time ranging from negative to positive*”. It has more to do with quality of life one is leading, than mere degree of happiness felt. There has been great body of research conducted on quality of life, life satisfaction and stress especially in the women workforce as they have a dual role to play; at home and at their respective workplaces. There are variety of factors affecting life satisfaction, career and job satisfaction being significant ones. Thus, this study was undertaken with an objective to unravel as to how life satisfaction is predicted from work environment and job satisfaction. Data were collected on 300 female teachers teaching from primary to secondary classes. Appropriate scales were used to collect data on aforesaid variables. Regression analysis was used to predict life satisfaction from work environment and job satisfaction. Results revealed 30% variance in life satisfaction based on the prediction from predictor variables. In work environment, innovation, supervisor support and involvement emerged as significant predictors of life satisfaction ( $p < 0.01$ ). Job satisfaction significantly predicted life satisfaction accounting for 10% variance in same. The results so obtained have been further elucidated.

**Keywords:** Work Environment, Life Satisfaction, Job Satisfaction

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## Occupational stress and job satisfaction among Bank employees.

*Nitin Nishad\* & Asha Kurian\*\**

### **Abstract**

Banks are social institutions which contribute significantly to the national economy. The major profitability of bank depends on the performance of the employees. This study focuses on exploring the Occupational stress and Job satisfaction among the bank employees of Palakkad district. The sample of this study consists of 100 bank employees from Palakkad District. Occupational Stress Inventory (Joseph and Dharmangadam) and Job Satisfaction Scale (Jayan and Dharmangadam) were used to collect data. T-test and Co-relation was used for statistical analysis. The result shows that private bank employees have higher level of occupational stress and low level of job satisfaction. And it was found that there exist a positive correlation between Occupational stress and Job satisfaction among Bank Employees.

**Key Words:** Occupational stress, Job satisfaction, Bank Employees.

*\* M.Sc Forensic Psychology student, Raksha Shakti University, Ahmedabad, Gujarat.*

*\*\* Clinical psychologist, District Hospital Thodupuzha.*

## Stress and Resilience in women with and without Polycystic Ovary Syndrome (PCOS).

*Oshin Dixit*

### **Abstract**

Stress is your body's way of responding to any kind of demand or threat. Stress can make your Polycystic Ovary Syndrome (PCOS) symptoms worse: the stress hormones released make your body pump out more testosterone, which can cause more insulin resistance, weight gain, and depression, loss of sex drive, irregular periods and bad skin.

The aim of this research is to find out the level of stress and resilience in women with and without Polycystic Ovary Syndrome PCOS and to see that how much stress contributes in the mental wellbeing after the results were analysed the outcome was that stress leads to Polycystic Ovary Syndrome PCOS but it is not the main reason for Polycystic Ovary Syndrome PCOS and this made me more curious to work on this topic.

The objective was to examine the level of stress and resilience of women who have Polycystic ovary syndrome. And who do not have polycystic ovary syndrome, to compare the stress and level of resilience of women who have Polycystic ovary syndrome and women who do not have Polycystic ovary syndrome. It was hypothesised that there will be a significant difference in the level of stress and resilience of women who have Polycystic ovary syndrome and who do not have Polycystic Ovary Syndrome, there will be higher psychological distress in women who have Polycystic ovary syndrome. Tools used were The Perceived Stress Scale (PSS) and The Resilience scale RST<sup>TM</sup>.

The Practical Implications: From this study it can be seen that there is higher stress and low resilience among women with polycystic ovary syndrome PCOS. And low stress and higher resilience in women who do not have Polycystic Ovary Syndrome PCOS

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## Improving adolescents' peace building skills using counselling interventions involving cognitive restructuring strategies.

*Owoyele, Jimoh Wale & Ositoye, A. O*

### **Abstract**

The recent rise in violence rate especially among secondary school adolescents calls for effective counselling interventions in order to improve adolescents' peace building skills. The present study is an investigation of the relative efficacy of cognitive restructuring techniques in the enhancement of peace building skills of secondary school adolescents in Ijebu-ode, Ogun state, Nigeria. The aim was to use counselling interventions in stemming down the rising rate of violence among adolescents in the vicinity. The pre-test, post-test, control quasi-experimental research design involving a 2x2 factorial design was used in the study. 54 participants purposively selected based on data obtained from their cumulative record folders constituted the sample for the study. Data collection was done using the 'Peace Building Rating Scale' ( $r = 0.83$ ). Three null hypotheses were tested at 0.05 level of significance using Analysis of Covariance on SPSS. Findings revealed that counselling interventions using cognitive restructuring strategies significantly improved adolescents' peace building skills. There was no significant main and interaction effects of gender on the treatments. Therefore, regular counselling interventions involving cognitive restructuring is recommended for secondary schools in order to reduce adolescents' disposition to violence.

**Keywords:** Peace building, counselling, cognitive restructuring, adolescents.

*\*Department of counselling psychology and educational foundations, college of specialised and professional education, Tai Solarin University of Education, Ijagun, PMB, Nigeria.*

## Self – regulation of athletes among college students.

*P. kirthana*

### **Abstract**

Self – regulation to a regulation of the psychological state of an individual by the individual. It becomes necessary when internal or external barriers threaten the efficient regulation of an intended action. Self – regulation plays an important role in sports. Athletes have to prove their potential.

Keeping this view in mind the present study is to analyze the level of Self – Regulation processes of the athletes trained by experts and non-experts. The self-regulation questionnaire (SRQ; Brown, Miller, & Lawendowski, 1999) was used for the study. Sample size 120, comprised for athletes trained expert (60) and non expert (60) between the age group (17-23). Purposive sampling method was used. Results were analyzed using descriptive statistics (mean, SD) and t-test.

**Key words:** Athletes, Self-regulation, Expert and Non-expert

*\*Student B.Sc Psychology, Sri Kanyaka Parameswari arts and Science College for women.*

Childhood maltreatment and suicide ideation among college students of rural areas.

*Prabhjyot Kour & Dr. Pallavi Sachdeva*

### **Abstract**

Childhood maltreatment is any behavioral conduct by parents or guardian or any known or unknown person which causes physical, emotional, sexual pain to the child and hurts him/her immensely. Suicide ideation can be defined as the intention or desire to kill oneself. Suicide ideation is largely prevalent among youngsters. The aim of the present research paper is to find out gender difference in childhood maltreatment and suicide ideation among male and female students of rural areas studying in Govt. degree colleges of Jammu. Convenience sampling technique is used to collect the data. Mean, t-test is used for the analysis of data. After the analysis of data significant gender difference is found in childhood maltreatment and suicide ideation among college students. Results have revealed that female students are more prone to physical neglect, emotional neglect, sexual abuse whereas male students have shown only higher degree of physical abuse, emotional abuse. At the same time females have shown higher suicide



ideation than males. Thus present results are to be taken into serious consideration because young students are the future of our nation and it becomes the responsibility of educationists, psychologists to lay stress to cure not only their physical health but mental health too. So this study lays emphasis on the fact that colleges should organize workshops for students where they can be motivated, encouraged to live their life to the fullest and there must be counselling cells in the colleges to prevent and reduce suicide ideation among college students because mentally healthy students can concentrate more on studies and develop healthy habits which would eventually leads to development of society.

**Key words:** Childhood maltreatment, Suicide ideation, Govt. degree college students, Rural areas.

*\*Ph.D Research Scholar \*\*Assistant Professor \*\*\*\*\**

Role of teacher- student relationship in enhancing quality education.

*Parveen Siwach\*& Shweta Dahiya*

### **Abstract**

A student teacher relationship is very prominent, where positive vibes provide advantages to both. On one side such vibes benefiting students by increasing their intellectual and social skills whereas on the other side it is helping a teacher to deliver the quality education. The purpose of this study is to investigate how a supportive relationship between a teacher and his/her students has the potentiality to improve the quality of education. The element of student-teacher relationship is an important factor which affects the quality of education. At the very end, few suggestions are made to enhance this relationship.

**Keywords:** Positive student-teacher relationship, Learning, Quality of education.

*\*Research Scholar, \*\*Assistant Professor, Department of Food Business Management & Entrepreneurship Development, National Institute of Food Technology Entrepreneurship and Management, Kundli, Sonapat, Haryana, India.*

## Academic stress and self-esteem among rural and urban adolescent.s

*Pinki\* Priyanka\* & Sushma Kaushik\*\**

### **Abstract**

Academic stress is a mental distress with respect to some anticipated frustration associated with academic failure or even awareness of the possibility of such failure. Self- esteem is that subjective judgment by which people make their potential to face life's challenges to recognize, understand and also solve the problems, and their right to achieving happiness, and be given

respect. The study was undertaken in rural and urban area of Haryana state. Hisar district and village Kharkara was taken in order to meet the sample requirement i.e. 50 adolescents from rural area and 50 from urban area thus making a total sample of 100 adolescents ranging in 16-18 years of age group. The scale used for the study was academic stress scale by Rao (2012) used to assess academic stress of respondents and self-esteem by self-esteem inventory by Prasad & Thakur (1977). The finding elucidates that maximum number of respondents have moderate level of academic stress and found significant difference in both rural and urban area. Data regards to self-esteem found that maximum respondents have positive level of self-esteem followed by balanced level and self-esteem was significantly and negatively correlated with academic stress.

**Keywords:** Academic stress, self-esteem.

*\*Ph. D scholar \*\* Professor Department of EECM, Department of Human Development and Family Studies, College of Home Science, CCS HAU, Hisar, Haryana, India.*

Psychological capital of Jammu & Kashmir bank employees: exploring the link with work-life balance.

*Pooja Sharma\* & Priyanka Sharma\**

#### **Abstract**

The present exploratory study examined the relationship of a sample (n = 80) of Jammu & Kashmir (J&K) Bank employees' positive psychological capital and their work-life balance. The

purposive sampling technique was used. The variables of the present study were measured through Positive Psychological Capital (PsyCap) Questionnaire (Luthans, Avolio, & Avey, 2007) and Work-Life Balance Index (Pareek & Purohit, 2010). Correlation was used to analyse the data. Results indicated the employees' hope, self-efficacy, optimism, and resiliency separately and when the entire four dimension were combined into a core construct of psychological capital (PsyCap) significantly correlated with social needs, personal needs, team management, team work, compensation & benefits, and work itself independently as well as when combined whole index of work-life balance consistent with previous studies.

**Keywords:** Employees, Jammu & Kashmir bank employees, Psychological-capital, and, work-life balance.

*\*P.G Department of Psychology, University of Jammu, J &K,India.*

Resolving the issue: does intelligence nurture bilingualism or bilingualism nurture intelligence?

**Abstract**

In past literature authors raised a significant issue of role of intelligence in learning different languages. Whether an intelligent individual learns two or more languages easily or an individual who has learnt two or more languages perform better on tests of intelligence. In learning a second language, intelligence has been considered as an effective factor (Stern, 19. Acknowledging the above issue, a heterogeneous sample of 38 bilinguals (17 boys and 21 girls) and 44 monolinguals (19 boys and 25 girls) was selected. The scores on intelligence test ranged from 34-41. Monolinguals and Bilinguals were then compared on problem solving ability, concept formation (wrong responses), verbal and figural creativity. To find out the significance of differences between the two groups t-test was applied. The results specified that Bilinguals performed significantly better on problem solving ability as compared to monolinguals, they show an edge on figural fluency and even flexibility and elaboration on both verbal and figural tests of creativity in comparison to monolinguals. Whereas no significant differences were found between the two groups on verbal fluency, concept formation which was measured by wrong responses committed by both the groups. Therefore in nutshell we can argue that bilinguals performed better than monolinguals on various cognitive abilities and language has a profound and nurturing role in overall development of intelligence.

*\*Department of Psychology, S.R Govt College for Women, Amritsar, India..*

*\*\*Professor, Department of Psychology, Guru Nanak Dev University, Amritsar, India.*

## Employment type, family support and life satisfaction among married women.

*\*Priyanka Rajora*

### **Abstract**

The main aim of the present research was to study the impact of employment type and family support on life satisfaction among married women. The sample consisted of 100 married women (self employed- 50 and organizationally employed- 50). Family support scale (Shina & kaushik, 1998) and Life satisfaction scale (Alam & Srivastava, 2000) were used to study family support and life satisfaction respectively. Result indicates that significant differences was found between life satisfaction of self employed and organizationally employed of married women and the findings also show that self employed married women have better life satisfaction than organizationally employed married women. There is no significant effect of the family support on life satisfaction of married women. There is no significant interaction effect of the type of employment and family support on life satisfaction of married women.

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Relationship between body mass index and wellbeing in young college students.

*Punam Bagi\**

### **Abstract**

The objective of the research paper was to study the relationship between body mass index and wellbeing in college students. The data was collected by using body mass index and Ryff's psychological wellbeing scale (PWB). This consists 42 items belonging to six different dimensions of psychological wellbeing i.e. autonomy, environmental mastery, personal growth, positive relations, purpose in life, self acceptance. Participants of the study were 100 college students of district Karnal (Haryana). Results were analyzed by using descriptive statistics and Pearson product moment correlation method with the help of SPSS-21. Results of the present study revealed that BMI was found to be significantly and positively correlated with psychological wellbeing.

*\*Associate Professor. Department of Psychology, Govt. College for Women,  
Karnal, Haryana, India.*

## Emotional intelligence and academic achievement among adolescents

*Rabia Aftab\**

### **Abstract**

In this competitive and fast-growing world, various factors influence the academic achievement of students. Emotional Intelligence shifts the focus from the traditional "intelligence" concept of academic success to a new one. Emotional Intelligence is the ability to understand emotions intelligently, so to understand our own emotions and of others. Emotionally Intelligent person flourish in almost all domains of life family, jobs, academics, and community level also they are mentally health. The objective of the present study is to see the impact of Emotional Intelligence on Academic Achievement. The sample of the study consists of 100 adolescents (12 years to 18 years) taken from various schools of Aligarh. The Schutte et al., 2009 Emotional Intelligence scale was used to assess Emotional Intelligence, and Academic Achievement of the students was measured through their annual results. Regression and t-test was used for analyses. The findings of the study found a significant impact of Emotional Intelligence on Academic Achievement.

**Keywords:** Emotional Intelligence, Academic Achievement, Adolescents



*\*Research Scholar, Dept. of Psychology, AMU, Aligarh, Uttar Pradesh, India*

## Role of family structure and caste-category in psychological well-being.

*Rahul Tomer\* & Bhagat Singh\*\**

### **Abstract**

In this study, the researcher tried to find out the effect of family structure and caste category on psychological well-being. For this purpose 263 subjects were selected randomly. Out of which there were 97 general, 103 OBC and 63 SC category subjects. There were 118 Nuclear family and 145 joint family subjects in the study. Psychological Well-Being scale constructed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary was used to collect the data. Data were analyzed using 2 x 3 factorial analyses. Results showed that there is no significant main effect of family structure and caste-category on psychological well-being. The interaction effect of family structure and caste-category was also not significant.

**Key words** Family structure, Caste-Category, Psychological well-being.

*\*Ph.D. Scholar, \*\*Associate Prof, Department of Psychology, Meerut College, Meerut UP, India.*

Impulsivity: a race to reach at the final destination.

*Rakhi Gupta\* & Kirti Saraswat\**

### **Abstract**

A major factor of increasing violence in the country like India is due to Impulsivity, which is reaching out in the minds of people. Nobody is concerned about others but only themselves, and they themselves have engrossed in their Art if work with an Intensity of not thinking once before taking an Action. Their Actions have reduced their ability to Think productively and behave in a manner which is acceptable to the environment. So, for taking into consideration of the major factor of Impulsivity, The Barratt Impulsiveness Scale (BIS-11) (*Patton et al., 1995*) was used to examine the various other factors in impulsivity like *Attention, Motor, Self-control and Cognitive Complexities* of one's Behavior, with the age group of (15-25 years). A significant Results were measured with the help for various tools like ANNOVA between Males and Females, thereby, taking an effort towards finding out the real reason and some measure to reduce this Impulsivity among the society.

**Keywords:** Attention, Motor, Self-control, Cognitive complexities, Impulsivity.

*\*Department of Psychology, Panjab University, Chandigarh, India.  
\*\*Amity University, Noida, UP, India.*

## Employers' attitude towards transgender employment

*Rashi U\*, D Bhakta\* & Poonam Sharma\**

### **Abstract**

Transgender in India are among the most underprivileged class, education and employment is a rare story in their lives, those belonging to high class background or strong will power manage to get the both, while others either land up in sex work or in begging. On April 2014, Supreme Court of India coined the term “third gender” as a status for hijras or Transgender. (Chettiar, 2015). The current research article aimed to study Employers' Attitude Towards Transgender Employment and level of awareness in employers towards transgender issues and recent “Rights of Transgender Persons Bill, 2014” in India. Purposive convenient sampling was used and 31 employers from Government and Private Setups in Mumbai were part of the study. Mixed-method study design was used for data collection and analysis. Attitude survey and in depth

interview revealed that both male (N=21) and female (N=10) employer have average awareness level towards transgender issues and Transgender bill. Further, male employers have more positive attitude than female employers. Paper pursues that to upsurge Transgender employment, internal and external factors play foremost role, where internal factors mean intervention at “Transgender own Attitudes” and external factors mean intervention at Society level.

**Keywords:** Transgender, Employment, Attitudes.

*\*Amity Institute of Allied & Behavioral Sciences, Amity University Mumbai, India.*

## A study of mental health of retired army officers

*Rashmi Verma & Dr Arun Kumar*

### **Abstract**

Mental illness is common and can affect anyone, including serving and ex-members of the armed forces and their families. While some people cope by getting support from their family and friends, or by getting help with other issues in their lives, others need clinical care and treatment. This paper focuses on mental problems in retired army officers in India. We know that after retirement veterans face of adjustment problems in settling down in civilian environment. They face depression, Post traumatic stress disorder (PTSD), dementia, thoughts of suicide, substance abuse, etc. As it is they are old and have seen a tough life. And adding to this is the new environment of civil. They are used to a disciplined and systematic life. But in civil these things

are not the way they are in army. Family members and personnel working with military and families are often not aware of how to engage veterans with mental illnesses and addictions. In addition to the impact of military service on the veteran, each has a circle of family and friends who are also impacted by their military service.

*\*Department of Psychology Gurukul Kangri Vishwavidyalaya Haridwar, Uttarakhand, India.*

A study to find differences in grit among private and public sector bank employees in Chandigarh.

*Raskirat Kaur\**

### **Abstract**

The present day professional working world has taken a jolt in the lives and its employee. From the values and ethics of the job role to the personal life of an employee, we see an evolution in it all. We see a shift of priorities, passion and changing of goal at a daily basis. These goal changes on situational basis at most. The banking sector has been ever evolving one. It acts as a backbone

to the modern day business and economy. The bank employees at both the sector have seen an evolution in all terms, pertaining from liberalization to demonetization. The present paper aims to evaluate the differences within the public and the private sector bank employees on Grit. Grit is defined as the level of consistency, perseverance and consistency of interest in long term goals. It is in simple words, sticking to the goal until achieved paring all the ups and downs that are accompanied by it. The study examined employees of private and public sector banks across Chandigarh.

**Keywords:** Grit, Bank, Private Sector, Public Sector.

*\*Research Scholar, Department of Psychology, RIMT University, Sirhind, Punjab, India.*

Relationship between Place Attachment and Pro environmental Behavior.

*Reeva Chaudhary\* & Mridula Sharma \*\**

**Abstract**

The destroying natural environment requires people to concern more about environment protection and do more pro environment behavior .This study investigated the relationship between place attachment and pro environment behavior. The research design employed for the aforesaid purpose was correlational design. Present study consisted of a sample of 300 people .The tools used were Place attachment (Daniel. R,Williams and Jerry J. Vaske. 2002); General ecological behavior scale (Kaiser et.al 2007) .The result showed that people were more likely to participate in pro environmental behavior and place attachment served a major role ,Which means that people have a higher level of place attachment which leads to more environmentally behavior .

*\*Ph. D. Scholar , \*\*Asst,Professor,Department of Psychology, The IIS University, Jaipur, Rajasthan,India.*

Effect of physical and psychological problems on adolescents

*Rupal Hooda\*, Manisha Ohlan\*, Sushmita\* & Krishna Duhan\**

**Abstract**

Adolescence is a span of years during which boys and girls move from childhood to adulthood. A study was conducted on 100 adolescents, half boys and half girls were aged between 11-19 years selected randomly from Hisar district of Haryana state from I.C. College of Home Science and government school. Out of the total sample, 40% were belong to (17-19 yrs), 30% were in 11-13 yrs and 14-16 yrs each. Almost 85% of the respondents were a part of nuclear families and were from general caste (55%). Majority (87%) were having the problem related to feel became popular in friend circle. While 67% had face changes in weight and acne problem. Only 35% of the respondents faced stress with their family and parents. Majority of the respondents (84%) were chosen their subject or career, according to peer/parents pressure. Conclusively, the stage of adolescent is very crucial and parents should support them and help them to solve their problems with friendly manner so that they may feel relaxed and may cope-up with their unpleasant situation easily.

**Keywords:** Adolescents, Problems, Stress, Career



*\*College of Home Science, CCS Haryana Agricultural University,, Haryana,India.*

## Depression and loneliness status of elderly people of Hisar city

*Rupal Hooda\* & Sheela Sangwan\*\**

### **Abstract**

Human maturing is related with a wide scope of physiological changes that make us increasingly powerless to death, yet in addition limit the ordinary capacities and render us to be progressively helpless to various infections. A study was conducted on 60 elderly people of age ranging from 60-80 years in Hisar district of Haryana state living in different lifestyle i.e. living with family, living without family and living in old age homes. It was reported that majority of the respondents (46.67%) were in the age gathering of 70-79 years followed by 38.33% between 60-69 years old. Among the age of 60-69 years old 20% of respondents were living without family, trailed by 16.67% and 10% who were living with family and in old age home separately. 33.33 percent of the respondents were experiencing each in nuclear and joint family framework while the rest were living in others that included old age homes of Hisar city. 46.67% (28/60) of the respondents were living in family of a group of up to 5 individuals just and just 20% were living in group of in excess of 5 individuals. 33.33% of the old lived alone. Larger part of the old (70%) were married while 1.67% of them were unmarried. 23.33 percent of the respondents were widower and just 5% were divorced person. 65% of the diseases were mild in nature followed by 30% that were severe health problems and 5% as normal category. Further 68.33% respondents detailed that they had no medical insurance. 63.3% senior used to experience wellbeing checkup. 35% of the senior citizens had severe psychological depression, ranging severity from 20-30 on a scale of 0-30. 28 out of 60 respondents had mild degree of loneliness followed by 33.33% respondents having normal degree of loneliness. 20 percent of the elderly were suffering from severe loneliness.

**Keywords:** Elderly, depression, loneliness, health, ageing

*\*Deptt. of Family Resource Management, \*\* Deptt. Of Human Development and Family Studies,  
COHS, CCSHAU, Hisar ,Haryana,India.*

## Hardiness and suicide ideations in depressive adolescents.

*RupanDhillon\* & Nishtha Mehra\*\**

### **Abstract**

The term suicidal ideation refers to the occurrence of any thoughts about self-destructive behavior, whether or not death is intended. Such thoughts may range from vague ideas to the possibility of ending one's life at one point of time in the future to very concrete plans of committing actual suicide. Suicidal ideation can be expressed in many ways and also reflects many tendencies to act. People are discontent with their living conditions or it may act as a warning signal for individuals in situations which are perceived as stressful. It may also be a mental preparation for the act. It reflects hopes and illusions about the future and evaluations about the quality of life, which co vary with life events and changing conditions of living or threats people experience to their self-esteem. Depressive adolescents are at higher risk for experiencing suicide ideations. But studies show that adolescents with hardy personality see themselves as capable of changing events and are better at dealing with such negative cognitions. Hardy individuals tend to regard new experiences as challenging and exciting rather than disruptive and threatening. Keeping the literature in mind, in this study an effort is made to study suicide ideations and the dimensions of hardiness in a group of high depressive adolescents and low depressive adolescents. For this purpose, 400 adolescents belonging to the age group of 15-22 years are taken. Appropriate psychological tools were used to collect data on Suicide Ideation, Hardiness and Depression. Correlation analysis was used to see the relationship among the variables in the two groups. Results reveal that there is significant negative relationship between hardiness and suicide ideation in adolescents who are low on depression whereas this relationship is not significant for those who exhibit higher depression. Differences in the correlation coefficients were found to be significant as well ( $Z$  score = 0.7).The study has

implications for mental health counsellors and school teachers, to enable students develop a hardy personality and resilient nature in order to combat depressive symptoms.

*\* Assistant Professor, Department of Psychology, Guru Nanak Dev University, Amritsar, Punjab, India..*

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

## Variables involved in rehabilitation of juvenile delinquents.

*Sailee Biwalkar\**

### **Abstract**

Juvenile delinquency, one of the most complex problems of today, has seen a 47% increase since 2010-2014. According to 2015 statistics, the rate of recidivism is as high as 6%. Every percent increase in crime is a percent decrease in societal peace. Prevalence of mental health issues is far greater amongst incarcerated youth as compared to that of normal adolescent population. Successful reintegration of juvenile delinquents would not only reduce the crime rate but also infuse productive members into the society. This paper aims to contribute to that goal. Using purposive sampling, in-depth interviews were conducted of 6 juvenile delinquents at a remand home in Mumbai with special focus on themes like self appraisal and reflected appraisal, family involvement and experiences in the remand home. Further the interviews were subjected to thematic analysis through which sub-themes of drug use and involvement with offending peers were outlined as the major variables moderating the rehabilitation process. The paper suggests that preparing the individuals for probable challenges on the outside, along with facilitating open communication networks with their families would greatly contribute towards successful rehabilitation.

*\*Junior Research Fellow, Indian Institute of Technology, Bombay, India.*

## Variables involved in rehabilitation of juvenile delinquents.

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### **Abstract**

Juvenile delinquency, one of the most complex problems of today, has seen a 47% increase since 2010-2014. According to 2015 statistics, the rate of recidivism is as high as 6%. Every percent increase in crime is a percent decrease in societal peace. Prevalence of mental health issues is far greater amongst incarcerated youth as compared to that of normal adolescent population. Successful reintegration of juvenile delinquents would not only reduce the crime rate but also infuse productive members into the society. This paper aims to contribute to that goal. Using purposive sampling, in-depth interviews were conducted of 6 juvenile delinquents at a remand home in Mumbai with special focus on themes like self appraisal and reflected appraisal, family involvement and experiences in the remand home. Further the interviews were subjected to thematic analysis through which sub-themes of drug use and involvement with offending peers were outlined as the major variables moderating the rehabilitation process. The paper suggests that preparing the individuals for probable challenges on the outside, along with facilitating open communication networks with their families would greatly contribute towards successful rehabilitation.

*\*Junior Research Fellow, IIT-Bombay, India.*

# Gender differences in religious orientation and hope among adolescents of Kashmir region.

*Sajad Hussain*

## **Abstract**

**Introduction:** The present study was conducted to find out gender differences in religious orientation and hope. **Method:** Between group design was used to conduct the study. The Purposive sampling method was used to collect the data for the present study. The sample size for the current study was comprised of (N=40) respondents aged between (10-19) years from Kashmir region. The sample was divided into two categories on the basis of gender (male and female). Each of the two groups consisted of (n= 20) respondents. Independent t-test was used to analyze the significant differences in religious orientation and hope in the said sample. Allport and Ross (1967) were used to evaluate the religious orientation among adolescents. Similarly, the level of hope was evaluated with the help of Adult Hope Scale (AHS) developed by Synder et al.(1991). **Results:** The findings of the study showed higher Mean scores on Intrinsic religious dimensions and hope. On the contrary, female respondents obtained higher Mean scores on extrinsic religious dimensions. **Conclusions:** Therefore, it may be inferred from the findings of the study that religious orientation plays a profound role in the development of sense of positivity among adolescents.

**Keywords:** adolescents, religious orientation, hope.

*\*Ph.D. Scholar, Amity Institute of Behavioral & Allied Science, Amity University,  
Rajasthan, India.*

To study the influence of home environment on self esteem of the adolescents.

*Samriti Nathyal\* & Prof. Arti Bhakshi\*\**

### **Abstract**

Aim of the present study was to examine the influence of home environment on self esteem of the adolescents of Jammu city. A sample of 100 adolescents was randomly selected from various senior secondary schools of Jammu city. Home Environment Scale by Akhtar & Saxena (2013) and Self-Esteem scale by Rosenberg (1969) were administered to collect the relevant data. Multiple linear regression was used to analyze the data. The results of the study will be discussed later.

**Keywords:** Home Environment, Self Esteem, Adolescents.

*\* Research Scholar , P.G. Department of Psychology, University of Jammu, J&K, India.*

*\*\* H.O.D., P.G. Department of Psychology, University of Jammu, J&K, India.*

## The study on happiness and helping attitude among nurses and nursing students

*Sannet Thomas*

### **Abstract**

Happiness is the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile. Helping attitude is a quality within the individual that is useful for the person who gives, as well as who receives. The present study aimed to investigate the Happiness and Helping Attitude among Nurses and Nursing Students. This study was done on 120 people (60 nurses and 60 nursing students) through purposive sampling technique. Oxford Happiness Questionnaire and Helping Attitude Scale were used to collect data. Data were analysed by using Mean, S.D, t-test, and Pearson product moment correlation.

Result proves it there is no significant difference in the Happiness and Helping Attitude among Nurses and Nursing Students, there is a significant correlation between Happiness and Helping Attitude among Nurses and there is a significant correlation between Happiness and Helping Attitude among Nursing students.

**Keywords:** Happiness, Helping Attitude, Nurses, Nursing Students.



*\*M. Phil Research Scholar, Department of Counselling psychology, University of Madras,  
Tamilnadu, India.*

## Gender comparison on automatic thoughts among juvenile delinquence.

*M. Saranya*

### **Abstract**

Automatic thoughts, a concept in cognitive behavioral therapy, are images or mental activity that occurs as a response to a trigger (like an action or event). They are automatic and 'pop up' or 'flash' in your mind without conscious thought. Automatic thoughts are important for the juvenile because it can make positive impact on their thoughts process and avoid them indulging in crime acts. Automatic thoughts play an important role in the effects of personality vulnerability factors, positive affect, and hassles on mood. The aim of the study is to measure the level of automatic thoughts in juvenile adolescence. The tool used for this study is automatic thoughts questionnaire (ATQ) (Philip C. Kendall, Steven D. Hollon, 2006) with 30 items. The sample size is 120 consisting of 60 girls and 60 boys, purposive sampling method is used. Descriptive statistics, mean and 't' test was used to analyze the data.

**Keywords:** Automatic thoughts, juvenile, positive.

*\*Graduate Student, Department of Psychology, Sri Kanyaka Parameswari Arts and Science College for Women, Chennai, Tamilnadu, India.*

## Long term marriages and the psychology behind them.

*Shachana Jhamb\*, Paavandeep Singh \*\* Nidhi Gupta\*\*\**

### **Abstract**

It is very evident that not many studies have been done to examine long-lasting marriages where couples share a happy and comfortable relationship with their spouse. The motive of our study was to understand the psychology behind long-term marriages and what factors play role in helping marriages flourish. Our research also studies whether the love and bonding among the couples changes over time or stay alike. In our qualitative study, we interviewed 43 happy individuals who have been married for 25 years or more by now, using a self made questionnaire containing 40 questions which consisted off both multiple choice and open ended questions. From the responses of the couples we concluded that it is very important to have love, trust, understanding, a sense of commitment, transparency, ability to sacrifice and many other factors, to have a successful marriage. It is very important to accept the difference in thinking and actions in the spouse because two people can not think alike. On the contrary, lack of interest, dominance and lack of trust can break down a beautiful relationship. This study can help relationship counsellors in a very productive manner as they can help couples improve their relationships and enrich it again with the love they once felt for each other.

*\*B.A( Hons), Applied Psychology, 3<sup>rd</sup> year, SPM college, D.U, India.*

*\*\*B.A (Hons) Applied Psychology, 3<sup>rd</sup> year,Dr. B.R Ambedkar College, DU, India.*

*\*\*\*Faculty Adviser, Psychologist at St. Stephen's Hospital, Delhi, India.*

## Gender differences in resilience among Kashmiri youth.

*Shahina*

### **Abstract**

The people of kashmir have been continuously the victims of physical,psychological and cultural violence across the society.The present study Assessed the level of Resilience through multiple case studies,conducted among young kashmiri youth.Resilience is defined operationally as the ability to cope with the changing life situations in this particulat context.A Semi-structured interview method was adopted to collect the data using convenient sampling method.The sample for the study was collected among the central university students of Kashmir origin,who are pursuing their education in Delhi.The Results were quite significant in addressing the resilience factor among men and women.The continuous conflict exposures has an impact on the way men and women viewed the process of livelihood.The major predictors were analyzed from the collected data through multiple case studies.

*\*Student, MA Applied psychology, Jamia millia Islamia, A central Universit , New Delhi,India.*

## Substance abuse in higher educational institutions: underlying causes and a way forward.

*Shalender*

### **Abstract**

Substance abuse is defined as the harmful or hazardous use of psychoactive substances, including alcohol and other drugs. it can lead to social, relationship problems and mental illnesses. Along with these personal problems, institutes and subsequently the nation suffers as a result of wasted talent. This paper examines the causes of substance abuse in higher educational institutions and positive psychology as a way to tackle it. Positive psychology is “the scientific study of what makes life most worth living.” The causes of substance abuse in higher educational institutions include peer pressure, fear to face the reality and sudden removal of a goal. It has been demonstrated that peer pressure is a major cause pushing students towards substance abuse. It makes substance abuse appear socially acceptable. Academic load and the stress to cope with ever-coming exams and assignments push some students towards drugs in order to escape reality and not face it. The sudden removal of this goal and the motivation it provided, leaves a gap which many students resort to drugs to fill. A survey was conducted to examine and validate these causes. The survey consisted of a questionnaire was based on the Likert Scale. The responses were analyzed and the results are presented in this paper. The findings validate the causes as posited above. The need for a solution to substance abuse is felt. Positive psychology is one such educational tool to help us. The basic tenets of positive psychology are *positive experiences, positive individual traits and positive institutions*. Understanding positive emotions

entail the study of contentment with the past, happiness in the present and hope for the future, all of which can help an addict come out and provide one the strength to fight addiction. Positive individual traits include traits such as resilience, self-knowledge, self-control, compassion and wisdom. Fostering of these traits leads to a life more worth living along with helping one in combating addiction. The last of these, i.e positive institutions refers to communities which foster teamwork, responsibility, nurturance, work-ethic and purpose. The values imbibed through these institutions are the ones which help one come out of addiction and also not be an addict in the first place. The paper concludes that positive psychology can be a way to tackle substance abuse in higher educational institutions.

**Keywords:** *Substance abuse, positive psychology, peer pressure, Likert Scale.*

*\*Research Scholar, IIT ,BHU, Varanasi, Uttar Pradesh, India.*

Enhancing meta cognitive knowledge through mindfulness

*Gupta S.\* & Kaur K.\*\**

### **Abstract**

Meta-cognitive skills are important organizers of all the tasks that we perform. They enable planning, setting goals, initiating work, sustaining future-oriented problem-solving activities, monitoring and managing progress on tasks to detect and correct errors, and keeping track of the effect of one's behavior on others. Broadly, it includes knowledge and regulation about self. Students do have difficulty in seeking assistance when they are unable to start or complete their work. So, there is a necessity to conduct research in this field.

Mindfulness here is chosen as a focal point of research because of its relevance as an emerging technique of intervention to improve the metacognitive knowledge of students.

The present study evaluated the effect of mindfulness intervention on meta cognitive knowledge of students. Meta cognitive knowledge includes the declarative knowledge, conditional knowledge and procedural knowledge of students. The students on which mindfulness intervention was administered were of age group 10-12 years. This was eight weeks intervention but yielded very significant results, which can have valuable implications for students and trainers at academic settings.

*\*ICSSR Doctoral Fellow, Department of Education, Panjab University, Chandigarh, India.*

*\*\* Associate Professor, Department of Education, Panjab University, Chandigarh, India.*

## Emotional intelligence and psychological well-being among working and non-working women.

*Shikha Khandelwal & Kiran Sahu*

### **Abstract**

Emotional Intelligence is a factor contributes to positive attitudes , behaviors and outcomes in people. Further, Psychological well-being is defined as the capability to actively participate in work and to create important relationships with others, and to establish positive emotions. Therefore, the aim of the current study is to investigate the emotional intelligence and psychological well-being among working and non-working women. The sample was comprised of 78 women ( 39 working women and 39 non-working women)by the method of incidental sampling. Data was collected with the help of Emotional Intelligence Scale by Dr. S.K. Mangal and Dr. Shubhra Mangal and Psychological Well-Being Scale by Dr. Devendra Singh Sisodia And Ms. Pooja Choudhary . The result revealed that working and non-working women differ significantly on the variable emotional intelligence but this difference is not significant for psychological well-being. Two dimensions of Emotional Intelligence (i.e. Intra personal and Inter personal) showed significant difference between working and non-working women.

Similarly out of five dimensions of Psychological well-being , Efficiency and Sociability showed significant difference between working and non-working women. The findings of the result shows a positive correlation between emotional intelligence and psychological well-being among working and non-working women. This implies that emotional intelligence is a constellation of emotional perceptions and is a very powerful predictor of psychological well-being.

**Keywords:** *Emotional Intelligence, Psychological Well-Being, Working Women.*

*\*Department of Psychology, G.D.H.G. College, Moradabad, Uttar Pradesh, India.*

## Nutritional status, progression of infection, CD4 count and ART adherence of HIV/AIDS orphans.

*Shikha Verma*

### **Abstract**

The present study examined thenutritional status, progression of infection, immunological staging (CD4 count) and ART adherenceof HIV/AIDS orphans.

The sample of the study consisted of 116 were HIV/AIDS orphans (71 boys and 45 girls). Mean age of HIV/AIDS orphans was 11.98 years (boys mean age was 10.17 years and girls mean age was 12.15 years) living in the orphanages. The nutritional status was assessed according to Body Mass Index (BMI). BMI was calculated by children's matric BMI table. The HIV/AIDS orphans were identified on the basis of progression of infection, with the help of WHO clinical staging and presence or absence of the number of CD4 cell in a cubic millimetre of blood, with the help of WHO age specific immunologic categorizations. The adherence rate was checked by asking the HIV/AIDS orphans if he/she has missed any dose.

The results indicatedinsignificant gender difference between HIV/AIDS orphan boys and HIV/AIDS orphan girls on nutritional status. HIV/AIDS orphans had good follow-up and ART

adherence. Most of the HIV/AIDS orphans were on stage 1 and 2 of immunological stages (CD4 count) and WHO clinical stages. Significant positive correlation was found between immunological staging (CD4 count) and WHO clinical staging among HIV/AIDS orphans.

HIV/AIDS orphans should be helped to develop healthy coping strategies and therefore help to improve their physical and emotional well-being.

**Keywords:** ART adherence, HIV/AIDS orphans, immunological staging (CD4 count), nutritional status and WHO clinical staging

*\*Assistant Professor, Department of Psychology, A.N.D.N.N.M. Mahavidyalya, Kanpur, U.P., India.*

The role of locus of control to manage the type 2 diabetes mellitus.

*Shivani Tomar*

### **Abstract**

Diabetes mellitus is a non-transmissible chronic disease, the prevalence of which is growing in India and worldwide, becoming a severe public health problem. The concept of locus of control was applied in the health field in the 1990s by Wallston, who developed instruments to evaluate to what extent individuals conceived of their health condition or disease being controlled by themselves, fate, or others.

The aim of this study was to determine the status of Health Locus of Control and General Mental Health in a sample of type 2 diabetic patients and investigation of its relationship to socio-demographic and clinical variables.

The study was conducted on 93 males and females type 2 diabetic patients from outpatient population. All were educated who belong to urban area but some were illiterate or literate who



belong to rural area. For analysis, we used descriptive statistic and other applicable statistic method on SPSS.

Regarding the locus of control, patients presented positive correlation between the internal dimension and GMH, and women showed more externality-at random for health. Statistically significant relationships were found between the internality with illness duration, treatment mode, family history and physical activity; between externality-other powerful entities with education, occupation and physical activity. Results indicate that the locus of control significantly affect the diabetic patients' intention to perform the control and manage the disease.

**Key-words:** *Health Locus of Control Questionnaire (HLoC), General Health Questionnaire (GHQ-12) and Type 2 diabetes mellitus (T2DM).*

*\*Assistant Professor, Department Of Psychology, SLA, Noida International University, Gr. Noida.,Uttar Pradesh,India.*

## Effect of altruistic behaviour on aggression and self concept.

*Shreya Sharma*

### **Abstract:**

Many colleges motivate students to become part of welfare organisations as way to give back to community. Some join them some do not. This study was conducted to find out the difference in students who became part of welfare organisations and those who didn't. Aggression, Altruistic behaviour and Self Concept clarity was studied among the two groups. The study consisted of 60 college students of the age group 18-25 years. 30 males and 30 females. Out of 30 males and females 15 were part of a welfare organisation and remaining 15 were not part of any such organisation. The data was collected using standardised scales for Aggression, Self Concept, Helping Behaviour. The scales used were Buss and Perry Aggression Questionnaire (1992), Robson Self Concept Questionnaire (1989),

Helping Attitude Questionnaire. The sample was of college students of Chandigarh of the age group 18-25. Mean and t ratio were calculated from the collected data to . The results revealed self concept clarity and altruistic behaviour was higher in both males and females who were part of welfare organisations along with low aggression levels.

**Keywords:** Aggression, Altruism, Self Concept.

*\*M.Phil. Clinical Psychology, Amity University, Lucknow, Uttar Pradesh, India.*

## Effect of gender and locale on coping strategies.

*Sita Kumari Jha\* & Israil Miya\*\**

### **Abstract:**

The purpose of present study was to examine the effect of Gender and Residential Locale on coping strategies. The total participant for the study comprises 160 subjects, Out of total, 80 subjects were male (40 from rural area and 40 from urban area) and 80 subjects were female (40 from rural area and 40 from urban area). For collecting the data, Coping Strategies Scale devolved and standardizes by A. K. Srivastava was used. 2x2 Factorial Research design was use to analyse the data. The result indicate no significant gender difference on coping strategies, but significant difference was found in the coping strategies of rural and urban subjects. The findings

highlight that urban subjects use more coping strategies than rural areas subjects. The interactional effect of gender and locale is also found insignificant.

**Keyword:** Gender, Residential Locale, coping Strategies.

*\*Ph.D. Scholar, \*\*Associate Professor, Department of Psychology, Meerut College, Meerut, UP, India.*

## Gender-wise difference in parenting styles of mother and father.

*Sukanya Biswas\* & Poonam Sharma\*\**

### **Abstract**

The present study intended to study the gender-wise difference in parenting styles of mother and father. The participants of the present study comprised of 40 children of both genders within the age range of 11 to 15 years, studying in classes 6, 7th, 8th and 9th standard of English medium schools in Pune. The sample was randomly selected from the population of 500 children and was equally divided into 20 boys and 20 girls. The sample of the study was collected through the

method of purposive and convenience. A questionnaire was developed with the help of Parental Authority Questionnaire PAQ which was developed by Buri (1991) to measure perceived parenting styles, which classify parenting style as permissive, authoritarian and authoritative parenting styles. The result stated that the mothers and the fathers employed more authoritative style to their boys, as compared to their girls. Whereas, for both mothers and fathers, effects of authoritative style are higher on girls as compared to boys. Effects of permissive style show consistent outcomes, both mothers and fathers are more permissive to girls, as compared to boys. In the case of uninvolved style, the mothers scored similar for the girls and boys whereas the fathers employed more uninvolved style to their girls as compared to their boys.

*\*Amity Institute of Behavioural and Allied Science (AIBAS)*

*\*\*Amity Institute of Behavioural and Allied Science (AIBAS)*

Correlates of psychological well being amongst families of army personnel.

*Sunaina Singh*

### **Abstract**

The study aimed to investigate whether there are differences in psychological well-being among families of Army Personnel in terms of posting status, educational status, employment status, age group and family size. Psychological well-being is measured using the Scales of Psychological

Well-being with six dimensions including: autonomy, environmental mastery, personal growth, positive relationships with others, purpose and self-acceptance. A total of 200 families were selected from Army Cantonments in Punjab. Data was analyzed using one-way ANOVA, independent t-test. The finding of this study revealed significant differences in overall psychological well-being in terms of different posting status, educational status, employment status, age group and family size. Moreover, results shows that there is a significant differences in overall psychological well-being, personal growth, and positive relationship between families staying in married accommodations and staying in separated family accommodations, employment status have a significant difference in autonomy while, the educational status showed positive and significant difference for overall psychological well-being, positive relationship, purpose in life, and self-acceptance.

**Keywords:** Psychological well-being, autonomy, environmental mastery, personal growth, positive relationship, purpose in life, self-acceptance.

*\*Retd. Army Officer, Indian Army,*

Depression in relation to mental well-being among prisoners.

*Tufel Akhtar\* & S. Reshma Jamal\*\**

**Abstract**

Present study aimed to measure the relationship between depression and mental well-being among prisoners. A person imprisoned is called a 'prisoner' in legal term. Prison security Act, 1992, Section 1 defines prisoner as "any person for the time being in a prison as a result of any requirement imposed by a court or otherwise that he be detained in legal custody." After the Criminal Law Act, 1967, Section 1 came into existence; the difference between 'felony' and 'misdemeanour' stopped existing. Earlier only individuals who were prosecuted for a felony were given the legal term 'prisoner' while people who were prosecuted for misdemeanour did not come under this term. There are 1,401 functioning jails in India, having a total capacity to house 3,66,781 (December 31, 2015) prisoners. However, the total number of jail inmates is 4,18,536 indicating severe overcrowding in prisons. Prison population is an underserved section of the society.

Data was collected from the Aligarh District Jail. In this study both convicted as well as under trails (150 convicted and 150 under trails). The age range between 19 years to 74 years with the mean age of 46.5 years. Purposive sampling method was used for the data collection. Data was collected by using DASS-42 scale and Warwick Edinburgh Mental well-being scale and analysed by SPSS (20.0).

The mean score of depression is 25.20 and mental well-being mean score 16.25.

There is a co-relation between depression and mental well-being. Most of the prisoners are highly depressed with negative mental well-being, there should be a timely diagnosis, counseling and appropriate intervention provided by government.

**Keywords:** Depression, Anxiety, Stress, Mental Well-Being prisoners.

*\*Research scholar, \*\*Faculty, Department of Psychology Aligarh Muslim University,  
Aligarh, UP, India..*

Mindfulness, depression and old age.

**Abstract**

Old age is the truth of everyone's life. In this stage, there are many changes in the life of a person, such as retirement from job, sometime death of spouse, separation from children due to their job or marriage, becoming physically weak etc. Due to these, the aged person goes through many psychological problems. The cultivation of mindfulness has received increasing attention over the past two decades as a way to increase wellbeing. It can be helpful for old age life. The present study is an attempt to investigate the effect of mindfulness on depression among aged people. For this study, sample of 100 aged people in the age range on 60 to 80 years were included through purposive sampling technique from district Haridwar. The five facet mindfulness scale (Baer et al., 2004) and depression scale (Karim and Tiwari, 1986) were used to measure variables. Result will be discussed in full length paper.

**Keywords:** Mindfulness, Depression, Aged People.

## Contemporary student's perspective of an ideal teacher.

*Vandana Chhabra\*& Poonam Sharma\**

### **Abstract**

The current paper is grounded on the findings of exploratory qualitative study carried out to explore “**Contemporary Students' Perspective of An Ideal Teacher**”. In earlier India, teaching was not restricted to just scientific knowledge, but a teacher had the responsibility of providing spiritual, worldly, societal, scientific and historical knowledge as well. Through purposive convenience sampling, 40 students from Amity University, Mumbai were interviewed by using in-depth interview technique. Thematic and content analysis revealed ten categories defining an ideal teacher from student's perspective, namely; Communication Skills, Teaching Skill, Student Teacher Relationship, Attitude, Personality, Involvement in Social Work, Holistic Development, Class management, Knowledge and being Student Oriented. Further, the categories were divided into Internal (facilitating student) and External zones (contribution to outside society). The study findings can be concluded as-“**Ideal Teachers are more than just teachers**” as they do not focus only on Teaching but touch the entire life of the student. The study can be helpful to better understand teacher-student dynamics which is essential to reduce generation gap and design modern teacher training programmes.

**Key Words:** Contemporary students, Ideal Teacher, student perspective.

*\*Amity Institute of Allied & Behavioral Sciences, Amity University, Mumbai, India.*



## Role of psychological capital in job satisfaction among Bank employees.

*Vinod \* & Punam Midha\*\**

### **Abstract**

The maximum time period of an individual is spent in work sphere, so gratification in job appears to be the most potent factor in one's life. Despite the extrinsic factors (salary, job environment & infrastructure) one's intrinsic factors also play a stringent role in satisfaction with job. Thus the present study is an attempt to assess and explore the role of psychological capital such as self-efficacy, hope, optimism and resilience in job satisfaction among bank employees. Data was collected from a purposive sample of 120 both male and female bank employees belonging to banking sector of Delhi. PCQ -24 (Luthans, Avolio & Avey 2007) for psychological capital and Generic Job Satisfaction Questionnaire (Macdonald & MacIntyre, 1997) for job satisfaction were used for collecting data which was analysed using SPSS. Descriptive statistics and correlational analysis were used. Mean for Job Satisfaction was 36.7 and for psychological capital dimensions it was 26.4 for efficacy, 25.9 for hope, 23.8 for resilience and 23.6 for optimism. Correlational analysis indicated significant positive correlation between job satisfaction and all the four dimensions of psychological capital that is hope, self-efficacy, resilience and optimism. These findings can be applicable in organisational setting by cultivating psychological capital that leads to higher levels job satisfaction among employees which will ultimately benefit organisations in reaching new heights of success.

**Keywords:** Psychological Capital and, Job Satisfaction.

\*Research Scholar, \*\*Professor, Dept. of Psychology, MDU, Rohtak, Haryana, India.

## Relationship between Social support and resilience among farmers from Punjab.

*Vipan Chaudhary\* & Shruti Shourie*

### **Abstract**

Farmers are socially isolated, working for long hours without any opportunity for social interaction, which can lead to loneliness and poor mental health (Skerratt, 2018). The present study aimed to assess the relationship between perceived social support and resilience among farmers. For this purpose, a sample of 230 farmers aged 35-50 years were selected from various rural areas of Punjab. Results revealed a significant positive relationship between perceived social support and resilience. This finding has implications for mental health counsellors in enhancing resilience among farmers by highlighting the role of social support through family counselling and awareness campaigns. Families of farmers need to be educated with regards to their role in providing social support to the farmers in the face of difficult times, and farmers need psychoeducation about seeking social support without hesitation or inhibitions.

**Keywords:** Farmers, Resilience, Social Support, Punjab.

*\*D.A.V. College Sector- 10, Chandigarh, India.*

## Emotional experience of Indian Army officers during deployment.

*Vrishti Kapoor\* & Nity Sharma\*\**

### **Abstract**

Military deployment is an inevitable part of the military culture and is characterized by various ambiguities that can be rewarding as well as challenging in nature, which are experienced by the officers. Substantial scientific evidence delineates the stressors that exist during this period. However, the emotional experience, which constitutes the affective, cognitive, and behavioral changes, of both pleasant and unpleasant nature, during this phase has received limited consideration. Therefore, this study aims to explore the emotional experience of 11 officers serving in the Indian Army, during the period of deployment, using a semi-structured interview. Thematic analysis was used to derive meaningful themes pertaining to the emotional experience reported by the participants. Results indicated that the officers undergo pleasant emotional experiences, such as, adoration, contentment, indebtedness, and optimism, as well as unpleasant emotional experiences, such as despondence, abhorrence, and dread. Individual differences may be attributed to the unique experiences of different individuals in the same situation. The participants expressed gratitude and respect for the Indian Army as an organization. Practical implications and recommendations for future research have been discussed.

**Keywords:** Emotional experience, military deployment, Army officers, Indian Army.

*\*Counselor, Rajiv Gandhi Cancer Institute and Research Center, Delhi, India.*  
*\*\*Scientist 'D', Defence Institute of Psychological Research, DRDO, Ministry of Defence, Delhi, India.*

## Emotional stability and self confidence in adolescents with and without siblings.

*Wijdan Haider*

### **Abstract**

Siblings play a unique role in one another's life and influence each other as peers do, mostly during adolescence. This paper studies emotional stability and self confidence among adolescents with and without siblings. Emotional stability is the capacity to maintain one's emotional balance under stressful circumstances. It was measured using the Big Five Inventory (BFI, John & Srivastava, 1999). Self confidence refers to the feelings of trust in one's abilities, qualities, and judgment and was measured using the Personal Evaluation Inventory (PEI, Shraunger, 1990). A total of 100 adolescents in the age range of 16-18 participated in the study, among which 50 had siblings and 50 did not have any sibling/s. t-test analysis revealed greater emotional stability among participants with siblings as compared to those without siblings. No significant difference was observed in the self confidence among the two groups. The findings were explained in the light of existing literature.

**Keywords:** emotional stability, self confidence, developmental psychology, adolescence.

*\*Graduate in Psychology*

A study on self esteem and trait anxiety among college athletes.

*Yogamaya Panda*

**Abstract**

The purpose of the present study was to compare the self esteem and trait anxiety among female and male college athletes. For the purpose of the study 100 athletes (50) female and (50) male national level players from different colleges of Odisha were randomly selected as the subject of the study. The subject age was ranged between 18 to 20 years (mean age = 19 years). In this study Sport Competition Trait Anxiety Test (SCAT, Martens et al) and Rosenberg Self-Esteem Scale (RSES) were used to assess the personal self-esteem levels of athletes. Descriptive statistics (mean and standard deviation) and t-test were used for data analysis. The result showed that male athletes were not differing from female athletes in their trait anxiety. On the other hand significant difference was found between male and female college athletes in self esteem.

*\* Assistant Professor in Psychology, Shailabala Women's Autonomous College, Cuttack, Odissa, India.*

## Affect of Internet Addiction on Happiness and Psychological Well-Being among College Students.

*Bhupender*

### **Abstract**

The present study was conducted with the aim to examine the affect of Internet Addiction on Happiness and Psychological Well-Being among College Students. Sample of Seventy Students were selected from Govt. P.G. College, Panchkula. Young's Internet Addiction Test was used to assess the Internet Usage; Happiness scale: to assess the level of Happiness in subjects and Ryff's Psychological Well-Being scale: to assess the psychological well-being in respondents. Result of the study revealed a significant negative affect of internet on happiness and psychological well-being among college students.

**Keywords:** Internet addiction, Happiness, Psychological well-being, College Students.

*\*Master Student, Department of Psychology Govt. PG College, Sector-1, Panchkula , Haryana, Chandigarh*

## Interfacing spirituality and pedagogy with elements of positive psychology.

*Lalit Kishore*

### **Abstract**

Spiritual Intelligence (SI) has been incorporated as a component of Multiple Intelligence (MI) Learning Theory propounded by Developmental Psychologist Howard Gardner. Consequently, educators and researchers have been looking for ways to integrate SI through classroom curricular interventions. Further, educating children of deprived and marginalized groups through innovative alternative education methods is regarded as social work by NGOs. Keeping this in view, an exploratory attempt was made to find the interfacing elements between pedagogy and spirituality using the focus group methodology. A focus group (N=3; one hour) consisting of a spiritual educator, pedagogue and a psychologist was organized by the investigator as the coordinator. Discussion on ‘How pedagogy and spirituality can be interfaced for classroom instruction?’ and its discourse analysis revealed that being optimistic and providing the positive psychological foundations to teaching-learning processes using co-operation, caring and sharing as educational values is important for interfacing. Positive psychology based cooperative learning techniques and learners as seekers of the joy of learning were indicated as the main interfacing elements between pedagogy and spirituality can lead to the joy of learning and constructed knowledge being internalized through visual arts and language art forms of poetry and singing speech.

**Keywords:** Classroom processes, focus group, interfacing strategy, pedagogy, positive psychology, spiritual intelligence

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Effect of emotional regulation on mindfulness among adulthood.

*Gill Sonu\* & Kumar Parvesh\*\**

**Abstract**

Emotional regulation is the ability to respond to the ongoing demand of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reaction as needed. Mindfulness means maintaining moment by moment awareness of our thought, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. In this study we have collected 100 samples from Schools of Panchukla. We used Emotional Regulation Questionnaire (ERQ): to assess the level of regulation of emotions in participants and Mindfulness Attention Awareness Scale (MAAS): to assess the level of mindfulness, attention awareness of participants. Result revealed that a positive relationship between mindfulness and regulation of emotions.

**Key Words:** Emotional Regulation, Mindfulness, Awareness, Attention.



*\* Master Student, \*\* Assistant Professor, Department of Psychology, Govt. P.G College,  
Panchkula, Haryana, India.*

A comparative study of general well being and life style of government educators.

*Kumkum Pareek\* & Sarika Rani\*\**

### **Abstract**

The current research work has been conducted to study general well being and life style of government educators. For the present investigation forty female and forty male teachers were selected of Meerut district. Data collected through General Well Being scale constructed by Chauhan and Didwania and Life Style scale modified by investigator. The statistical techniques were used the Mean, Standard Deviation, SE D and t-value. The result of the study indicated that there is significant difference between general well being and life style of female and male teachers. It was revealed that general well being was found to be greater in female teachers as compared to male teachers and life style was better in female teachers as compared to male teachers.

**Keywords:** General Well Being, Life Style, Government Educators.

*\*Associate Professor, \*\*Research Scholar, Dept. of Psychology, R.G. (P.G.) College, Meerut, UP, India.*

## The role of the family environment on depression among middle and late school-going adolescents.

*\*Sumnima Rai & Satyananda Panda\*\**

### **Abstract**

The basic unit of the society that we live in is family, an institution where one learns strength and courage that guides him in the outside world. It is very essential and critical for an individual to effectively manage the family. The purpose of the study was to see the role of different dimensions of the family environment on depression among middle and late school-going adolescents comprising of the age group of 15- 20 years. The study is carried out on a sample of 400 male and female high school students of ISCE board and state board. The assessment was done with the help of the Family Environment Scale and Beck Depression Inventory-II (BDI-II). The data was interpreted using norms of the tests and raw scores were obtained. The mean, SD and coefficient of the variance were calculated and the results were drawn. The results show that significant gender differences were observed in parameters like cohesion, conflict, and

independence and depression. However, there is no significant positive correlation between the dimensions of family environment and depression among middle and late school-going adolescents. The findings also showed that there were no significant gender differences on some dimensions like expressiveness, acceptance and caring, active recreational orientation, organization, and control.

**Keywords:** *Family environment, Depression, Gender, School students, Middle to Late Adolescents.*

*\* Ph.D. Scholar, \*\*Associate Professor & Head, Department of Psychology, Sikkim University, Gangtok ,India.*

Psycho-social correlates of loneliness among school-going adolescents of Assam.

*Udangshri Basumatary\* & Satyananda Panda\*\**

### **Abstract**

Loneliness has become one of the major factors in the rise of maladaptive behaviors among adolescents. The lack of self-esteem of the adolescents, inability to express and the environment at home and the surrounding area has an effective influence on the increase in loneliness. The aim of this study was to see the prevalence of loneliness among school-going adolescents and to find out the relationship between participants' loneliness, self-esteem and different dimensions of the family environment. The sample size of 150 (75 girls and 75 boys) school-going adolescents from two senior secondary schools of Assam was randomly selected for the study. The standardized tools like Loneliness scale, Self-esteem Scale and Family Environment Scale were used for the present study. The data was analyzed by using mean, standard deviation and

Pearson-Product-Moment correlation. The results showed that there is a prevalence of loneliness among school-going students. Adolescent boys had a higher score on loneliness compared to adolescent girls. The self-esteem of adolescents was found to be average in both senior secondary school boys and girls. The effect of various dimensions of the family environment was also observed, which are the major factors in determining loneliness among adolescent boys and girls. Because of the mean of loneliness among adolescents were found to be high, professionals need to pay attention to psycho-social states of the students, and need to empower them in establishing social relations.

**Keywords:** School-going, adolescents, loneliness, self-esteem, family environment.

*\* Ph.D. Scholar, \*\*Associate Professor & Head, Department of Psychology, Sikkim University, Gangtok, India.*

Exploring the psycho-social issues and challenges among the parents of intellectually and sensorily disabled children.

*Kakoli Das, Kinnari Kashyap & Satyananda Panda*

### **Abstract**

Parents living with a child with a disability experience physical and psychological distress, thus affecting their quality of life. The present study attempted to explore the psychosocial problems among the parents having intellectually and sensorily disabled children. Qualitative research design with a semi-structured interview was used for this study. Thirty parents having differently-abled children 35-45 years of age (15 parents having intellectually disabled children and 15 having sensorily disabled children) from 4 different rehabilitation centers of Guwahati, Assam was taken. Data analysis revealed many psychosocial problems which are associated with the disabilities of their children. The problems experienced by the parents of intellectually and

sensorily disabled children were mostly associated with financial matters, worries about the future of the child, lack of social support and adequate number of therapists, as well as lack of training program for the parents. However, during in-depth interview, it was observed that parents with sensorily disabled children were comparatively able to adjust in the face of adversity because their children are somewhat independent. This enables them to be optimistic and grow a sense of hope. The results indicate that children with severe disabilities are more physically demanding of their parents. Therefore, parents of intellectually disabled children experienced greater challenges and feel more stressed compared to the parents of sensorily disabled children. This study focuses on the need for parental formal and informal support when given intervention to their children with disabilities. Moreover, emphasis can be given on designing a family-centered care program and parental counseling.

**Key words:** psychosocial problems, intellectually disabled children, sensorily disabled children, stress.

*\*School of Human Sciences, Department of Psychology, Sikkim University, Gangtok, India.*

## Role of perceived illness and psycho-social adjustment among the cancer in-patients of Assam.

*Kinnari Kashyap, Kakoli Das, & Satyananda Panda*

### **Abstract**

Perception of illness in response to health threat information (such as physical symptoms and health belief) generates a cognitive and emotional representation of the illness. These representations are processed by the individual that helps in adjusting with the illness. The present study examined the association between illness perception and psycho-social adjustment among cancer patients. A survey of 64 eligible patients (34 male & 30 female) with Head and Neck cancer were recruited through stratified random sampling from 4 different hospitals in

Assam of age group 18 years and above was conducted. The participants were assessed by using the Brief Illness Perception Scale and Psycho-Social Adjustment to Illness Scale. The results revealed that patients with cancer perceived their illness to be chronic. Positive belief on personal control, treatment control, illness identity, and illness coherence were associated with better psychological adjustment while negative beliefs such as higher perceived consequences, and negative emotion representation are associated with poorer adjustment. Gender differences highlighted males to be high on adjustment than females. Therefore it is necessary to find the struggle behind adjustment among the patients. Accordingly, interventions should be taken account based on illness perception as a starting point to strengthen the patient's orientation towards the healthy adjustment.

**Keywords:** patients, illness perception, psychosocial adjustment, Gender, adjustment.

*\*School of Human Sciences, Department of Psychology, Sikkim University, Gangtok, India.*

Behind the smile: qualitative study of subjective burden and perceived support among spouse caregivers of patients with substance use disorders.

*Kuwari Barua\* & Dr. Satyananda Panda\*\**

### **Abstract**

In India, families have been the centerpiece of caregiving for persons with mental illnesses, also in most of the nonwestern world, and to a lesser degree in other parts of the world. A substance-dependent person affects almost all aspects of family life. Within the family, in the role of a wife who is most affected by the individual's substance use, and has to bear a significant part of the

family burden. Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. This qualitative study examined the role of perceived support and burden in spouses of patients with substance use disorder and the psychosocial factors among the spouses. Semi-structured interviews were conducted with 10 spouses of patients, each of whom had been diagnosed with a SUD and each of whom had been married for at least 1 year. Thematic analysis was used for analyzing data and the results showed that the greatest burden of caregivers was economic followed by stigmatization, emotional and relationship difficulties. Substance abuse magnifies violence within marital relationships. One of the major burdens the wives faced was the burden of blame – blame for the drug use in the family member, blame for hiding the issue from others and blame for not getting timely treatment. Thus, the wives often became the victim of not just the substance abusers but also the society. Most women suffer abuse silently, responding with humiliation, frustration, helplessness, and suicidal thoughts. Shame and embarrassment caused many women to build “a wall of silence” around her, thus increasing isolation and helplessness in the situation.

**Keywords:** substance, disorder, spouse, caregiver, burden, social support

*\*MPhil Scholar, \*\*Associate Professor & Head, Department of Psychology, Sikkim University, Gangtok, India.*

## Exploring the role of mindfulness and compassionate among the parents of children with disability and chronic conditions.

*Kinnari Kashyap, Kakoli Das & Satyananda Panda*

### **Abstract**

Parenting can be the greatest gift and the greatest burden. This may be suitable for parents of children with disability or chronic illness. For those unexpected burden of the child, parents may face worries about the child's health, loss of hope, social isolation, and health break-down. The present study aims to understand how being mindful and acceptance among the parents contribute to better parenting, parent-child relationship and child's improvement. A qualitative

research design with a semi-structured interview was used for the study among 28 parents, 15 parents with Intellectual disability child and 13 parents with children suffering from cancer from 4 different Institutes. Parents of children with both groups revealed a similar result. The parents were aware of the present situations which helped them interact with the child's experiences, needs with full attention. They accepted the situation and adjusted without trying to change it and controlled their emotions during parenting by loving, caring, hugging and touching that increased the bonding/understanding with the child. Moreover, social support was another factor that created a mindful environment for them. These were few of the factors identified that facilitated the parents to cope with the stressful event. Accordingly, interventions such as Mindfulness-based intervention techniques should be taken into account as a starting point to strengthen the patient's orientation towards parenting.

**Keywords:** Mindfulness, Compassionate, Parents, Children, Disability, Chronic Condition.

*\* Department of Psychology, School of Human Sciences, Sikkim University, Gangtok, Sikkim, India.*

Suicidal ideation in relation to academic stress and depression among school-going adolescents.

*Hemlata Sharma\*& Satyananda Panda\*\**

### **Abstract**

Suicide and the suicidal attempt is currently a major problem among students in our society. According to the World Health Organization, there is approximately one million people die by suicide worldwide every year. Sikkim situated in Himalaya foothills in the north-eastern part of India is also known for its highest suicide rates in nation by National Crime



Records Bureau. Depression is under-recognized and undertreated in adolescents, with near 75% of depressed adolescents not receiving treatment. Untreated depression in adolescence is related to different outcomes among adults, including lower educational and poorer physical health and also sometimes leads adolescents to commit suicide. The present study sets out to investigate the association between suicidal ideation in relation to academic stress and depression among school-going adolescents. A survey was conducted among 100 adolescents (50 male and 50 female) using stratified random sampling from different schools of East Sikkim. The participants were assessed by using Beck Suicidal Ideation, Beck Depression Inventory-II, and Academic stress scale. The data were analyzed by using descriptive statistics – Pearson method of correlation and non-parametric statistics like t-test. The findings indicated that suicidal ideation was negatively associated with depression and academic stress, whereas academic stress and depression positively correlate with each other. A significant gender difference was also found on suicidal ideation, depression and academic stress among adolescents. The findings will facilitate in understanding the major problems behind suicide and suicidal attempts, that will further help in developing interventional strategies.

**Keywords:** Suicidal Ideation, Adolescents, Depression, Academic Stress, Gender.

*\*Master student, \*\*Associate Professor & Head, Department of Psychology, Sikkim University, India.*

Depression, anxiety and stress scale (mini) validation of Hindi.

*Bhupendra Singh*

### **Abstract**

Depression anxiety and stress scale (DASS) is 42 item scale and this is available with a shorter version of 21 items. Present study aimed to check implacability and test retest validity of Hindi version of short DASS for the research and clinical utility in Hindi speaking areas. With a

standard protocol the scale was translated in Hindi language and it was applied on 427 volunteers those are familiar with English and Hindi both languages. Results are showing strong test retest validity on Cronbach's alpha (.820) of the Hindi DASS short version. It's found as a standard tool for assessing Depression anxiety and stress in Hindi speaking clinical and non clinical population.

**Key words:** Hindi, Depression, Anxiety, Stress

*\*Assistant Professor, Dept. of Psychiatric Social Work, Institute of Mental Health, UHS Rohtak ,  
Harayan, India.*

Pushing towards a better future, or pushing to the brink: view from the vantage  
point of adolescents.

*Neerja Chadha*

**Abstract**

The period of adolescence, which is the transitory period between childhood and adulthood, is aptly considered a period of unique abilities and corresponding vulnerability. In contemporary times, against the backdrop of rapid pace of industrialization, westernization, individuation, and increased competitiveness, the pressure to achieve is taking a toll. Delving deeper into the issue, the present study focusses on adolescents' perceptions of achievement pressures, the stresses they experience, aspects of relationship with parents, and ramifications of the same. High school students, 158 adolescents (82 male and 76 female) from New Delhi, India participated in the study. The high degree of pressures and stress experienced by the participants was duly borne out. Male respondents were found to perceive significantly higher achievement pressures than the female respondents. Achievement pressures had a significant positive correlation with anxiety and depression. To draw greater insights, focused group discussions were held separately with a subset ( $N=16$ ) of the adolescent sample, and a group of 13 parents. Analyses inform recommendations with regard to providing a positive and nurturant milieu to our adolescents.

**Key Words:** Adolescents, parents, achievement pressures, anxiety, depression.

*\*Professor of Child Development, Indira Gandhi National Open University, New Delhi, India.*

Recruitment of police personnel: analysis of personality traits.

*Ajay Kumar*

**Abstract**

The study tried to examine the personality traits of police personnel. For this purpose 50 police constables and 50 police sub-inspectors of Uttar Pradesh Police, belonging to age group of 22-35 years, were sampled by purposive sampling technique from Meerut, Ghaziabad, Bagpat and Muzaffarnagar districts of Uttar Pradesh. For assessment of personality traits i.e Honesty, Responsibility, Gregariousness, Respect for humanity, Cooperative, Dutifulness, Resourceful, Adjustability, Self-motivated, and Courage among police personnel self developed Police Personnel Personality Questionnaire (PPQS) was used. The results showed that the percentage of constables in low category for ten traits lies from 6 to 28, in average category lies from 54 to 72 and under the good category percentage lies from 16 to 28 whereas ideally it should be 90 percent. The percentage of sub-inspectors in low category for ten traits lies from 8 to 28, in average category 50 to 66 and in good category lies from 16 to 30 percent. The highest percentage in good category was only 30 percent whereas ideally it should be 90 percent.

*\*Assistant Professor, S.V. College, Aligarh, U.P. India.*

# Development and testing of a measure designed to assess the virtual identity among young adults.

*Ami\* & Rajesh Kumar\*\**

## **Abstract**

Identity described as unique information to all to describe individuals'. It has the capacity to quantify anyone in a specific manner. People with identity have made a regulation and awareness about self. Therefore, it point out the totality of personality along with individual's uniqueness, psychological, biological and societal frontiers. The purpose of present study is to describe the process of developing reliable and valid measurement that can be used in any psychometric settings. From psycho informatics perspectives, it is essential to everyone to ensure that virtual identity has been affected by human personality, behavioral patterns and proceeding knowledge of information sciences. Besides this it explores the developmental channels of identity of individuals in context of online social platforms and also highlights the core features of online world in perspective of virtual identity.

**Keywords:** Self Concept, Virtual Identity, Social Media and Online Media Handlers.

*\*Research Scholar, Department of Psychology, Panjab University, Chandigarh, India.*

*\*\*Associate Professor, Department of Psychology, Post Graduate Government College, Sector – 46, Chandigarh, India.*

## A study of emotional maturity among employed and unemployed graduates.

*Anjali Sing\* & Sunita Kumari\*\**

### **Abstract**

Mental health is synonymous with maturity and maturity is born of responsibility. They cannot be mentally or emotionally healthy, if individuals are unemployed. Several studies have revealed an association between unemployment and mental health and shown that unemployment can affect people's emotional maturity differently. The main purpose of this present study was to assess the emotional maturity of the employed and unemployed graduates. The sample consisted of 200 graduate students from different area of Aligarh district in U.P., in which 100 employed and 100 unemployed graduates male and female. Random sampling method was used to selecting the sample. The age range of the sample was 20 to 30 years. Emotional maturity scale was developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used to data collection. The data was analyzed using mean, S.D. and t-test. The findings of the study revealed that the significant difference between employed and unemployed graduates.

**Keyword:** emotional maturity, employed & unemployed.

*\*Research scholar, \*\*Associate professor, Department of Psychology, Shri Varshney College, Aligarh, UP, India.*

## Role of dysfunctional individuation and emotional regulation in well-being of Indian adolescents.

*Aastha Verma\* & Harprit Kaur \*\**

### **Abstract**

Unfortunately, the trends of declining well-being in adolescents is a phenomenon that has been observed globally. Recent studies suggest that Indian teenagers have a high rate of depression and mental health issues as compared to the US and Australia which calls for urgent attention. It is thus essential to have a greater understanding of the well-being of Indian adolescents and the aspects associated with it. This study focuses on the association among well-being, dysfunctional individuation, emotional regulation in high school students and identifies the effect of dysfunctional individuation and emotional regulation on general well-being. It also assesses the socio-demographic differences among these variables of the study. The data has been collected from high school students between the age of 12-15 years. Questionnaires used for the study are, General Well-being Scale, Dysfunctional Individuation Scale (DIS) and Emotional Regulation Questionnaire for Children and Adolescents (ERQ-CA). For the computation of result, multiple regression, coefficient of correlation and student's t-test have been used. The variables studied have proved to be strong predictors of general well-being. Results also indicate a significant inverse correlation of well-being with dysfunctional individuation and expressive suppression.

*\*Department of Psychology, Punjabi University, Patiala, India.*

## Mental health of guest teachers of Punhana block –Mewat district (Haryana):a case study.

*Mr. Dalel Singh*

### **Abstract**

Health, an indispensable quality in human beings, mental health is defined as the state of mental pleasure and lacking of psycho-physiological complaints. Mental health of the guest teachers is essential for effective teaching and improvement of education system. A mentally unhealthy guest teacher reflects tension, restlessness and hopelessness among its co-teachers as well as its students. Punhana block is totally rural block. Teaching in Punhana Block-Mewat district (Haryana) is a very difficult task. Mewat district was established in the year 2005. Even today also it lacks minimal resources for guest teachers in Punhana block which makes teaching hard. In present research, an effort has been made to explore the mental health conditions of the guest teachers teaching in the schools of Punhana block-Mewat district (Haryana). Through descriptive survey method and, by applying Positive Mental Health Inventory by Dr. C. D. Agashe and Dr. R. D. Helode (2008), the results attained, give an idea that the mental health conditions of the guest teachers are not too good due to varied reasons like ‘low salaries’, ‘inadequate tenure’, ‘extra workload of classes, clerical work and extracurricular activities’, ‘unsatisfactory progress of pupils’, ‘loneliness’, ‘high moral expectations’, ‘lack of social prestige’, ‘relationship among co-teachers and administrators’, ‘lack of facilities’, ‘no additional allowances’ and ‘no housing facilities’, ‘religious questions’ and the like.

**Key words:** Mental health; Mentally healthy guest teachers; Punhana Block; Mewat District of Haryana.

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*\*Senior Research Fellow, Department of Community Education and Disability Studies, Panjab University, Chandigarh, India.*

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## Assessment of social loafing among selected team game athletes.

*Dalwinder Singh\*, Rajni Monga\*\* & Sonia Saini\*\**

### Abstract

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The purpose of the present study was to assess the social loafing among selected team game athletes. The sample consists of one hundred and eighty (N=180) female subjects of team games which comprises sixty (n=60) ball games athletes, sixty (n=60) racket and stick games athletes as well as sixty (n=60) without equipment games athletes, who had participated in the inter-college competitions of Panjab University, Chandigarh during the session 2015-16. The age of the subjects was ranged between 17 to 21 years. Social loafing was determined by administering Social Loafing Scale developed by Q.G. Alam and Ramji Srivastava (2008). Analysis of Variance (ANOVA) was applied to find out the significant differences among various groups. The level of significance was set at 0.05. The result revealed insignificant differences among selected groups on the sub-variables individual task condition, group task condition and on the variable over-all social loafing.

**Key words:** social loafing, team games, athletes.

*\*Professor, \*\* Research Scholar, Department of Physical Education, Panjab University,  
Chandigarh, India.*

*\*\*\* Assistant Professor, MCM DAV College for Women, Sector -36 Chandigarh, India.*

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## The relationship between emotional intelligence, happiness and perceived social support.

*Diksha Bansal*

### **Abstract**

Emotional intelligence has proven to be an important aspect of one's ability. There are studies that suggest that people with high emotional intelligence tend to be more happy and successful. Emotional intelligence builds its roots from the social support an individual gets. The following research paper investigates the correlation between emotional intelligence, happiness and perceived social support. The sample comprises of 200 students of Chandigarh University with age ranging from 18 to 21 out of which 86 were females and 114 were males. The scales used are Emotional Intelligence Questionnaire (EIQ), Oxford Happiness Questionnaire and Multidimensional Scale of Perceived Social Support (MSPSS). It was observed that there is a positive and significant correlation between Emotional Intelligence, Happiness and Perceived Social Support. This signifies that individuals with high emotional intelligence tend to be happier and have more social support.

**Keywords:** Emotional Intelligence, Happiness, Perceived Social Support.

*\*Master student, Department of Psychology, Chandigarh University, Ghuruan, India.*

## Recruitment of police personnel: analysis of personality traits.

*Ajay Kumar*

### **Abstract**

The study tried to examine the personality traits of police personnel. For this purpose 50 police constables and 50 police sub-inspectors of Uttar Pradesh Police, belonging to age group of 22-35 years, were sampled by purposive sampling technique from Meerut, Ghaziabad, Bagpat and Muzaffarnagar districts of Uttar Pradesh. For assessment of personality traits i.e Honesty, Responsibility, Gregariousness, Respect for humanity, Cooperative, Dutifulness, Resourceful, Adjustability, Self-motivated, and Courage among police personnel self developed Police Personnel Personality Questionnaire (PPQS) was used. The results showed that the percentage of constables in low category for ten traits lies from 6 to 28, in average category lies from 54 to 72 and under the good category percentage lies from 16 to 28 whereas ideally it should be 90 percent. The percentage of sub-inspectors in low category for ten traits lies from 8 to 28, in average category 50 to 66 and in good category lies from 16 to 30 percent. The highest percentage in good category was only 30 percent whereas ideally it should be 90 percent.

**Key words:** Recruitment, Police, Personality traits.

*\*Assistant Professor, S.V. College, Aligarh, U.P. India.*

## Self-efficacy in relation to weight preoccupation and body-dissatisfaction among adolescents females.

*Kirti Shekhawat*

### **Abstract**

The present study was designed to investigate the self-efficacy in relation to weight preoccupation and body image dissatisfaction among adolescent females. The sample comprises 30 females aged between 12-15 years studying in grade 6-8. Self Efficacy Scale (Wister et al., 2009) and Minnesota Eating Behavior Survey (Ranson et al, 2005) were used. Co relational analysis was done. The result indicates significant negative correlation between self-efficacy and body dissatisfaction. Whereas, no significant relationship was found in self-efficacy and weight preoccupation.

**Keywords:** Self-efficacy, Body image Dissatisfaction and Weight Preoccupation.

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## Academic stress among adolescents.

*Fatma Gausiya & Kanan Kapil*

### **Abstract**

In the present world of competition, the students face various academic problems which lead to stress. Academic stress is the feeling of anxiety or apprehension over one's performance in various academic pursuits including curricular and co-curricular. If stress is harsh and extended it affects the academic performance (Richlin-Klonsky & Hoe, 2003). Academic stress among students has long been researched on, and researchers have identified stressors as too many assignments, competitions with other students, failures and poor relationships with other students or lecturers (Fairbrother & Warn, 2003). Bisht (1989) has defined academic stress as a demand related to academics that tax or exceed the available resources (internal or external) as cognitively appeared by the student involved. According to her, academic stress reflects perception of individual's academic frustration, academic conflict, academic pressure and academic anxiety. Academic stressors include the student's perception of the extensive knowledge base required and the perception of an inadequate time to develop it (Carveth et al, 1996). Students report experiencing academic stress at predictable times each semester with the greatest sources of academic stress resulting from taking and studying for exams, grade

competition, and the large amount of content to master in a small amount of time (Abouserie, 1994). When stress is perceived negatively or becomes excessive, students experience physical and psychological impairment. Methods to reduce stress by students often include effective time management, social support, positive reappraisal, and engagement in leisure pursuits (Murphy & Archer, 1996). The pressure to perform well in the examination or test and time allocated makes academic environment very stressful (Erkutlu&Chafra, 2006). This is likely to affect the social relations both within the institution and outside which affects the individual person's life in terms of commitment to achieving the goals (Fairbrother & Warn, 2003). Hence, the present study was done to assess the academic stress among adolescents.

**Keywords:** Academic Stress, Adolescents.

*\*Research Scholar, Department of Education, Panjab University, Chandigarh*

## **Anxiety and the seven traits of narcissism.**

*Gaurav Sinduria\* & Bhupesh\**

### **Abstract**

Narcissism is the pursuit of gratification from vanity or egotistic admiration of one's idealized self-image and attributes. This includes self-flattery, perfectionism and arrogance. Anxiety is an emotion that causes increased alertness, fear and physical signs in a state of a potentially harmful or worrying events of life. Anxiety is normal in stressful situations, but as a habit in daily life, it is seen as abnormal behavior. The purpose of the study was to study the relation between narcissist personality traits with anxiety. A sample of 70 people with age range 17-30 was studied. A test consisting of 40 items of measuring 7 component traits of narcissism viz. Authority, Self-Sufficiency, Superiority, Exhibitionism, Exploitation, Vanity & Entitlement and Beck Anxiety Inventory was administered with prior consent of the individuals. Results show that Superiority, Exhibitionism, Exploitativeness, Vanity & Entitlement were positively correlated with anxiety and the overall score of Narcissism was positively correlated with anxiety. However, no relation was found between Authority, Self-Sufficiency and Anxiety.

**Keywords :** Narcissism, Anxiety, Authority, Exhibitionism, Exhibitionism, Vanity, Exploitativeness, Entitlement.

*\*Master Student, Department of Psychology, Govt. P.G College Panchkula, Haryana, India.*

A comparative study on happiness and life satisfaction among working and non-working females.

*\*Manisha , \*\*Nayak Anmol Grace& \*\*\* Kumar Parvesh*

### **Abstract**

Life satisfaction is the way people perceive various situations which leads to the experience of different emotions or feelings. Individuals who are satisfied in their life might have a positive outlook or may have better coping skills to confront difficult situations. People who are satisfied in their life will be happy despite of their circumstances. Happiness is when an individual has a sense of well-being which is accompanied by positive thoughts or feelings. In this rapidly transforming world, females with ambition are achieving greater goals and are working hard to accomplish their mission. Others choose to proceed with having a family oriented life and discontinue their career goals. The present study investigated the level of happiness and life satisfaction among working and non-working females in the age group of 20 to 35 years. The sample size for this study is 70 females (35= working females and 35= non-working females). The scales used for analysis are Oxford Happiness Scale and Satisfaction with Life Scale

(SWLS) by Diener et al. Results show that there is working females are higher on happiness and life satisfaction than non-working females.

**Keywords:** *Life Satisfaction, Happiness, Working females, Non-working females*

*\*MasterSstudent, \*\*\*Assisstant Professor, Department of Psychology, Govt. P.G. College  
Sector-I, Panchkula, Haryana,India.*

*\*\* Master student, Department of Psychology, D.A.V College, Sector-10, Chandigarh, India.*

## Job satisfaction: relationship with mental health among school teachers

*Vivek Bhuchar\*, Gurjashan Singh Dhummi\*\*, & Ankush Garg\*\*\**

### Abstract

The aim of the current research is to see the relationship and differences among the school teachers. The relationship between job satisfaction and mental health and differences among gender and private and public school teachers were studied. For the present research, the tools used are Job Satisfaction Instrument (Mishra et al., 1997) and Mental Health Inventory (Jagdish & Srivastava, 1996) to be administered on to the sample of 100 teachers teaching 11th and 12th class students. The job satisfaction instrument consists of 41 items and is scored on the 5-point rating scale. The responses of the respondent range from more disagree to more agree. The scale consists of positive and negative scored items. The tools have its reliability and validity to be



used among the employees. The Mental Health Inventory consists of 56 items out of which 26 items are true-keyed and 30 items are false-keyed. The responses of the respondent can be made from given 4 alternatives where “4” to Always, “3” to “Most of the times”, “2” to “sometimes” and “1” to “Never” for positive items whereas 1, 2, 3, and 4 are scored for “always”, “most of the times”, “sometimes”, and “never” for negative items. The sample for the present study was taken from the different schools of Punjab. The correlation and t-test was calculated to see the relationship and differences among the teachers under the study.

*\*Research Scholar, Dept. of Psychology, Lovely Professional University, Jalandhar, Punjab, India.*

*\*\*Student, Computer Course, CADD Solutions, Phase 7, Mohali Punjab, India.*

*\*\*\* Bachelor Student, Khalsa College for Women, Civil Lines, Ludhiana, Punjab, India.*

### **A study of job performance and technostress among it professionals.**

*Vivek Bhuchar\*, Gurjashan Singh Dhummi\*\* & Ankush Garg*

#### **Abstract**

The aim of the current research is to see the relationship and differences among the system engineers. The relationship between job satisfaction and mental health and differences among gender and private and public school teachers were studied. For the present research, the tools used are Job Satisfaction Instrument (Mishra et al., 1997) and Mental Health Inventory (Jagdish & Srivastava, 1996) to be administered on to the sample of IT Professionals. The sample would be system engineers employed on the basis of education such as B.Tech, M.Sc. and MCA. The job performance questionnaire is developed and constructed by Shokrkon & Arshadi (1990).

The questionnaire consists of 15 items and can be rated on four-point rating scale. The options for each item is Rarely Occurs, Sometimes Occurs, Often Occurs and Very Often Occurs. The reliability of the test was measured using split-half and Cronbach's alpha and the reliability coefficient came out to be 0.86 using Cronbach's alpha and 0.78 using split-half method. The technostress scale consists of 24 items. The items in the questionnaire are measured on the 5-point likert scale where "1" indicating "completely disagree", "2" indicating "disagree", "3" indicating "neutral", "4" indicating "agree" and "5" indicating "strongly agree". The sample for the present study was taken from the different schools of Punjab. The correlation and t-test was calculated to see the relationship and differences among the teachers under the study.

*\*Research Scholar (Dept. of Psychology), Lovely Professional University, Jalandhar*

*\*\*Student (computer course), CADD Solutions, Phase 7, Mohali.*

*\*\*\*Student (B.A.), Khalsa College for Women, Civil Lines, Ludhiana*

A correlation study between personality and aggression among college student.

*Himanshi & Shilpa\**

### **Abstract**

Aggression can manifest in physical actions, such as physical violence towards others, or in a more emotional way, such as cruel words or unkind behavior. Aggression can build up in an individual over time, due to anger, stress, or any negative circumstances. Aggression are sometimes directed at the thing or individual which created the negative situation but can also be directed at an innocent individual mean to your spouse after a bad day at work. Personality is defined as the characteristics set of behaviors, cognition, and environmental factors. Personality

as the traits that predict a person's behavior. More behaviorally based approaches define personality through learning and habits. Nevertheless most theories view personality as relatively stable. We have collected 30 participants for this study. We used Aggression scale (Km. Roma Pal) to assess the level of aggression and NEO-FFI-3 (Paul T. Costa & Robert R. McCrae): to assess the personality traits of participants. Result revealed that positive correlation between Neuroticism and aggression, negative correlation between agreeableness and consciousness with aggression and no correlation found extraversion and openness with aggression.

**Keyword:** Aggression, Personality and Cognition etc.

*\*Master Student, Department of Psychology, Govt. PG College sec- 1, Panchkula, Haryana, India.*

A study of depression in relation to emotional loneliness and death anxiety in the elderly.

Dr. Ritu Sekhri\* & Jaspreet Kaur Mangat\*\*

### **Abstract**

The aim of the present study was to assess the effects of depression and emotional loneliness on death anxiety amongst elderly population living in old age homes and elderly population living in joint families. The purpose was to find co-relational links of depression and emotional loneliness with death anxiety. The sample consisted of 60 (30 male and 30 female) participants with an age range of 65-75 years. The participants were contacted through old age homes and

housing associations. Tests used for the study were Beck Depression Inventory(Beck,1961) ; DeJong Gierveld Loneliness Scale( van Tilburg and de Jong Gierveld 1999; de Jong Gierveld and van Tilburg,2008);Templer's Death Anxiety Scale(Templer,1970). Results showed a significant difference in scores of elderly group living in old age homes and elderly group living in joint families on depression, emotional loneliness and death anxiety.

**Keywords:** Depression, Emotional Loneliness, Death Anxiety, Elderly, Joint Families

*\*Assistant Professor, \*\*Student, Department of Psychology, P.G.G.C, Sector-11, Chandigarh, India.*

An insight into mutual dynamics with elderly.

*Singh, Jyoti*

**Abstract:**

People living with their parents can handle stress more effectively than those living in nuclear families. Is talking to elders in family therapeutic? A story covered by BBC, The Washington Post and The Indian Express explain “How grandmothers help fight depression and anxiety” in Harare, Zimbabwe. The project was started by Dixon Chibanda, who is director of the African

Mental Health Research Initiative .The programme called the FRIENDSHIP BENCH helped over 30,000 people in 2017 alone. Since 2006, over 400 grandmothers have been trained under this programme .The method has been empirically vetted and have been expanded to countries beyond, including the US. In one research that was carried out in UK, the group that had seen the grandmothers had significantly lower symptoms than the other group that underwent conventional treatment. India was a society of joint families from olden times but due to financial and other constraints, people started living in nuclear families .Elderly Parents are also living either in old age homes or in villages ,far away from their children. This shift has negatively affected not only the social fabric but also the mental health and quality of life for the both generations.The present paper discusses the benefits of similar programmes in India.

**Key Words:** Family, Primary Caregivers, Stress, Mutual Dependence, Life Skills

Basic psychological needs, adjustment and well-being: a study among adolescents living in border areas.

Karuna Gupta \*,Kanchan Slathia\*\*,& Shivali Kangotra\*\*

### **Abstract**

The state of J&K is a 'border state'. There are millions of people living in the border belts of Jammu and Kashmir (India). For the residents firing and shelling due to ceasefire violation is an order of the day. The turbulence along the border does not let the residents have sigh of relief.

People continuously feels fear of the war which brings loss of security, unpredictability and the lack of structure in routine life (Machel, 2001; Stichick & Bruderlein, 2001). The psychosocial impact of conflict on adolescents is huge. Due to this children show increased signs of anxiety about being separated from their families, homes and closure of schools (Khajuria,2017). With this background in mind, The present study aims to study the basic psychological needs, adjustment and well-being among young adults. The sample of the study comprised of 200 adolescents (100 from border areas and 100 from non-border areas). Basic psychological needs scale (BPNS) by Deci & Ryan ,Adjustment Inventory Scale ( AISS ) by Sinha and Singh (2002) , (2000) and PGI well-being scale by Verma and Verma (1989 ) were used to assess basic psychological needs, adjustment and well-being. Data were subjected to statistical analyses. Results were interpreted in terms of their implications and significance.

**Keywords :** Basic psychological needs, Adjustment ,well-being , adolescents, border areas

*\*Lecture , PG Department of Psychology, University of Jammu, J&K, India*

*\*\*Master Student, IGNOU,India.*

Comparative study of alexithymia between adolescence male and female.

*Kavitha Reddy. A*

### **Abstract**

The term Alexithymia was coined in 1973 by Peter E Sinees to describe the clinical characteristics which are identified among patients with psychosomatic disorder. Alexithymia is also present in several psychiatric disorders including Depression, Obsessive-Compulsive

Disorder, Schizophrenia, Post-Traumatic Stress Disorder, Autism spectrum disorder and Eating disorder. In recent study on Alexithymia is providing to be a heuristically useful construct for exploring the role of personality and emotions in the pathogenesis of certain somatic illness and diseases. Toronto Alexithymia scale (Toronto, 1986), with 20 items were used to analyze emotional level. The aim of the present study were to measure the Alexithymia emotional level in adolescence. The sample size is 200 adolescence comprises both male and female were approached in urban area to proceed between the age group of (14-19) years. The result is shown in the form of descriptive and T- test. The result revealed that there were no significant difference in the level of individual emotion among adolescent male and female.

**Keywords:** Alexithymia, Emotion, Somatic, Adolescence, NS-No Significance.

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To measure the intrinsic/extrinsic motivation among college students.

*Sharma Keshav\* & Kumar Parveen\*\**

#### **Abstract**

Motivation is a very essential phenomenon for the sports persons. Motivation is the reason for

people's actions, willingness and goals , it is also known for requires satisfaction , these needs could be wants or desires that are acquired through influence of culture society , lifestyle , etc. or generally innate. The Sports Motivation Scale was designed to assess individuals level of motivation towards sports using self-determination frame work. Participants reported the extent to which the list reasons for participating their sport corresponded with their own personal areas. We have collected 25 sportspersons from Physical education department in P.G.G.C. Sec -1 , Panchkula . We used sport motivation scale (Prof. Luc Paelletier 1995) ; to assess the level of motivation in participants.

Result showed that Girls are high on sports motivation as compare to Boys.

**Keywords:** Sport Motivation, Lifestyle, Culture.

*\*Master student, Department of Psychology, P.G.G.C Sec- 1 , Panchkula,Haryana,India.*

*\*\*Assistant Professor, Department of Physical Education, P.G.G.C Sector- 1 ,Panchkula, Haryana,India.*

**A Comparative Study Among Male and Female Bank Employees.**

*Kavita Rajora\* & Anshu Chauhan\*\**



### **Abstract**

The Present Study designed to find out the differences among male and female bank employees on Life Satisfaction. The sample was comprised of 40 employees [20 Male and 20 Female]. The age range 30 to 50 years. Random sampling was used for data collection. The data was collected through Life Satisfaction Scale developed by Hardeo Ojha to examine Life Satisfaction among employees. Mean, SD and T Test will be used. The result indicates that there will be a significant difference among male and female employees.

*\*Research scholar, Department of Psychology, Agra College, Agra, UP, India.*

*\*\*Associate professor, Department of Psychology, Agra College, Agra, UP, India.*

# Interfacing spirituality and pedagogy with elements of positive Psychology

*Dr. Lalit Kishore*

## **Abstract**

Spiritual Intelligence (SI) has been incorporated as a component of Multiple Intelligence (MI) Learning Theory propounded by Developmental Psychologist Howard Gardner. Consequently, educators and researchers have been looking for ways to integrate SI through classroom curricular interventions. Further, educating children of deprived and marginalized groups through innovative alternative education methods is regarded as social work by NGOs. Keeping this in view, an exploratory attempt was made to find the interfacing elements between pedagogy and spirituality using the focus group methodology. A focus group (N=3; one hour) consisting of a spiritual educator, pedagogue and a psychologist was organized by the investigator as the coordinator. Discussion on 'How pedagogy and spirituality can be interfaced for classroom instruction?' and its discourse analysis revealed that being optimistic and providing the positive psychological foundations to teaching-learning processes using co-operation, caring and sharing as educational values is important for interfacing. Positive psychology based cooperative learning techniques and learners as seekers of the joy of learning were indicated as the main interfacing elements between pedagogy and spirituality can lead to the joy of learning and constructed knowledge being internalized through visual arts and language art forms of poetry and singing speech.

**Keywords:** Classroom processes, focus group, interfacing strategy, pedagogy, positive psychology, spiritual intelligence

*Research Fellow, Disha- A Resource Centre for Multiple Disabilities, Nirman Nagar,  
Jaipur, Rajasthan, India.*

## Comparative processing on mental wellbeing of illiterate and literate workers

*Devi Laxmi .B*

### **Abstract**

Mental Health is the level of psychological, social and emotional well being of an individual. The World Health Organization (WHO) define health as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (WHO,2017).Mental health is important for the workers because it can make them mentally resilient to stress and emotionally healthy. It can increase the participation of the workforce and positive influence in community attitude. The aim of the present study is to know the level of mental well being between illiterate and literate. The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) (Warwick, Edinburgh 2007) with 14 items were used to measure there level of mental well being. The sample size is 200 comprises of 100 illiterate workers and 100 literate workers, purposive sampling method was used to select the samples. The results are analyzed using descriptive statistics, mean and ‘t’ test.

**Keywords:** Mental Health, Mental Wellbeing, Illiterate, Literate, Workers.

## Effect of yoga based lifestyle on anxiety, stress and personality

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*Leena Vashistha*

### **Abstract**

Anxiety, stress decrease feeling of wellbeing and altered personality are associated with most of the chronic disease and often result in poor quality of life. Ample literature has been found that mental health is important to maintain the good physical health of an individual. Hence maintaining a good health is prime concern for a good quality of life.

The aim of the study is to study the efficacy of yoga in reducing and anxiety and improving subjective well being and personality.

This research is a qualitative analysis based on contemporary review of literature of effect of yoga on stress, anxiety and personality which in support of current research.

This research results in significant effect of yoga based lifestyle on patients with chronic disease to reduce their anxiety and stress and improving their personality. This infer to that yoga is a way for individual to lead a good quality of life and reduce anxiety and stresses.

*\*Master student, Department of psychology, IIS (deemed to be) University,  
Jaipur, Rajasthan, India.*

## Life Satisfaction and Academic Achievement of Adolescents.

*Mamta Agarwal*

### **Abstract**

Everyday's stress, happiness and other individual characteristics affect life satisfaction, which, in turn, affect some other factors. Life satisfaction is the dominance of positive feelings to the negative ones in the daily life and means to be good such as happiness and self confidence. Without life satisfaction, there will be disharmony in the inner & outer self. But there are certain factors which play a positive or negative role in maximizing or minimizing life satisfaction. Therefore, the aim of the present Study is to find out the relationship between life satisfaction and academic achievement of adolescence. The hypothesis was that there will be no significant relationship between life satisfaction and academic achievement of adolescents. Sample of 160 adolescents (80 male and 80 female) of age 15 to 18 year were selected for this study. Life satisfaction scales developed by Q.S Alam and Ramji Srivastava and case record sheet of adolescents were used as the study tools. The analysis of results indicated a significant correlation( $r= 0.36^{**}$ ) between life satisfaction and academic achievement of male adolescence. It was significant at .01 level of significance. It means if life satisfaction increases the academic performance also increases in male adolescents. In female a negative correlation ( $r=.11$ ) was found but it was not significant at any level of significance. After analyzing the data on the basis of total score of male and female adolescents a significant correlation ( $r=.19^{*}$ ) was found between life satisfaction and academic achievement of adolescence. It was significant at .05 level of significance. It means if life satisfaction increases the academic performance also increases in adolescents.

*\*Assistant professor, Department of Psychology, Kanohar Lal Girls Degree College,  
Meerut, UP, India.*

## **A correlative study between social bonding and psychological attributes in adolescents of jaipur city.**

*Singh, M.\* & Jain, M\*\**

### **Abstract**

According to a 2014 United Nations report, India has the world's largest youth population of 356 million 10-24-year-olds (despite China's largest population).

The study aims to investigate if the psychological attributes i.e. helping attitude, participation in extracurricular activities and psychological wellbeing of the participants correlate to the social bonding in them. The sample consisted of 470 participants, of urban domicile, including both genders with a mean age of 16.28 years, who were randomly selected from both private and government schools of Jaipur city, Rajasthan.

The results revealed that Social bonding was found to positively correlate to the helping attitude in the school going adolescents. Though no correlation was found between social bonding and extracurricular activities, the sub-dimension of belief was found to positively correlate to extracurricular activity. Furthermore, Social bonding was found to have positive correlation with psychological wellbeing in the school going adolescents.

**Key Words:** Social Bonding, Psychological Wellbeing, Helping Attitude, Participation in Extracurricular Activities, Adolescents.

*\*Guest Lecturer, GGSD College, Chandigarh, India.*

*\*\* Associate Professor & HOD,, Department of Psychology, University of Rajasthan, Jaipur, Rajasthan, India..*

### **Comparitive relation between love and arrange marriage.**

*Makhija Megha\* & Singh Anita \*\**

#### **Abstract**

Marital satisfaction is a mental state that reflects the perceived benefits and cost of marriage to a particular person. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner. Marital satisfaction scale is one of the scale used in the research comprising of idealistic distortion and marital satisfaction . Item represents one of the Area of the marital relationship assessed by the full-length Enrich inventory. This research tells that the love marriage couples are more satisfied in their marriage then arrange marriage couples . We have taken a sample 30 love marriage and 30 arrange marriage couples with completion of at least 1 year of their marriage to check the self -esteem effect on marriage life. Data will be analysed later by using mean, SD and T-Test

**Key words:** Marital Satisfaction , Marriage, Positive and Negative feelings

*\* Master student, Department of Psychology, Government P.G.College, sector-I,  
Panchkul, Haryana, India.*

**An investigation of the relationship between motivation and academic  
performance.**

*Kaur Supreet \* & Mehndroo Meghna \*\**

**Abstract**

Motivation is the reason for people's actions, desires, and needs. A motive is what prompts the person to act in a certain way, or at least develop an inclination for specific behaviour. Motivation is an imperative factor in a student's preparedness and desire to learn. These motivated students are curious and have the willingness to understand the importance of education. On another note, parents and teachers can create an environment where student's learning will be more organized and effective by encouraging students to be committed and motivated. The main purpose of the study was to investigate the relationship between motivation, and academic achievement. As academic achievement is not a function of cognitive variable alone the emphatic stress on the contribution of the psychological variable is imperative. As an innate phenomenon, motivation is influenced by four factors of context (environment and external stimuli), temper (the internal condition of an organism), goal (goal of behavior, purpose and inclination) and instruments (instruments for achieving the goal). In order to achieve their goals, needs and instincts, human beings acquire the sufficient motivation. Concerning the existing gap in the academic motivation of students, this study concluded that there were



significant correlations between the indicators of motivation i.e. interest in task, inclination to effort, competitiveness, social power, affiliation, social concern, praise and token, with academic achievement. Some recommendations were also made regarding the enhancement of motivation.

*\* Associate Professor, USOL, Panjab University, Chandigarh, India.*

*\*\* Assistant Professor, UITTR, Chandigarh University, India.*

## **Positive psychology and happiness among indian educated housewives and working women.**

*S.S.Nathawt & Monika Mishra*

### **Abstract**

A woman plays an important role in the formation of the society, but many women face a lot of issues like looking after kids, managing their household chores, working for long hours, managing house and job together etc which leads to a lot of work load and stress which eventually hampers their happiness, thus this study analysis the happiness, lifestyle and personality of housewives and working women.

The study was conducted to evaluate the level of psychological capital, PERMA, psychological flourishing and flow among working women and housewives. The sample consisted of 200 women respondents, with age range from 25-50 years from Pune city. On the basis of job profile the respondents were divided into two categories (housewives and working women) each category was divided into equal number of respondents i.e. working women (n=100) housewives (n=100). Independent t-test was used to analyze the data. The psychological tools administered in the study included psychological capital scale developed by Luthans, Luthans, & Luthans, (2004), PERMA Model by Seligman (2011), psychological flourishing scale developed by Diener,

Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener. (2009) and the flow short scale by Rheinberg, Vollmeyer, and Engeser. Results indicated that, working women reported higher Mean scores on PERMA, psychological capital scale, psychological flourishing and flow. Thus it can be inferred that the job profile among women plays a major role in holding a positive opinion about them when compared to housewives.

**Keywords:** Working women, Homemakers, Psychological capital scale, PERMA, Psychological Flourishing, Flow.

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Global development delay (gdd) associated with infantile epilepsy in children with low socio economic starta: a psycho-social case report.

*Mrinalinee Rana\**

### **Abstract**

GDD is one of the most referred problems in paediatric neurology. A cause for concern is the delayed diagnosis that results in delayed intervention. The objective of presenting this case report is to evaluate the lack of awareness, motivation and adaptive environment in low socio economic strata of society about prenatal and post -natal factors of GDD and its effects there of.

A 2 year and 2 month old child from a low socio income status family from Calcutta was assessed in a hospital setting. Developmental and behavioural history was taken by interviewing parents and observing the child. Neurological reports were also examined.

The child was diagnosed with GDD. He showed severe impairments in speech & language, sensory and motor integration.

GDD may be seen in isolation or with comorbidities depending on genetic and/or acquired factors. It is thus imperative to intervene in the initial stages to start treatment early.

Psychologists, allied health professionals and educators can further spread awareness among the low socio economic strata of the society to achieve this goal.

**Key words:** GDD, infantile epilepsy, socio -economic strata

*\*Profession: Independent Clinical Psychologist*

Strategies of overcoming depression: through reflection from Bhagavad Gita.

*Namita Tayal\**

### **Abstract**

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with one's everyday activities. The Bhagavad Gita is a counseling session preached in the battle field of Kurukshetra by Lord Krishna to Arjuna, when Arjuna gets mentally depressed on seeing his relatives against him on the battlefield. Thus, Bhagavad Gita elaborates on tactics to achieve the mental equilibrium. This paper focuses on the strategies mentioned and elaborated in Bhagavad Gita to overcome depression. It is a theoretical paper wherein a rigors review of literature was undertaken to identify the themes derived from Bhagavad Gita that can be applied to promotion of metal health, especially in relation to depression. Themes derived from the review are: Detachment, as way of healthy living (Avoiding desires and expectations); Faith as a path towards empowerment and strength; Pure understanding of self leads to enlightenment; Uniting self with world; Coordinating mind and

body for integrated personality; Self control leads to salvation; Altruistic service, the purpose of living and Moderate living for healthier 'YOU'. These themes are important not only to maintain mental health but also to improve mental health for wellbeing. In the present paper, the researcher attempted to explore important thoughts of Lord Krishna in Bhagavad Gita for Mental Health Education.

*\*Research Scholar, Maharshi Dayanand University, Rohtak, Haryana, India.*

### Effects of parenting style on self-esteem of their child.

Narang Radhika\*

#### **Abstract**

Parents are the main influence on a child's life. They not only nurture the child physically but their styles of nurturance contribute to the development of the child's psyche of particular interest is the influence of parenting styles on children's academic achievement and various psycho social aspects of development. A parenting style is a representing standard strategies that parents use in their child rearing. Self-esteem is an individual's subjective evaluation of their own worth. Self- esteem encompasses belief about oneself as well as emotional states such as triumph, despair pride. We have collected a sample of 40 of the age group of 18 to 22 years (20 girls and 20 boys) using simple random sampling method. Parenting Style four factor questionnaire (PSFFQ) has been used as a tool for measuring parenting Styles of adolescent's

parents. The self-esteem scale reflects on the current feelings of an individual. This scale measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert's scale format ranging from strongly agree to strongly disagree.

**Key words:** Parenting style, Psycho-social development, Self esteem, Evaluation, Self-worth, Random sampling.

*\* Master student, Department of Psychology Government P.G.College sector-I, Panchkula, Haryana, India.*

A relationship study between personality and suicidal risk among college students.

*Begum Nazma\* & Saini Renuka*

### **Abstract**

Suicide is the act of intentionally causing one's own death. Originally called Suicide risk management, Suicide risk mitigation aims to be a more realistic and compassionate approach. It refers to the identification, assessment, intervention and treatment of a person at risk of Suicide. Personality traits also play an important role in Suicidal risk. Personality is a Stable, Organized Collection of Psychological traits and mechanisms in the human being that influences his or her interactions with and modifications to the Psychological, Social and Physical environment surrounding them. We have collected 30 participants for this study. We used Suicidal risk

scale (Patterson et al, 1983): to assess the Suicidal level of the participants and NEO-FFI3 (Paul T. Costa and Robert R. MC Cral): to assess the personality traits of the participants. Result revealed that positive relationship between neuroticism and agreeableness with Suicidal risk and negative correlation between Conscientiousness and extroversion with Suicidal risk.

**Keyword:** Suicidal Risk, Personality Traits, and Neuroticism etc

*\*Master students, Department of Psychology, Govt, PG College Sec-1,  
Panchkula, Haryana, India.*

Role of gender in satisfaction level of restaurant customers.

*Nisha Kumari\**

### **Abstract**

The aim of present study was to investigate the role of gender in the satisfaction level of restaurant customers. This study was conducted on 100 restaurant customers (50 males and 50 females) of the tri-city (Chandigarh, Panchkula and Mohali). For this purpose, survey questionnaire was prepared and Overall Satisfaction scale (Hasan, 2013) was used to assess the customer satisfaction. Percentage of each response on survey questionnaire was calculated and t-ratio was calculated to find out the difference between male and female customers on overall

satisfaction scale. Females were more satisfied in their restaurant experiences as compared to male customers.

*\*PU Chd*

### Memory deficits in old age: a comparative study

*Pawan Kumar \**, *Manpreet \*\**, & *Prince\*\*\**

#### **Abstract**

Memory is the term given to the structures and processes involved in this storage and subsequent retrieval of information. Memory is the means by which we draw on our past experiences in order to use this information in the present. (Sternberg 1999). Deficits in memory is the failure to retrieve information fully or accurately. This may occur due to some illness accident or old age.

This study examine the rule of gender in memory deficits. Random sample of 35 male and 35 female. Age group of the people 55 and above was studied. We used PGI memory scale given by (Dr.Dwarka Prasad and N.N Wig).

The result showed that there was no significant relation between Gender and memory.

**Keywords:** Memory, Memory Deficit and Education.

*\*M.A first year student of Government P.G College, sec.1 Panchkula (Haryana).*

Marital adjustment among androgynous and non androgynous working females

*Dr. Pratibha Sing & Veer kunwar Singh*

#### **Abstract**

Behaviour of working females in work setting, domestic arrangements and their attitudes regarding their role depends on a number of variables among which mental health, subjective



well-being and marital adjustment plays a very vital role in their working environment. Studies on marital adjustment among working women indicates that the scholars of this field have tried to ascertain the effect of such variables on some aspects of their work setting. Masculinity and femininity are the concept of healthy people in society. They are physically, psychologically as well as sociologically healthy. They play all role which ever may be given them. For this purpose the sex role inventory developed by Asthana and Chaudhary (2006) and Marital Adjustment Inventory developed by Mishra and Srivastava (1997). It was hypothesised that there would be a significant difference among androgynous, feminine and undifferentiated working females. Results shown that there are no significant difference among androgynous and feminine working females. On marital adjustment among androgynous and masculine working females, the result shows that on just two dimension communication and sexual relation are not significant but overall it is found significant.

**Keywords:** Marital adjustment, Androgynous, Feminine and Masculine , working females.

*(Assit.Prof.) Smt. Anshu Kumari P.G. Deptt. of Psychology*

*Research Scholar, P.G. Deptt. of Psychology, Ara (Bihar) Veer Kunwar Singh University*

Resolving the issue: does intelligence nurture bilingualism or bilingualism nurture intelligence?

*Dr. Preeti Gulati\* & Prof. Davinder Singh Johal\*\**

### **Abstract**

In past literature authors raised a significant issue of role of intelligence in learning different languages. Whether an intelligent individual learns two or more languages easily or an individual who has learnt two or more languages perform better on tests of intelligence. In learning a second language, intelligence has been considered as an effective factor (Stern, 19. Acknowledging the above issue, a heterogeneous sample of 38 bilinguals (17 boys and 21 girls) and 44 monolinguals (19 boys and 25 girls) was selected. The scores on intelligence test ranged from 34-41. Monolinguals and Bilinguals were then compared on problem solving ability, concept formation (wrong responses), verbal and figural creativity. To find out the significance of differences between the two groups t-test was applied. The results specified that Bilinguals performed significantly better on problem solving ability as compared to monolinguals, they show an edge on figural fluency and even flexibility and elaboration on both verbal and figural tests of creativity in comparison to monolinguals. Whereas no significant differences were found between the two groups on verbal fluency, concept formation which was measured by wrong responses committed by both the groups. Therefore in nutshell we can argue that bilinguals performed better than monolinguals on various cognitive abilities and language has a profound and nurturing role in overall development of intelligence.

*Department of Psychology, S.R Govt College for Women, Amritsar*

*[preetigulati09\\_pgh@yahoo.co.in](mailto:preetigulati09_pgh@yahoo.co.in) Mob:-7837968827 [davinderjohal@rediffmail.com](mailto:davinderjohal@rediffmail.com) Mob:-*

*9463589911*

**To study the gender difference on adjustment level in college students**

*Kumawath Priya\*, Bagul Punam\* & Ghangas Parmod\*\**

### **Abstract**

Adjustment is the psychological processes through which people manage or cope with the demands and challenges of everyday life. Adjustment means to change you according to situations or to maintain a balance in circumstances. We have collected 30 male and 30 female students from P.G college, Panchkula. We used Adjustment Inventory in college student to assess the Adjustment level of college student. This scale consists of 102 statements. It measures Adjustment in 5 areas (home, health, social, emotional, educational adjustment). Result revealed that girls are higher on Adjustment than boys.

**Key Words:** Adjustment, Home, Health, Social, Emotional, Educational.

*\*M.A 1<sup>st</sup> year, Department of Psychology, Govt.P.G college sec-1, Pkl.*

*\*\*Assistant Professor, Department of Psychology.*

# Assessment of social loafing among selected racket and stick team game athletes

*Rajni Monga\**, *Dr. Dalwinder Singh\*\** & *Dr. Sonia Saini\*\*\**

## **Abstract**

The purpose of the present study was to assess the social loafing among selected racket and stick team game athletes. The sample consists of sixty (N=60) female subjects of racket and stick games which comprises twenty (n=20) ball-badminton game athletes, twenty (n=20) baseball game athletes as well as twenty (n=20) hockey game athletes, who had participated in the inter-college competitions of Panjab University, Chandigarh. The age of the subjects was ranged between 17 to 21 years. Social loafing was determined by administering Social Loafing Scale developed by Q.G. Alam and Ramji Srivastava (2008). Analysis of Variance (ANOVA) was applied to find out the significant differences among various groups. The level of significance was set at 0.05. The result revealed insignificant differences among selected groups on the sub-variables individual task condition, group task condition and on the variable over-all social loafing.

**Key Words:** Social Loafing, Team Games, Female athletes.

*\* Research Scholar, Department of Physical Education, Panjab University, Chandigarh*

*\*\* Professor, Department of Physical Education, Panjab University, Chandigarh*

*\*\*\* Assistant Professor, Chandigarh College of Architecture, Sector -12 Chandigarh*

## A study to find differences in grit among private and public sector bank employees in Chandigarh

*Dr. Sukhmani Singh\* & Raskirat Kaur\*\**

### **Abstract**

The present day professional working world has taken a jolt in the lives and its employee. From the values and ethics of the job role to the personal life of an employee, we see an evolution in it all. We see a shift of priorities, passion and changing of goal at a daily basis. These goal changes on situational basis at most. The banking sector has been ever evolving one. It acts as a backbone to the modern day business and economy. The bank employees at both the sector have seen an evolution in all terms, pertaining from liberalization to demonetization. The present paper aims to evaluate the differences within the public and the private sector bank employees on Grit. Grit is defined as the level of consistency, perseverance and consistency of interest in long term goals. It is in simple words, sticking to the goal until achieved paring all the ups and downs that are accompanied by it. The study examined employees of private and public sector banks across Chandigarh.

**Keywords :** Grit, Bank, Private Sector, Public Sector

*\*Assistant Professor, Chandigarh University, Gharuan*

*\*\*Research Scholar, Psychology, RIMT University, Sirhind*

## **A comparative study between arranged marriage and love marriage.**

*Kaur ,Ravneet\**

### **Abstract**

Marriage is the process by which two people make their relationship public ,official and permanent. In love marriage individual choose partners on their own ,while in case of arranged marriage partners are chosen by the family .I have collected 60 sample (30 )arranged &(30) love marriage.We have used RYFF'S psychological Well being Scale relationship satisfaction among love marriage or arranged marriage .

Result There is no difference on passionate love marriage and arranged marriage. Arranged marriage husband reported high degree of marital love than their husband. love marriage husband are not differ on marital love but wives from love marriage and wives from arranged marriage are differ on marital love, L.M wives show greater degree of love than A.M wives.

*\*Master Student, Govt.PG College Panchkula, Haryana,India.*

## Mindfulness and the big five facets of personality.

*Ashish Budhwar\* & Parvesh Kumar\*\**

### **Abstract**

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment. The concept of mindfulness has long been a core component of eastern religions such as Buddhism for over 200 years. Not until recently, has the concept of mindfulness gained attention in the Western psychology. Personality is the combination of characteristics that form an individual's distinctive character. The Big-5 trait theory given by Robert McCrae & Paul Costa describes personality in terms of 5 characteristics namely Openness, Conscientiousness, Extraversion, Agreeableness & Neuroticism. The purpose of the study was to examine the possible relationships between mindfulness & the five facets of personality. A random sample of 60 college going students of the age group 18-24 was studied. Tools used were MAAS & NEO-FFI-3 and were administered with the prior consent of the individuals. Results reveal that Neuroticism was negatively correlated with Mindfulness & Openness positively correlated with Mindfulness, whereas there was no significant correlation found between the other 3 facets and the Mindfulness.

**Keywords:** Mindfulness, Personality, Openness, Conscientiousness, Extraversion,  
Agreeableness, Neuroticism

*\*Master student, \*\* Assistant Professor, Department of Psychology, Govt. P.G College,  
Panchkula, Haryana, India..*

## The level of vocational stress among senior secondary school going students

*Kiransachdeva\**

### **Abstract**

Stress is the key factor affecting the mental, social, personal, academic and vocational arenas of secondary school going students. Secondary school going students are often confronted with vocational stress. The objectives of the study are to find out the level of stress among 10+2 boys and girls living in Patiala city of Punjab. Another objective is to compare the vocational stress dimensions viz. frustration, conflict, pressure and anxiety among senior secondary boys and girls. Descriptive method is used in the study. The sample of 120 senior secondary school students from two private schools of Patiala city was selected randomly for the study. The findings of the study reveal that there is high vocational stress among senior secondary school going boys and girls.



*\*Department of Education ASRA College of Education*

Gender comparison on automatic thoughts among juvenile delinquency.

*M. Saranya\**

**Abstract**

Automatic thoughts, a concepts in cognitivebehaviouraltherapy, are image or mental activity that occurs as a response to a trigger (like an action or event). They are automatic and ‘pop up’ or ‘flash’ in your mind without conscious thought. Automatic thoughts are important for the juvenile because it can make positive impact on their thoughts process and avoid them indulging in crime acts. Automatic thoughts play an important role in the effects of personality vulnerability factors, positiveeffects, andhassles on mood. The aim of the study is to measure the level of automatic thoughts in juvenile adolescence .The tool used for this study is automatic thoughts questionnaire (ATQ) (Philip C. Kendal ,Steven D.Hollon,2006)with 30 items. Thee sample size 120 consisting of 60 girls and 60 boys ,Purposive sample method is used Descriptive statistics, mean and ‘t’ test was using to analyse the data. Results revealed that there were no significant difference in Automatic Thoughts Between Juvenile Delinquency Girls and Boys.

**Keywords:** Automatic thoughts,juvenile, positive.

## Housing condition: As a predictor of mental health in adolescents.

*Dr.Seema Gupta\**

### **Abstract**

The adolescent population constituted more than one fifth of the total population. Housing condition play an important role to maintain the mental health of an adolescent. According to the national population and housing census 39% of urban and 52% of the rural population live in an over crowded housing. The literature distinguishes further between social density ( the number of people interacting in the household) and spatial density (the floor space per person);Ruback and Pandey-1991. The present study endeavoured to examine the impact of housing condition on the mental health of adolescent. A 2×2 factorial design with gender ( boys and girls)×housing condition(crowded housing and non-crowded housing) was used in the present study. A total 200 adolescent were selected randomly from Moradabad city. Personal data schedule (PDS)was prepared to collect the detailed relevant information about the subject's housing condition. Mental health battery (Singh and Gupta,2008) were used to assess the mental health. Result reveals that housing condition plays a vital role to effect the mental health of adolescent and crowded housing condition effects negatively the mental health of adolescent. Going through the results of six dimensions of mental health, the adolescent of non-crowded housing condition was much emotional stable, adjustable, autonomous, secure, good self concept

and intelligent. Thus, it's clear that the experience of crowding in housing strongly associated with the mental health. Ambrose,1997 has described, that the housing should be seen as a place for growth and a foundation for the fulfilment of life objectives and one that provides for good physical and mental health and personal well-being.

**Keywords:** Housing condition, crowding, mental health

*\*Associate .professor, department of Psychology, Gokul Das Hindu Girls College  
Moradabad,UP,India.*

A corelational study between depression and well being in patients with osteoarthritis.

*Dr.Shahin Ghani\**

#### **Abstract**

The present study deals with the most common form of arthritis and the leading cause of chronic disability around the world and in India as well, Osteoarthritis. OA has a widespread impact on physical and psychological factors in affected individuals. A painful disease such as OA has personal, professional, economic and social repercussions and a strong potential impact on the patient's quality of life and well being indicators. The requirement for holistic treatment of OA and other chronic disorders also stems from the fact that they are a major public health concern.

This study was undertaken with the objective to evaluate correlation between depression and well being in patients suffering from osteoarthritis of the knee. A sample of 50 patients was selected and a single within group design with pre, post and follow up assessment was adopted for the purpose. Assessment was done using Beck Depression Inventory (BDI) and General Well Being Scale, PGI, Chandigarh. An intervention program was developed for the planned study incorporating the following components: psycho education, activity rescheduling and behavioural counselling to significant others.

The sample showed a significant correlation between depression and well being at pre, post and follow up assessment stage. Results also demonstrated effectiveness of the intervention in management of osteoarthritis.

In search of practical and simple interventions on a primary care level, findings of the present study indicate the relation between depression and well being besides highlighting the effectiveness of psychological interventions in alleviating depression and enhancing well being among patients. Thus, the study emphasizes the value of integrating combination of interventions and combining lifestyle modifications to ensure holistic improvement in patients.

**Keywords:** Osteoarthritis (OA); Depression; Well Being; Pschoeducation; Activity rescheduling; Behavioural counselling.

*\*Assistant Professor, Dept. of Psychology, Govt. Hamidia Arts and Commerce College, Bhopal, M.P, India.*

To assess the stress among adolescents in Chandigarh.

*Shelly Sharma\**

#### **Abstract**

The stress is taking a high toll on mental health of all age groups. According to the WHO data, India is among the nations with highest suicide rates and depression is the major reason behind that, though unrevealed. In today's society, we thrive on performance, competition and perfection, which leads to an insidious increase in stress. Stress causes damage that is often underestimated, and it is a social phenomenon that should be closely examined and evaluated. Adolescence is thus a turning point in one's life, a period of increased potential but also one of greater vulnerability. In the present study, the stress level of adolescents is assessed. The researcher collected the data from the adolescents studying in the schools of Chandigarh. The stress of adolescents was measured using Standard Stress Scale by Gross and Seebab (2014). To analyse the data percentage analysis was done.

**Keywords:** Stress, Adolescents, Mental Health

*\*Department of Education, Panjab University, Chandigarh*

A comparative study between government teachers and private teachers in relation to job satisfaction.

*Shikha Kalra\**

**Abstract**

Job satisfaction is a feeling of fulfillment or enjoyment that a person derives from their job. Job satisfaction is a part of life satisfaction. It is a phenomenon of our study to differentiate learning from Teaching. We have collected 60 (30 government teachers and 30 private school teachers) participants for this study. We were used Job Satisfaction Scale: to assess the level of Job Satisfaction in Government and Private Teachers. Results revealed that Government Teachers have high on satisfaction as compare to Private Teachers.

**Keywords:** Job Satisfaction, Enjoyement, Teachers

*\*Master Student, Department of Psychology, P.G.G.C Sec- 1, Panchkula, Haryana, India.*

## Emotional intelligence and psychological well-being among working and non-working women.

*Shikha Khandelwa\* & Kiran Sahu\**

### **Abstract**

Emotional Intelligence is a factor contributes to positive attitudes , behaviors and outcomes in people. Further, Psychological well-being is defined as the capability to actively participate in work and to create important relationships with others, and to establish positive emotions. Therefore, the aim of the current study is to investigate the emotional intelligence and psychological well-being among working and non-working women. The sample was comprised of 78 women ( 39 working women and 39 non-working women)by the method of incidental sampling. Data was collected with the help of Emotional Intelligence Scale by Dr. S.K. Mangal and Dr. Shubhra Mangal and Psychological Well-Being Scale by Dr. Devendra Singh Sisodia And Ms. Pooja Choudhary . The result revealed that working and non-working women differ significantly on the variable emotional intelligence but this difference is not significant for psychological well-being. Two dimensions of Emotional Intelligence (i.e. Intra personal and Inter personal) showed significant difference between working and non-working women. Similarly out of five dimensions of Psychological well-being , Efficiency and Sociability showed significant difference between working and non-working women. The findings of the result

shows a positive correlation between emotional intelligence and psychological well-being for working as well as for non-working women. This implies that emotional intelligence is a constellation of emotional perceptions and is a very powerful predictor of psychological well-being.

**Keywords:** Emotional Intelligence, Psychological Well-Being, Working Women, Non-Working Women

*\*Department of Psychology G.D.H.G. College, Moradabad, Uttar Pradesh, India.*

A study on effect of mobile addiction among teenager (13-18years)

*Shilpa\* & Aarti Malik\**

#### **Abstract**

Smartphone addiction is a disorder impulsive compulsive overuse of the mobile devices usually quantified as the number of times users access their devices of times. They are online over specified periods. The study investigated the effect of mobile addiction among teenagers (13-18years), these addiction are harmful to physical, mental and emotional.

**Keywords:** Smartphone, addiction, compulsive

*\*Master students, Department. of Psychology , Govt P.G. College Sec-1  
Panchkula,Haryana,India.*

A correlation study between happiness and emotional regulation among college students.

*Shubhangi\* & Kumar Gourav*

**Abstract**

Emotional regulation is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed .Happiness also plays an important role in emotional regulation. Happiness is used in the context of mental or emotional states, including positive or pleasant emotions ranging from contentment to intense joy. It is also used in the context of life satisfaction, subjective, wellbeing, eudaimonia, flourishing and well-being. We have collected 35 participants for this study. We were used Emotional regulation questionnaire (Gross, 2003) to assess the level of emotional regulation of the participants and Oxford happiness questionnaire asses the happiness level of the participants.



Result showed that positive correlation between Happiness and Emotional regulation among college students.

**Keywords:** Happiness, Emotional Regulation, Eudaimonia.

*\*Master student. Department of Psychology, GOVT .PG.College ,Sector-1  
Panchkula, Haryana, India.*

Effect of participation in sports on mental health of adolescents.

*Smriti Yadav\* & Yashika Verma\*\**

### **Abstract**

The present study was aimed to assess the effect of Participation in sports on Mental Health of Adolescents. The sample consisted of 100 adolescents, (50 sports person and 50 non-sports person) were selected randomly. The age range of the subjects was 15-21 years. The independent variables were Participation in sports (sports & non-sports) and Gender Difference whereas dependent variable was Mental Health. Therefore,  $2 \times 2$  factorial design was applied in the study. For data collection, Mental Health Battery constructed by Dr. Arun Kumar Singh & Dr. Alpana Sengupta was used as the research tool. Statistical analysis was done with the help of mean and

ANOVA. A significant effect of participation in sports was found on four dimensions of mental health except emotional- stability and intelligence. No significant gender difference was found five dimensions of mental health except intelligence. No significant interactional effect of participation in sports and gender difference was found four dimensions of mental health except of autonomy and security-insecurity.

**Keywords:** Adolescence, sports person, gender difference, mental health, Emotional stability, over all adjustment, autonomy, security-insecurity, self-concept, Intelligence.

*\*, \*\*Faculty, Kanohar Lal Postgraduate Girls College, Meerut, UP, India.*

## Effect of cancer on mental health.

*Sunil Kumar \* & Kumar Parvesh \*\**

### **Abstract**

We have called 30 patients who diagnosis from cancer We used mental health inventory to assess the level of mental health .Mental health includes our emotional, Psychological ,and social well- being IT Effect show we think ,feel and act. It also help determine how we handle stress , relate to others and make choices. Mental health is important every stage of life, from childhood and adolescence through adulthood. The aim of the study was to see the effect of cancer on

mental health .Result we shows that negative correlation between cancer and mental health .Test used was Jadish mental health scale .A sample of 30cancer patients was studies .Result shows that mental symptoms &behavior cancer patients were abnormal and required additional care than merely medical treatments.

**Keywords:** Mental health, Well – being, Adulthood. Childhood.

*\*Master student, \*\*Assistant Professor,, Department of Psychology, Government PG College,  
Sector 1 Panchkula, Haryana,India.*

A study on depression, anxiety and stress among school going children due to  
parental pressure (age 14-18 years)

*Umang\*Priyanka & \*\*Singh Anita\*\*\**

#### **Abstract**

Depression is a common and serious psychological illness that negatively affects how you feel the way you think and how you act. Depression causes feelings of sadness or loss of interest in

activities. It can lead to variety of physical and emotional problems and can decrease a person's ability to function at work and at home. The study investigated the depression, anxiety and stress level among school going children due to PARENTAL PRESSURE (age group 14-18 years). The sample for the study were 50(25 boys and 25 girls) Depression Anxiety Stress Scale-21(DASS 21) and parental pressure scale was used in present study. Results show that girls are high on depression, anxiety and stress due to parental pressure compared to boys.

**Keywords:** Depression, Anxiety , Stress

*\*, \*\* Master Student \*\*\*Associate Professor, Department of Psychology, Govt. P.G College  
Sector-1 Panchkula, Haryana, India.*

**, Impact of short-term memory on concept formation**

*Visheeta J. Chandolia\**

### **Abstract**

Short-Term Memory, as established by existing literature, is known to be influential in various higher order functions such as reasoning, alongside exerting some degree of impact on concept

formation. In this paper, the impact of active utilisation of Short-Term Memory for recall of visual stimuli on performance on concept formation task was studied. 60 college students (N = 60, 30 males, 30 females) aged 17-24 were divided into 2 groups: Group A- Experimental Group (N = 30, 15 males, 15 females); Group B: Control Group (N = 30, 15 males, 15 females). 2 sets of presentations comprising 10 conjunctive concept formation problems were prepared. Each problem comprised 6 shapes: 3 pertaining to shape component of the concept, and 3 pertaining to the pattern component of the concept, all accompanied by trigrams, and one shape exhibiting attributes observed in the previous shapes. The task involved observation of these sets of shapes and formation of a trigram for the new shape presented. The method of presentation varied for both groups, wherein for Group A, 3 shapes were presented on slide 1, 3 on slide 2, and the question shape displayed on slide 3. For Group B, all 6 shapes and the question shape were presented on 1 slide. A report describing their logic premise was written by the participants. An independent samples *t*-test was used for statistical analysis of the group means. The results showed that scores for Group A ( $M = 2.10$ ,  $SD = 1.845$ ) were significantly lower than Group B ( $M = 6.57$ ,  $SD = 1.591$ ),  $t(58) = -10.044$ ,  $p < .001$ , indicating that active utilisation of Short-Term Memory impedes performance on concept formation tasks when compared with predominant use of iconic memory for the task. The study finds implications in academic and clinical settings, as well as in the field of Artificial Intelligence (Recurrent Neural Networks). Further suggestions include elimination of existing procedural limitations such as lack of illustrated examples, as well as exploration of concept formation in light of modern taxonomies of memory, such as haptic memory, Visual Short-term Memory and Fragile Visual Short-term Memory.

**Keywords:** Short-term Memory, Concept Formation, Iconic Memory, Conjunctive Concepts

*\*Amity Institute of Allied & Behavioural Sciences, Amity University Mumbai, India.*

Annihilating the negatives and promoting the positives among children and adolescents: the role of counselling and family therapy in the Indian context.

*Amiteshwar Ratna\**

### **Abstract**

The paper focusses on the role of counselling and family therapy as both preventive and promotive measures in dealing with children and adolescents. In the recent past, in India, there has been increased involvement of school going children and young adolescents in crimes both on the school campus and outside, highlighting the need of counselling. The paper discusses increased suicides and use of drugs among children and adolescents, increase in parental discords, conflict in parent-child interactions, addiction to social media among children and adolescents, reduced respect for elders, lack of social communication among the family members, heightened individualism, and deteriorating interpersonal skills as a few of the manifestations of and reasons for rise of problematic behaviour among today's children and adolescents. The fast-changing scenario of modern India poses many challenges to be met by the family members as a unit. The paper discusses the significance of family therapy and counselling in dealing with children and adolescents to help them evolve and grow as constructive and productive citizens of India. Family provides the epitomes of experiences which influences the child's development. Further, the current day scenario underlines the need for immediate intervention. In response to this recognition, family therapy has emerged across the world, including India, as a holistic mode of intervention that seeks to improve the psychological well-being of children and adolescents by addressing not just him/her individually, but also the significant others in his/her life. This paper gives suggestions for provision of both male and female counsellors in co-educational schools and provision of family therapist in a cohort of neighbourhood schools.

**Key Words:** Adolescents, children, counselling, family therapy.

*\*Assistant Professor, SG Stride, Indira Gandhi National Open University, New Delhi, India.*

**A correlation study between relationship satisfaction and quality of life in love marriage.**

*Annu Narender\* & Singh Kuldeep\*\**

**Abstract**

Love marriage is a marriage of two individuals based upon mutual love, affection, commitment and attraction. In love marriage relationship satisfaction is more important to maintain a healthy relationship. Relationship satisfaction is defined as an interpersonal evaluation of the positivity of feelings for one's partner and attraction to the relationship in love marriage relationship satisfaction and also quality of life is an overarching term for the quality of the various domains in life. It is a standard level that consists of the expectations of an individual or society for a good life. We have collected 60 participant's for this study. We were used relationship satisfaction scale (Hendrick R.S 1988) : To assess the level of relationship satisfaction and quality of life : To assess the level of quality of life in the participant's. Result revealed that a positive relationship between love marriage and relationship satisfaction and also found that positive relationship between love marriage and quality of life.

**Keywords:** Love marriage, Relationship satisfaction, Quality of life.

*\*Master Student, Govt P.G College Sector-I Panchkula, Haryana, India.*

*\*\*Associate Professor, Department of Sociology, Govt P.G College Sector-I Panchkula, Haryana, India.*

# Relationship between perceived social support and procrastination levels among teacher trainees.

*Harneet Billing \*, Veerpal Kaur & Kulwinder Kaur \*\**

## **Abstract**

The aim of the present study will to explore the relationship between perceived social support and procrastination levels among teacher trainees. In order to investigate relationship "Multidimensional Scale of perceived social support" developed by Zimet, Dahlem, Zimet and Farley (1998) and "Tuckman Procrastination Scale" adapted to Turkish by Uzun Özer (2010) will be applied to gather data. The sample for study will be composed of 200 teacher trainees ( both male as well as female) who study at the Faculty of Education at Sri Guru Granth Sahib World University, will be chosen through random sampling technique. Independent variables of the research likewise Gender, Locale, grade level and age will be studied with dependent variables. The data gathered further will be analyzed by using different statistical techniques i.e. Pearson Correlation Coefficient and Multivariate Analysis of Variance (ANOVA). It is believed that that current study will solve issues that lead individual to procrastinate. Moreover, it will be significant as far as to acknowledge and make beneficial to teacher trainees who fail due to their habits of procrastination.

**Keywords:** Social support, procrastination, teacher trainees.

*\* Assistant professor, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab, India..*



*\*\* Research Scholars, Department of Education, Sri Guru Granth Sahib World University,  
Fatehgarh Sahib, Punjab, India.*

## Relationship between body image scale and psychological well being in transgenders.

*Komal\**

### **Abstract**

Body image is our perception of our physical self and the thoughts and feelings resulting from it. Psychological well being refers to having good mental health, high life satisfaction, having purpose in life and overall growth. A study was conducted taking 30 samples in an attempt to clarify the role of body image in the psychological well being of transgenders residing in the tricity area. The tests used were Body Image Scale by Glenn M. Callaghan, et al and Psychological well-being Scale by Ryff,C.D.et al. Body image has a huge effect on the Psychological well being of almost all the transgenders who participated. It was found out that negative perception of the body image caused disturbance in living a satisfactory lifestyle.

*\*Master student, Govt. PG College, Sector – 1, Panchkula, Haryana, India.*

## Occupational stress and life satisfaction: a study of library staff working in government and self-financing colleges.

*Poonam Rani\* & Anusha\*\**

### **Abstract**

The study was conducted with the aim of assessing and comparing the occupational stress and life satisfaction of library staff working in government and self- financing colleges of Haryana. A sample of 60 library attendants working in government colleges(n=30) and self – financing colleges(n=30) was selected on the basis of purposive sampling procedure basis. All the participants were administered Occupational Stress scale and Life Satisfaction scale uniformly. The data were analyzed using descriptive( means and SDs) and inferential( t test) statistical techniques. Results revealed significant difference in occupational stress and life satisfaction of the two groups. The library staff working in self- financing colleges were found to have more occupational stress and less life satisfaction. Findings are discussed in the light of previous studies and their implications for the staff and students.

**Key words:** Occupational stress, life satisfaction

*\*Ex M.Lib. Student, Department of Library Science, M.D.University, Rohtak, Haryana, India.*

*\*\*Freelance Counselor, Bahadurgarh, Haryana,India.*

## Aftermath of peer pressure and drug abuse among school and college students

*Sharma, N., Gupta, S., Bhardwaj, S. & Gupta, N.*

### **Abstract**

Peer influence is regarded as one of the significant determinants of substance abuse in adolescents and young adults. It is assumed that the pressure from our friends towards smoking or alcohol consumption is a major cause of substance use. The current study is a quantitative study which seeks to measure the relationship between two variables namely Peer Pressure (Independent Variable) and Drug Abuse (Dependent Variable). In order to fulfill the aim, responses of 100 participants were recorded and the data was compared between two groups, i.e. male and female. Furthermore, the population was divided into two sub groups: Adolescents (Age ranging from 13-17 years) and Young Adults (Age ranging from 18-22 years). The data was collected by utilizing the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) scale and Peer Pressure scale by Sandip Singh and Sunil Saini. The questionnaire was administered in various tuition centers (in order to get school students) and colleges. Thus,our study laid a foundation for understanding that peer pressure can play a decisive role in promoting drug use which leads to drug dependence.

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## Neuropsychological impairments in juvenile delinquents.

*Sugamreet Bhullar\**

### **Abstract**

Neuropsychological impairments have long been known to be associated with criminal and antisocial behaviour. Over the years different theorists tried to explore the underlying neuropsychological causes of criminal behaviour. Executive functions is a set of cognitive capacities that act in a coordinated way to assist people in purposeful, goal directed and organised processing of perceptions, emotions, thoughts and actions. The aim of this study is to evaluate executive functions and examine its relationship to delinquency. The study sample were 50 delinquent male adolescents (age between 12 to 18), selected from juvenile homes of Punjab state and 50 non- delinquent male adolescents selected randomly from normal school setting, of same age group and socio-economic status. Executive Skills Questionnaire (Peg Dawson and Richard Guare, 2010) was used to collect the data. The results revealed that there was a significant difference between the mean scores of the delinquent boys on all the dimensions of executive functions than non-delinquent boys. Moreover, the delinquents who were involved in serious offences such as murder and rape were found to be poor in response inhibition, working memory, emotional control, flexibility and stress tolerance, in comparison to those involved in petty crimes and non-delinquent peers.

## A study of personality in relation to sense of humor and depression among adolescents.

*Neha Nahar\* & Garima Arora\*\**

### **Abstract**

Adolescence is the crucial stage for identity formation and for the development of personality. Many factors play important role and influence the basis of personality development. The present study explores the relation between personality, sense of humor and depression among adolescents. For this purpose, sample of 100 students were selected randomly from Kundan Vidya Mandir school, Ludhiana. The equal number of Girls (50) and Boys (50) were taken. To assess personality, The Big Five Inventory (BFI) (John & Srivastava, 1999) was used. To assess sense of humor and depression, Multidimensional sense of humor scale (Thorson & Powell, 1993) and Beck's Depression Inventory II (Beck, 1996) was used respectively. The data was collected and scored according to the manual. The statistical methods were applied and results were presented.

**Keywords:** Adolescence, Personality, Sense of Humor, Depression

*\*Research Scholar,*

*\*\* Student*

## Role of ergonomics in preventing work-related musculoskeletal disorders.

*Maman Paul,\**

Work-related musculoskeletal disorders are one of the leading causes of absenteeism from the occupational work. These musculoskeletal disorders result in substantial compensations and act as an economic burden to the public health care system. Musculoskeletal disorders relate to health disorders associated with locomotor complex, for example, muscles, tendons, ligaments, bones, cartilage and nerves. These disorders span from wide range, i.e., ill health due to mild disorders, transitory disorders or irreversible disorders leading to disabling injuries. The work-related musculoskeletal disorders affect different regions of the body depending upon the nature of the occupation. The occupation which requires repetitive loading and long-lasting static force effort on any region of the body lead to pain due to musculoskeletal involvement. Thus, neck region, back, upper limb (shoulder, arm, elbow, forearm, wrist and fingers) or lower limb (hip, knee, ankle and foot) may be involved depending upon the occupational work. The conditions like pain syndrome of the neck, shoulder, tennis elbow, tendinitis, tendovaginitis, carpal tunnel syndrome, repetitive strain injuries, degeneration of menisci etc. are few examples of work-related musculoskeletal disorders. For example, activities involving lifting or carrying heavy loads may result in back disorders. When a worker is working with bent, twisted or extended trunk for long duration, it lead to overload of spinal structures and increased activity of affected muscles. The risk of injury to the spine also increases.

The purpose of the present review is to find the severity of work-related musculoskeletal disorders and report the findings from the literature.

Literature concerning work-related musculoskeletal disorders and role of ergonomics show that these type of disorders range from mild aches to severe pain resulting from specific musculoskeletal disorders.

The duration for which repetitive loading has been done, number of repetitions per unit time per day as well as total exposure time in the form of hours per day and days per month etc. influence the extent of damage. The pain as reported by the worker may be due to reversible acute condition or it may indicate the commencement of a serious disease.

The work-related musculoskeletal disorders may be prevented if requisite information about risk factors is provided to the employers, supervisors, industrial workers, computer professionals etc. The dissemination of information regarding risk factors and preventive strategies should be done in such a manner that factors contributing to it like physical loading, or other factors which lead to excessive fatigue and constant stress on structures may be avoided or lessened. The role of occupational health trainers is immense as they are linked with ergonomic awareness programs, designing of work-related equipment, work office and work place environment. This would be a concrete step in reducing work-related musculoskeletal disorders as well as in enhancing the productivity at work and cutting down the rate of absenteeism. This would further help in reducing the economic burden on public health system and would eventually work toward employee well-being.

**Keywords:** Work-related musculoskeletal disorders, pain, occupational health, ergonomics

*\* Assistant Professor, Department of Physiotherapy, Guru Nanak Dev University, Amritsar, Punjab, India*

Life-skills education for adolescents with learning disability: an exploration.

*Shamsad Alam\* & Navleen Kaur\**

**Abstract**

Learning disability, a neurological based psychological processing disorder, engages in the understanding and language usage, upsetting the learner's skills in reading, speaking, listening, thinking, recalling and doing mathematical calculations. This predicament may subsist in the adolescence period, where intellectual, physical, moral, social, emotional and all potentialities are elevated. Largely, adolescents with learning disabilities are found to be incapable to use their potential to the maximum due to certain constraints. Being very sensitive and adjusting themselves both with their internal self and the changing society, the adolescents constantly face diverse issues and challenges in their life. These emerging challenges should be taken seriously and an effective coping plan should be charted out. Life skills education has emerged as an effective coping strategy for handling the life's challenges. This plays an imperative role in the life of the learner and bridges the gap between basic functioning and their capability. It strengthens their abilities to meet the needs and strains of the contemporary society. The present paper focuses on the impact of life skills education on the adolescents and its benefits of making it part of our teaching-learning process. It also discusses the intervention strategies and



prevention programs of life skills education for adolescents with learning disability. Qualitative research approach and case study design have been used in the present paper.

**Key words:** Learning Disability, CWSN, Adolescents, Life-Skills Education, Coping Strategy

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*Ph.D. Research Scholar, —\*\*Professor, Department of Community Education and Disability Studies, Panjab University, Chandigarh, India.*

## Juvenile delinquency and parent child relationship

*Shefali Gupta\**

### **Abstract**

Parenting adolescent is different than parenting a younger child. Developing and maintaining a positive and strong parent-child relationship has real benefits. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness and life satisfaction, and lower levels of emotional and physical distress. This study aims at how parenting styles (authoritarian, authoritative, permissive and neglectful) affect child's behaviour leading to juvenile delinquency differently. This is a qualitative research analysis which reflects importance of parent and child relationship. This study based on the contemporary research papers of 15 researches (1995- 2017). The result shows that all four parenting styles have varying degree of affect on child's behaviour leading to juvenile delinquency. Therefore, contribution of the style of parenting is one of the many factors that lead to the child becoming a delinquent. Clearly, there exists a need for spreading awareness and exploring this domain further, especially in the Indian context where familial relationships are comparatively stronge

*\*Department of Psychology, The IIS deemed to be University, Jaipur, Rajasthan, India*

## Effect of social desirability on internet addiction and satisfaction with life among college students.

*Komila Parthi & NAureen Kaur*

### **Abstract**

Due to the rapid expansion of technology, internet has become the most vital part of human life and youth are found to be more dependent on it for various purposes. Internet addiction is defined as excessive involvement in the Internet with negative consequences. It is a fact that most young people spend valuable time on the Internet without knowing the negative impact this engagement may have. Excessive use of the Internet can significantly interfere with functioning in other areas of life such as relationships, education, work, physical health, and emotional well-being. Thus, this study was conducted on 60 hosteller (30 males and 30 females) and 60 day scholars (30 males and 30 females) to examine the effect of social desirability on internet addiction and quality of life by using the following questionnaires a) Marlowe-Crowne Social Desirability Scale b) IAT by Dr. Young c) Satisfaction with Life Scale (Diener, E., Emmons, R.A., Larsen). The relationship between the above variables was interpreted in consideration of different residential accommodation among college students.

*\*DAV College, Sector-10 Chandigarh, India.*

## Forgiveness and mindfulness among young adults

*Tamanna Grewal\**

### **Abstract**

Forgiveness and mindfulness are positive psychological characteristics that are connected to well-being. Forgiveness is the act of decreasing negative feelings towards a person who has hurt you or caused pain to your self. Mindfulness is a person's ability to be fully present, aware of where we are and what we're doing, and being non judgmental about things going around us. People who are forgiving and practice mindfulness seems to have better coping skills with life stressors and seems to remain happy. Purpose of the current study was to understand the association between forgiveness and mindfulness. The research was conducted in the Maharshi Dayanand University, Rohtak region. The quantitative data was collected by randomly distributing 100 standardized questionnaires among young adults and the age range is 20-25 years. The tools used for the study were: Heartland Forgiveness Scale and Freiburg Mindfulness

Inventory (2006). The data was analyzed using SPSS version 16.0. The results will be discussed further in the light of positive psychology.

**Keywords:** Forgiveness, Mindfulness.

*Department of Psychology, Maharshi Dayanand University, Rohtak, Haryana, India.*

A comparative study between arrange marriage & love marriage in relation to psychological scale.

*We Kaur ,Ravneet*

#### **Abstract**

Marriage is the process by which two people make their relationship public ,official and permanent. In love marriage individual choose partners on their own ,while in case of arrange marriage partners are choosen by the family

We have collected 60 sample 30 arrange &30 love marriage.

We have used RYFF'S psychological Well being Scale relationship satisfaction among love marriage or arrange marriage .

There is no difference on passionate love marriage and martial love between arranged marriage and love marriage . Arranged marriage husband reported high degree of martial love than their husband. Arranged marriage husband and love marriage husband are not differ on martial love but wives from love marriage and wives from arranged marriage are differ on martial love, L.M wives show greater degree of love than A.M wives.

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A correlation study between relationship satisfaction and quality of  
life in love marriage.

*Annu,Narender\* & Singh Kuldeep\*\**

#### **Abstract**

Love marriage is a marriage of two individuals based upon mutual love,affection,commitment and attraction.In love marriage relationship satisfaction is more important to maintain a healthy relationship. Relationship satisfaction is defined as an interpersonal evaluation of the positivity of feelings for one's partner and attraction to the relationship in love marriage relationship

satisfaction and also quality of life is an overarching term for the quality of the various domains in life. It is a standard level that consists of the expectations of an individual or society for a good life. We have collected 60 participant's for this study. We were used relationship satisfaction scale (Hendrick R.S 1988) :To assess the level of relationship satisfaction and quality of life :To assess the level of quality of life in the participant's. Result revealed that a positive relationship between love marriage and relationship satisfaction and also found that positive relationship between love marriage and quality of life.

**Keywords:** Love marriage, Relationship satisfaction, Quality of life.

\*Master student, Govt P.G College Sector-1 Panchkula, Haryana, India.

\*\*Associate professor, Department of Sociology, Govt P.G College Sector-1 Panchkula, Haryana, India.

Aftermath of peer pressure and drug abuse among school and college students.

*Sharma, N., Gupta, S., Bhardwaj, S. & Gupta, N.*

### **Abstract**

Peer influence is regarded as one of the significant determinants of substance abuse in adolescents and young adults. It is assumed that the pressure from our friends towards smoking

or alcohol consumption is a major cause of substance use. The current study is a quantitative study which seeks to measure the relationship between two variables namely Peer Pressure (Independent Variable) and Drug Abuse (Dependent Variable). In order to fulfill the aim, responses of 100 participants were recorded and the data was compared between two groups, i.e. male and female. Furthermore, the population was divided into two sub groups: Adolescents (Age ranging from 13-17 years) and Young Adults (Age ranging from 18-22 years). The data was collected by utilizing the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) scale and Peer Pressure scale by Sandip Singh and Sunil Saini. The questionnaire was administered in various tuition centers (in order to get school students) and colleges. Thus, our study laid a foundation for understanding that peer pressure can play a decisive role in promoting drug use which leads to drug dependence.

**Keywords:** Peer Influence, Smoking, Drug Abuse, ASSIST, Community Psychology

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Chess tactics and fluid intelligence in children

*Vibhuv Papaihgari Reddy*

### **Abstract**

Extensive research is available for identifying the effects of chess instruction on cognitive functioning in children. Findings from these studies have supported the implementation of chess in schools globally. However, the specific aspects of chess responsible for this cognitive development is still unknown. This ongoing pilot study aims to identify the impact of instruction of chess tactics on fluid intelligence. The purpose of this pilot study is to (a) assess the feasibility of instructing only chess tactics as opposed to teaching all aspects of chess, such as opening and endgame theory, and (b) collect preliminary data to test this hypothesis. The Standard Raven's Progressive Matrices test has been used as a measure of fluid intelligence. Instruction of chess tactics aims to occur over a 10 month period. A pre-test was conducted at the start of this period, and a midterm test was conducted during this period. T-tests on midterm data show a statistically significant increase in fluid intelligence ( $p=0.046$ ) for the test group ( $n=12$ ), with the control group ( $n=15$ ) not showing a statistically significant increase ( $p=0.156$ ) in fluid intelligence.

**Keywords:** chess training, chess tactics, fluid intelligence, cognitive development

*\*Student at Mallya Aditi International School, Bangalore, India*



# A comparative Study of user's satisfaction and attitude towards public toilets in Amrtisar and Ludhiana city.

## **Abstract**

Public Conveniences can be called public restrooms, public toilets, public lavatories etc. it is referred to a room or booth which have one or more water closets/urinals/ Squatting pans, that completed the needs of the public like urination, defecation. It is beneficial for the mobile population or people those are far away from their home like tourists, travelers, shoppers, street hawkers as well as those persons those have not personal toilets at their home

The study is based on user satisfaction with the help of four-five indicators. The indictors were toilet facility adequate, use the public toilet, responsibility of toilet quality maintenance, toilet cleaning and toilet infrastructure

A total of 130 respondents were taken from both cities. 70 samples taken from Ludhiana and 50 taken from Amritsar. All users' respondents were measured based on the three-point scale.

The findings showed that Ludhiana users were more satisfying compare to Amritsar users but Amritsar toilets users' frequency was higher than Ludhiana toilets users.

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## Relationship between perceived social support and procrastination levels among teacher trainees.

*Harneet Billing \**, *Veerpal Kaur & Kulwinder Kaur \*\**

### **Abstract**

The aim of the present study will to explore the relationship between perceived social support and procrastination levels among teacher trainees. In order to investigate relationship "Multidimensional Scale of perceived social support" developed by Zimet, Dahlem, Zimet and Farley (1998) and "Tuckman Procrastination Scale" adapted to Turkish by Uzun Özer (2010) will be applied to gather data. The sample for study will be composed of 200 teacher trainees (both male as well as female) who study at the Faculty of Education at Sri Guru Granth Sahib World University, will be chosen through random sampling technique. Independent variables of the research likewise Gender, Locale, grade level and age will be studied with dependent variables. The data gathered further will be analyzed by using different statistical techniques i.e. Pearson Correlation Coefficient and Multivariate Analysis of Variance (ANOVA). It is believed that that current study will solve issues that lead individual to procrastinate. Moreover, it will be significant as far as to acknowledge and make beneficial to teacher trainees who fail due to their habits of procrastination.

**Keywords:** Social support, procrastination, teacher trainees.

\* Assistant Professor, \*\* Research Scholars, Department of Education, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab, India.

## Exploring the nature of non-suicidal self-injury using DSM-5 among the youth.

*Ritika Singh\* & Sabeen H. Rizvi\*\*,\*\**

### **Abstract**

Non-Suicidal Self-Injury (NSSI), which refers to intentional and self-inflicted damage of one's body tissue without an actual suicidal intent or purposes that are socially sanctioned (Washburn, Potthoff, Juzwin, & Styler, 2014). This study was carried out to assess the prevalence of Non-Suicidal Self-Injury as a clinical disorder included under “*Conditions for Further Study*” in the DSM-5 (American Psychiatric Association, 2013), and understanding the different characteristics of NSSI behaviour (duration, versatility in types of NSSI behaviours, age of onset, body parts targeted, and types of abuse) in individuals who endorse NSSI behaviour among the college youth of Delhi NCR. Inclusion criteria for the participants were age 18-24 and provision of written informed consent to participate in the research. The Alexian Brothers Assessment of Self-Injury (Washburn, Potthoff, Juzwin, & Styler, 2014) was used as the clinical assessment tool. Participants included 123 (female - 72.35%) young adults (age in years:  $M = 21.26$ ,  $SD = 3.67$ , range 18-24), selected using the snowball method of sampling. 95.93% of the sample was situated in Delhi NCR, both undergraduates and postgraduates. 51.21% (female  $n = 51$ ; male  $n = 12$ , age in years:  $M = 21.03$ ,  $SD = 1.55$ ) of the total participants endorsed NSSI behaviour, and among them, 39.68% reported having suicidal ideation at least once in their lifetime. 22.22% met the diagnostic criteria of NSSI Disorder under DSM-5. This study adds to the limited literature available on NSSI, and the relevance of NSSI as a clinically significant disorder, especially with reference to the Indian population.

**Keywords:** non-suicidal self-injury, suicidal ideation, DSM-5, young adults.

*\*Amity Institute of Psychology and Allied Sciences, Amity University, Noida, Uttar Pradesh, India*

*\*\*Department of Psychology, Gargi College, Delhi University, India.*

*\*\*Department of Psychology and Neuroscience, University of North Carolina, Chapel Hill, NC, USA*

**Study on subjective well-being among students of sports and science streams.**

*Rakesh Kumar\*Anil\*& Monika\**

### **Abstract**

Present study was planned to investigate the significant difference among students of Sports and Science Streams. To achieve the objective of the study, Friedman Wellbeing Scale was administered on targeted sample. Total sample of 50 participants was selected from University PG Departments of Physical Education and Science stream. Total sample consisted of 25 and 25 from sports and science streams respectively. The age ranged between 22 to 25 years. Data was collected after following the instructions suggested by concerned author. Obtained data was analysed by applying descriptive statistics (Mean, SD, SK, KU) and t-ratio. Descriptive statistics depict the more or less normalcy of data. No significant differences were found on the measures of Emotional Stability, Self Esteem, Sociability, Happiness and Composite Score. Only Jovial measure of wellbeing showed the significant difference ( $t=4.385<.00$ ). It depicts students of sports tend to be high on jovial as compare to the students of science. In conclusion, findings cannot be generalized.

**Keywords:** Subjective Wellbeing, Streams.

*\*Master student, Department of Psychology, CRS University, Jind, Haryana, India.*

## Gender differences on internet users among university students.

*Pradeep Kumar\* & Babita\*\**

### **Abstract**

Present study was designed to investigate the gender differences among internet users (if any). To realize the main objective of the study, total sample of 80 participants was drawn from university's Post Graduate Departments. The sample comprised 40 males and 40 females with the mean ages of 25.6 and 23.9 years respectively. Internet Addiction scale developed by Kimbel Young (1998) was administered after complying the rules of prescribed manual. Obtained data was analysed using by descriptive statistics (Mean, SD, SK, and KU) and t-ratio. Descriptive statistics reveal the normalcy of data distribution except some minor discrepancies. t-ratio showed that males are to be higher on internet addiction scale as compare to females ( $t=3.58<.00$ ). It depicts that males tend to be high on internet addiction as compare to females. For more generalization, large scale studies are required because review of literature reveals that contradictory findings have been explored by several researchers (Beranuy et al., 2009; Gnisci et al., 2011; Wu & Zhu, 2004b; Chiu et al., 2013).

**Keywords:** Internet Addiction, Gender.

*\*Assistant Professor\*\*Master Student, Department of Psychology, CRS University, Jind, Haryana, India.*

## **A comparative study on marital adjustment among the couples of single and joint family**

*Preeti\*, Datt N.\*\* & Kumar P.\*\*\**

### **Abstract**

The purpose of present study is designed to examine the significant differences on marital adjustment (if any) among couples of single family and joint family. This study is based on sample of 80 subjects equally divided into two groups on the basis of gender (male and female) further these two groups were also divided into two more groups on the basis of family type (single family and joint family), was drawn from rural and urban area of Jind city. Hence, total sample was comprised of 40 males and 40 females with the mean ages of 28.5 and 25.8 years respectively. Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr. Pramod Kumar & Dr. Kanchana Rohatgi was used for data collection. Mean, standard deviation and T-test were applied for statistical analysis. In view of the differences between single family couples and joint family couples, t-ratio was ( $t = -.24 < .NS$ ), and regarding gender differences was

found ( $t=-.347<.NS$ ). Results reveal that there is no significant difference between the mean scores of marital adjustment among single family and joint family subjects. Similarly, significant gender differences are not found on same measure. In conclusion, family type and gender have not emerged as predictor of marital adjustment.

**Keywords:** Marital adjustment, Gender.

*\*, \*\*, \*\*\*, Master Student, Department of Psychology, CRS University, Jind, Haryana, India..*

### A comparative study on social intelligence.

*Sarika\*, Ajay\*\* & Kavita\*\*\**

#### **Abstract**

Present study was designed to examine the significant differences on social intelligence (if any) among participants of senior secondary schools. To achieve the main objective of the study, total sample of 80 participants was drawn from different schools of Rohtak city. Four students consisted of two boys and two girls were selected from each of the schools (private and government). Hence, total sample was comprised of 40 boys and 40 girls with the mean ages of 17.5 and 17.8 years respectively. Social Intelligence Scale was administered (Mathur, 2007) after complying the ethics of manual. Obtained data was analysed using by descriptive statistics (Mean, SD) and t-ratio. In view of the differences between private and government schools t-ratio was ( $t=.31<.NS$ ), and regarding gender differences was found ( $t=.138<.NS$ ). Obtained

findings reveal that students of the private and government schools are more or less similar in case of social intelligence. Similarly, significant gender differences are not found on same measure. Review of literature depicts the contradictor findings. Present findings cannot be generalized; hence, large scale studies are required for more generalization.

**Keywords:** Social Intelligence, Gender.

*\*, \*\*, \*\*\*, Master Student, Department of Psychology, CRS University, Jind ,Haryana, India..*

Concept of pidginization: english language learning among the students of  
Kolkata.

*Bushra Jabeen*

### **Abstract**

The purpose of the present study is to analyse the influence of English language on the students of Kolkata. The presented data was collected based on a well structured questionnaire, surveying 500 students of Kolkata in the year 2017.

The collected data was then analysed by SPSS (Statistical Package for Social Sciences) and the result of the analysis was that, there existed a positive relationship among the factors of



inclination towards learning English, that is, motivation, attitude and self esteem. The data was represented geographically on the map of Kolkata, using the geographical software Map Info Professional version 7.0, showing the levels of motivation, attitude and self esteem of the students of Kolkata towards learning English. The concept of pidginization was also highlighted in the process of determining the inclination of learning English.

The significance of the study lies in the fact that English is one of the fastest growing language on the face of the earth and the reasons for the same has been elaborately explained in the presented research work.

**Keywords:** Pidginization, motivation, attitude, self esteem, English language learning

*\*Research Scholar, Jamia Millia Islamia, a central University, Delhi, India*

Perceived workplace incivility among teachers: a conceptual review.

*Dhanvir Kour\* & Sarita Sood\**

## **Abstract**

Incivility is a mild form of interpersonal mistreatment that includes rude, discourteous, and disrespectful behavior. It is a growing problem and concern in the workplace. The pervasiveness of perceived workplace incivility has been found to be increasing in different work settings including educational institutions. The present study is a conceptual review on perceived workplace incivility in academic field. The literature has identified the existence of incivility in school, college and university campuses and has indicated that the increasing level of incivility interferes with effective teaching and learning process. Teachers are at a high risk of perceiving workplace incivility due to their level of interpersonal relation. Research reveals a number of antecedents that play a crucial role in perpetration of perceived workplace incivility. These may be organizational factors like job demands or individual factors like personality. Workplace incivility has negative consequences for both individual and organization like poor physical and mental health or lower performance and productivity. This study can be useful for educators and administrators to design specific interventions to address the problem of perceived workplace incivility.

**Key words:** Antecedents, consequences, interventions, perceived workplace incivility, teachers.

## Internet addiction and antisocial behavior: a review.

*Diksha Grover & Poulomi Bhattacharjee*

Internet addiction and the moral implication of antisocial behaviour is investigated in this paper. Unfortunately the percentage of people who use the internet has excessively increased during recent times. The concept of Internet addiction or pathological use of Internet is discussed in detail, and the characteristics of Internet addicts are also delineated. The social (especially the antisocial) use of Internet is discussed.. This paper reviews the existing epidemiological studies of Internet addiction that (i) contain quantitative empirical data, (ii) have been published after 2000, (iii) include an analysis relating to Internet addiction and antisocial behaviour (iv) prevalence of internet addiction in current scenario.

**Keywords:** internet addiction, antisocial behaviour.

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## The evolving science of Meditative Practices: a study on how the meditative experience changes the brain.

*Gautam Sharda*

### **Abstract**

In this paper , I have focused on the rich and ancient tradition of contemplative meditation being practiced in India for thousands of years and how it affects our overall mental and physical health. Since the last twenty years or so, Modern Neuroscience has also started to take the effects of continuous practice of meditation on our brains and bodies very seriously. I have tried to explain how the continuous practice of various forms of meditation and in particular Mindfulness Meditation leads to certain structural or functional changes in the brain which is also termed as Neuroplasticity. Also, I have taken recourse to many recent experimental and empirical laboratory findings which explain to us more lucidly how the mindfulness meditative experience changes the brain. In particular, the effects of mindfulness meditation can be observed empirically in certain brain regions like the Amygdala, the Prefrontal Cortex and the Insular regions. All these regions are associated with either emotional regulation or attentional mechanism. Since, continuous meditative practice leads to changes in the brain, it also leads to subsequent modification or changes in the overall mental or emotional well-being of an individual, for example, diminishing the effects of depression, stress and anxiety while maintaining a sustained sense of mental and emotional peace and equanimity within the practitioner. Though a very significant number of scientific studies have focused on Mindfulness, the beneficial effects of regular meditative practice is likely to be replicated for other meditative techniques as well.

*\*UGC Senior Research Fellow, Department of Philosophy, University of Delhi, India.*

## **Psychiatric disorder among “Forced Immigrants”**

*Harpreet Kaur*

### **Abstract**

Displacement of masses out of force is one of the main contributing factors causing stress and mental disorder. Migration from one place to another and from one country to another is sometimes a voluntary activity which is performed due to green pastures, better educational opportunities and for healthy life-style and environment. However, sometimes due to political upheavals, riots and violence people are forced to leave the place of their birth- their motherland. Their forced displacement in alien nations, create conflicting situations as immigrants confront problems of adjustment, language, cultural disparities and inferiority complex. Youngsters feel uprooted. The condition of elderly people is more critical who find it difficult to adjust in alien nation and experience aggression, anxiety and depressive disorder. Baba in *The Kite Runner* by Khaled Hosseini is no exception of it. Due to political mayhem and rise of the Taliban, he is forced to leave his country and riches. Finding it hard to adapt in new environment, he often indulges in argument with the people in United States and become aggressive. The present article will elaborate on the issues of aggression as psychiatric disorder due to forced displacement.

**Keywords:** Displacement, Forced immigration, Alienation, Aggression and Psychiatric Disorder.

*\* Assistant Professor, Chandigarh University, Gharuan, Punjab, India.*

## An insight into mutual dynamics with elderly.

*Jyoti Singh*

### **Abstract**

People living with their parents can handle stress more effectively than those living in nuclear families. Is talking to elders in family therapeutic? A story covered by BBC, The Washington Post and The Indian Express explain “How grandmothers help fight depression and anxiety” in Harare, Zimbabwe. The project was started by Dixon Chibanda, who is director of the African Mental Health Research Initiative. The programme called the FRIENDSHIP BENCH helped over 30,000 people in 2017 alone. Since 2006, over 400 grandmothers have been trained under this programme. The method has been empirically vetted and have been expanded to countries beyond, including the US. In one research that was carried out in UK, the group that had seen the grandmothers had significantly lower symptoms than the other group that underwent conventional treatment. India was a society of joint families from olden times but due to financial and other constraints, people started living in nuclear families. Elderly Parents are also living either in old age homes or in villages, far away from their children. This shift has negatively affected not only the social fabric but also the mental health and quality of life for the both generations. The present paper discusses the benefits of similar programmes in India.

*\* Assistant Professor, Galgotias University, India.*

## Parental acceptance - rejection in relation to adjustment and academic stress among adolescents.

*Kadambini Sharma*

### **Abstract**

The foundation of development of individual lies in the womb of the family. In family parents serve as an effective agent of socialization. Parents play an important role on the development of children. It is important for parents especially for mothers to be warm, nonhostile and close to their children in order to maintain quality parent-child relationship. The behaviours of the parents emphasize psychologically, socially, and healthy outcomes for children.

In order to understand the processes through which parents influence child development, one must understand the parenting style, or emotional climate within which socialization occurs. Parental Acceptance-Rejection Theory of R.P Rohner postulates that children everywhere who come from loving (accepting) families are more likely than children who come from unloving (rejecting) families to feel good about themselves (positive self-esteem); feel competent (positive self-adequacy); have the capacity to freely and non-defensively develop intimate, trusting relationships (emotional responsiveness); view the world and most humans as being benevolent

or positive in other ways. Therefore, based on Parental Acceptance and Rejection theory proposed and developed by Rohner, the present research paper aimed at exploring how the adolescent perception of parental acceptance and rejection could be related to their level of psychological adjustment and academic stress.

\*Counsellor Army Public School, Ambala Cantt, Haryana, India.

### Leadership ethics.

*Kamjula Neelima\* & Koppula Narendar\*\**

#### **Abstract**

The paper examines the construct of Leadership Ethics. It is different from other concepts. Our early writings focused on Leadership Ethics as the Heart of Leadership. Leadership Ethics talks about the Conduct and Character of the Leaders. There are various Ethical Theories based on these two features of Leader. Leadership Ethics defines the Ethical perspectives of Leaders in an organization either it is in production or service sector. Leadership Ethics help leaders to stand as role model for followers. The leaders with admirable conduct and character can build trust and respect among their followers.

**Keywords:** Altruism, Ethics, Ethical Egoism, Ethical Leaders, Utilitarianism



*\*Post Doctoral Research Fellow, NIT, Warangal, AP, India.*

*\*\*Adarsha Law College, Warangal, AP, India*

Interfacing spirituality and pedagogy with elements of positive psychology.

*Lalit Kishore*

### **Abstract**

Spiritual Intelligence (SI) has been incorporated as a component of Multiple Intelligence Learning Theory propounded by Developmental Psychologist Howard Gardner. Consequently, educators and researchers have been looking for ways to integrate SI through classroom curricular interventions. Further, educating children of deprived and marginalized groups through innovative alternative education methods is regarded as social work by NGOs. Keeping this in view, an exploratory attempt was made to find the interfacing elements bet between pedagogy and spirituality using the focus group methodology. A focus group (N=3; one hour)

consisting of a spiritual educator, pedagogue and a psychologist was organized by the investigator as the coordinator. Discussion on ‘How pedagogy and spirituality can be interfaced for classroom instruction?’ and its discourse analysis revealed that being optimistic and providing the positive psychological foundations to teaching-learning processes using co-operation, caring and sharing as educational values is important for interfacing. Positive psychology based cooperative learning techniques and learners as seekers of the joy of learning were indicated as the main interfacing elements between pedagogy and spiritually lead to the joy of learning and constructed knowledge being internalized through visual arts and language art forms of poetry and singing speech.

**Keywords:** Classroom processes, focus group, interfacing strategy, pedagogy, positive psychology, spiritual intelligence

*\*Research Fellow, Disha- A Resource Centre for Multiple Disabilities, Nirman Nagar, India.*

## Positive emotions and food intake

*Leena Vashistha*

### **Abstract**

Emotional eating have become one of the most serious health problems. History can be found related to negative emotions effect on food intake but do positive emotions can have effect on

food intake of emotional eaters. This research aims to highlight the relationship between positive emotions and food intake which varies on basis of individual characteristics and their emotional state. It is a qualitative research analysis reflects upon some historical and contemporary research paper to contribute in this field. The result of this research suggests that positive emotions contribute to unhealthy food consumption which concluded that positive emotions have significant effect on food consumption which contribute to unhealthy lifestyle and it is an important aspect to work on to lead a healthy lifestyle.

*\* Department of Psychology, IIS Deemed to be University, Jaipur, Rajasthan, India.*

Vedantic solution of man-made environmental conflict and peaceful coexistence.

*Maanvi Gahlot*

**Abstract**

“Earth provides enough to satisfy every man’s needs, but not every man’s greed”: Mahatma Gandhi. Environmental conflict is a form of social conflict which can be natural resource scarcity driven, involving indigenous communities or identity based conflict with competing interests. With rapid industrialization, modernization and population explosion, environmental conflicts are increasing exponentially. Environmental conflicts are multifaceted in nature rendering the adoption of a dynamic conflict resolution mechanism indispensable. Hence, the objective of the study is to contribute theoretically to the areas of environmental psychology and conflict management by offering a 'Vedanta' based solution for man-made environmental conflict. This has been done by examination of the ancient verses, their underlying concepts and its relevance in environmental conflict resolution. The analysis of literature on vedantic philosophy, the verses of Vedas elucidate not only conflict management and resolution, but also advocate respect and reverence for all beings (वसुधैव कुटुम्बकम्), ultimately peaceful coexistence for all.

**Keywords:** environmental conflict, conflict resolution, Vedanta

*\*Master student, Psychology, IGNOU, New Delhi (RC:Chandigarh),India.*

## Boredom as a sign of intelligence.

*Manmeet Kaur*

### **Abstract**

Boredom is an unpleasant emotional state in which the individual feels a pervasive lack of interest and difficulty concentrating on the current activity. Boredom can be a dangerous and disruptive state of mind that damages health and even lead to behavioural, medical and social consequences. This research aims to highlight the relationship between boredom and intelligence which varies on the individual characteristics. It is a qualitative research analysis which reflects upon some historical and contemporary research paper to contribute in this field. A Systematic review of 24 studies (2000-2018) on boredom and intelligence was conducted. Additional findings indicate boredom to be negatively related to life satisfaction and autonomy orientation. Majority of the well-conducted studies found that boredom and intelligence are correlated with each other and people with high IQ are bored less easily as they spend good part of their time focusing on their thoughts, goals and objectives than to socialize with other people.

*\* Department of Psychology. The IIS University, Jaipur, India.*

## **METHODS FOR ENHANCING WELL BEING**

*Nishu chaudhary*

### **Abstract**

This research paper is an attempt to explore the methods for improving and enhancing well-being. Well-being is the prevalence of positive attributes. These attributes can enhance by so many methods such as regular exercise, yoga and meditation, remember your qualities and express yourself, healthy diet, strong social networks and proper sleep. In this paper the main focus is on the methods for enhancing well-being.

**Keywords:** well-being, methods for enhancing well-being

*\*Research scholar, R.G.P.G. College Meerut, U.P,India.*

## Spirituality, yoga and stress management for wellbeing among youth.

*Savneet & Paimal Preet Kaur*

### Abstract

Stress is identified as a strong indicator across the spectrum of mental health disorders. The transactional view of psychosocial stress centers upon an individual's cognitive appraisal of internal and external events as stressful, from which coping responses. Yoga and meditation techniques have been shown to reduce perceived stress and improve mood. Evidence supports the view that yoga is a practice which addresses multiple mental, emotional, and physical facets of the individual. The postures/exercises, breathing techniques, and deep relaxation practices likely induce the relaxation response and regulate stress systems. The overall purpose of this research program is to evaluate the psychological benefits of a yoga program. Self-regulatory coping skills and resilience are believed to be effective countermeasures for stress, which may lessen the development of mood and affect-related problems.

\*\*\**Dr. Savneet, Paimal Preet Kaur B.A.III*

A study of paranormal belief, personality factors, religiosity and spirituality among young adults.

*Singh Prerna & Dangwal Pragyan*

### **Abstract**

Parapsychology, in a restricted sense, is defined as the scientific, statistical, the experimental approach to extrasensory phenomena. It is placed within the framework of science (Banks, H.N., 1989). Those who believe in paranormal or psychical phenomenon are said to be paranormal believers. Their beliefs in paranormal activities are associated with their personality, spiritual belief and religious belief but this association is not significant as is reflected in the results of this study. There was a negative non-significant correlation between conscientiousness and agreeableness and paranormal belief. There was a positive non-significant correlation between openness, neuroticism, extraversion and spirituality and paranormal belief. Religiosity was significantly positively correlated with paranormal belief. Males and females also showed difference in paranormal belief. Gender difference was observed where females were found to be more religious and spiritual than males. Religiosity was significantly positively correlated with spirituality.

**Keywords:** Parapsychology, paranormal belief, personality, spirituality, religiosity, gender.



*\* Master student, Department of Psychology, Lucknow University, Lucknow, India. (P*  
*\*\* Assistant Professor, Amity Institute of Behavioural and Allied Sciences (AIBAS), Amity*  
*University, Lucknow, India.*

## Ethics and positive Psychology: A life worth living.

*Rajan*

### **Abstract**

Positive psychology is considered to be the "the scientific or the pseudo-scientific study of what makes life most worth living" or "the philosophical study of positive human functioning and flourishing on holistic levels which culminates almost every aspect of a human being. Ethics the branch of philosophy also has a very deep connection with our values, way of living and motivation etc. which imbibe a tacit or implicit relation with positive psychology that can help us to attain life which is most worth living. The purpose of this paper is to discuss the relation of philosophical and ethical values and their relation and contribution in positive psychology and emotional intelligence which can give us a 'big push' to attain the highest version of ourselves. One of the important things about the philosophical and ethical wisdom is that it imbibes enough amount of practical knowledge of special education, wellbeing, spirituality, religiosity and peace psychology; it needs just a little exploration in its implicit values. So we will discuss those tacit values of philosophy and ethics which can contribute a lot in the positive psychology and

emotional intelligence so that we can expect a life worth living. The ethics and philosophy of antiquity, for an instance *Greco-Roman* and *Indian philosophy* have a very large contribution to the contemporary psychological theory and therapies like cognitive behavioural therapy, minimalism, and emotional intelligence etc. are directly or indirectly influenced by those philosophies of antiquity. Ethics and philosophy of life like positive psychology build further on the humanistic movement, which encouraged an emphasis on happiness, well-being, positivity, peace and holistic prosperity. Positive psychology is concerned with *eudemonia*, "The good life", reflection about what holds the greatest value in life – the factors that contribute the most to a well-lived and fulfilling life, and such kind of goals and values can be traced in the philosophy and ethics of antiquity, if simply go through the teaching of the ethics of antiquity we find that concept of perfection, a good way of life and, *eudemonia* etc. have been broadly discussed. The paper concludes that the philosophical, moral and psychological maturity with human perfection ensures giant strides for everyone, to rediscover the meaning and goals in life which can make this life most worth living.

**Keywords:** *Ethics, positive psychology, emotional intelligence, philosophical, eudemonia etc*

*\* Research Scholar, Department of Philosophy and Religion, BHU, Varanasi, UP, India*

## Transpersonal psychology and developing competence in the world of unrealistic expectations.

*Rakshita Gupta*

### **Abstract**

Transpersonal counselling and self-analysis have become the foremost important task for the youth in handling the pressure of competing in the work atmosphere. The cocoon of the glorious university life breaks and directly drops the youth into a highly competent, money monitoring real life scenarios of jobs. Unfortunately, there is no facility provided to the students to cope up with the stress, anxiety and giving their unrealistic expectations a reality check. Among the youth, depression, hyperactivity, and suicidal tendencies emerge mainly because of the unbridged gap between their overestimations and underestimating the fresh employees in the real work places. This is where transpersonal counselling and developing competence comes in order to keep themselves self-balanced while grabbing the opportunities in the workplace scenario. This paper argues that competence in a workplace scenario demands developing self-counselling

techniques in everybody and stress management during the physical and economic transition of the youth. It does not just involve the domain of career counselling to make people aware about their own personality and temperament towards a certain kind of career. It is also important for the counsellors to provide them with realistic measures on the psychological grounds in order for them to compete in the society.

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## Mental health of older adults

*Rashmi Verma & Arun Kumar*

### **Abstract**

By 2050, the proportion of the world's older adults is estimated to almost double from about 12% to 22%. Old age is the stage of life when a person's body and mind both are undergoing big changes. Health starts deteriorating, memory becomes weak, one becomes hard of hearing, and so on. Physically and mentally both the person experiences difficulties. In this paper the researcher has focused on mental health of old people. Old people make important contributions to society as family members, volunteers and as active participants in the workforce. We must

understand their problems and needs. We will discuss their mental problems and treatment available. It is not unusual to see the older generation going through hardships. The well to do ones can afford a good life but what to say of the poor old people who hardly have anything to eat and can't afford medical treatment as well. They are in the most pitiful conditions. Firstly they are poor and secondly they are old. We as a society must cater to their needs and give them shelter, food, clothes, medicines and most importantly lots of love and emotional support.

*\* Department of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar, India.*

## **Exploring personality factors in resilient sports persons**

*Bisaria S*

### **Abstract**

Personality and temperament of a person plays a vital role in determining his/her path to success in sports. It is important in sports because athletes must utilize and optimize a range of mental qualities to withstand the pressures that they experience. In this study, researcher discusses

underlying personality factors of sport performers via review of literature including various resources like research papers, articles, interviews etc. It is hoped that synthesizing what is known in the areas of factors influencing personality of sports person will help researchers gain a deeper profundity in sports person and provide a rigorous and robust foundation for the development of a sport-specific measure of resilience as one of the major factor of impacting the personality of sports person. With these points in mind, researcher divided the narrative into two main sections. In the first section, researcher reviews the different types of theories to explore certain factors that help a sportsperson develop the resilient character and in the second section the researcher discusses the career prospects related with all the characteristic factors that promote resilience in the best athletes. It is anticipated that this review will help sports psychology researchers examine the role of characteristics factors and develop a more rigorous and result-oriented training sessions that will push the limits a little further and bring the best out of a sportsperson.

**Keywords:** Sportspersons, pressure, psychological characteristics, resilience, sports performance, Personality.

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Implications of indian psychology in sustainable peace and well being.

*Surendra Pal Singh*

**Abstract**

Indian Psychology involves in the investigation and implication of Psychological Ideas embedded in spiritual tradition and philosophies of India. Indian Psychology is applied in its nature and objectives. The goal of Indian Psychology is to help a person move from a conditional state to an unconditioned state of freedom and liberation. Indian Psychology extensively deals with the way of handling human suffering and lead one on a path of sustainable peace and well being.

The aim of the present paper is to study the implications of Indian Psychology in sustainable peace and well being. The present era of crisis, tension and stress, western psychological practices unable to deal the problems of human life. Therefore, it is necessary to think over the problems with a new view point and imply Indian Psychology in the complete solution of human life. The present article is an attempt to give a new dimension of thinking to promote divinity of human being and social welfare.

The scope of the study embedded in vedas, upanishads, and six schools of Indian thought (Samkhy, Yoga, Nyaya, Vesetic, Mimansha and Vedanta).

**Key words :** Indian Psychology.

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## Parental expectation, stress and adjustment of adolescence.

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*A K Agrawal & Sutkirti Gupta*

### **Abstract**

Parental expectations are considered as one of the important cultural factors affecting the achievement of adolescence. Supporting parents can motivate children to build a strong mind and encourage them to achieve their best academic performance. Adjustment refers to the behavioural process of balancing conflicting needs or needs against obstacles in the environment. Stress is an unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our adolescents' capacity. The present generation, particularly the students, are passing through a critical stage characterized by confusion, transition, indiscipline and tension. The studies reviewed so far have examined the dynamic and affective correlates of extraversion. There are studies of the cognitive correlates also. The result of the present study may assist the teachers and parents to make the real expectations of adolescence, which helps to achieve the target of their life. The present study is very useful for adolescents.

**Keywords:** Parental expectations, Stress, Adjustment, Adolescents, Achievement, Environment.

## Coping strategies and posttraumatic growth: a conceptual review.

*Upasana Moten\* & Arti Bakhshi\*\**

### **Abstract**

Posttraumatic growth refers to the positive psychological changes and growth beyond previous levels of functioning. Posttraumatic growth starts after a severe adverse life event challenges or shatters a person's cognitive scheme of the world and him (Rajandram, 2011). The subsequent growth represents the outcome due to coping strategies being employed to adapt first to the event and secondly to use the traumatic event to create a more positive and revised worldview. Coping refers to the cognitive and behavioural efforts to master, reduce or tolerate the internal and external demands of the stressful encounters (Bussel & Naus, 2010). This paper will highlight the literature focussing on the relationship between coping strategies and posttraumatic growth. Identifying such processes is important to devise theoretical and conceptual frameworks in interventional studies.

**Keywords:** Posttraumatic growth, coping strategies.



*\*Research Scholar, \*\*HOD, Department of Psychology, University of Jammu, J&K, India.*

## Menstruation and mental health: a review.

*Vandana Singh Malik\* & Rakesh Kumar Behmani\*\**

### **Abstract**

The aim of this review is to understand and to break misconceptions about menstruation. It is a normal biological process and a healthy part of women's life. Menstrual cycle of a women's life start from the onset of menarche (average 13 years) through to menopause (average around 50 years). A woman menstruates for about 7 years during their life. In this period women face many problems. Menstruation is not only confined to the physical pain and symptoms but it affects the mental health of the female adolescents. Several surveys have been conducted in the area. A lack of information about menstruation leads to damaging misconceptions and discrimination. Many girls do not have complete and accurate information about menstruation. By providing proper counselling session and workshop programme girls can be educated about menstruation. There is need to build their confidence and encourage healthy habits and to break down taboos.

*\*Senior Research Fellow, ICMR, India.*

*\*\*Professor, Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar, Haryana*

## Stress and its impact on our lives.

*Veerpaulkaur \*& Manpreet Dhaliwal\*\**

Stress is a combination of psychological as well as physiological reactions that all the people possess to different events. It almost occurs in different domains of our lives like school, work family etc. For example at work at times having to make a decisions, making deadlines .At family level when things are not going right, lack of parent-child emotional bonding, divorce, martial disputes often increases the levels of stress. Basically adapting to new environment, balancing work life has become very challenging in today's fast and competitive world.

Stress have deep impact on the behaviour, health and wellbeing of any individual. It can have both negative as well as positive impacts. On positive note it provides energy to the work more. For example if a person who wants to run for a marathon stress increases the level of motivation. On the other note it has been observed that serious stress leads to brain damage as well as prolonged diseases. Children as well as adults due to their exposure to violence, abuse often leaves they childhood divested which can further have deep negative impacts as anxiety often comes before depression.

*\*Assistant Professor GZSCCET, Bathinda, Punjab, India*

*\*\*Research scholar, MRSPTU, Bathinda, Punjab, India*

## Cyber slavery: a jolt to sanity.

*Vindhya Rathore & Megha Arya*

### **Abstract**

Technological advancement has reached exponential heights in the 21<sup>st</sup> century. With this digitalization, the prevalence and frequency of internet use has become popular worldwide. The fastest growing group is that of adolescents who tend to use this technology as a means to stay connected to others. They use cyber space because it provides new environment, different from the real world.

Problem arises when cyber space is assumed to be the real world. The adolescent gradually veils away from significant others, in a world of deriving virtual pleasure. Soon this space becomes the sole platform of expression, traversing towards a point of addiction and cyber slavery. The adolescent derives pleasant feelings of acceptance from others. Unfortunately, this pleasure is often short lived the moment s/he returns to the real world. Depressive tendencies start manifesting in the growing adolescent in a form of a vicious cycle.

A positive channel for venting out these feelings is sought. However, when an appropriate channel isn't available, aggressive behavior develops in the various forms such as verbal and physical aggression to name.

This paper aims to highlight relevant literature on the impact of internet addiction, on aggression and depression.

**Keywords:** internet addiction, digitalization, depression, aggression.

*\*,\*\* Assistant Professor, Department of Psychology, The IIS (Deemed to be University),  
Jaipur, India*

**Annihilating the negatives and promoting the positives among children and adolescents: the role of counselling and family therapy in the Indian context.**

*Amiteshwar Ratra*

The paper focusses on the role of counselling and family therapy as both preventive and promotive measures in dealing with children and adolescents. In the recent past, in India, there has been increased involvement of school going children and young adolescents in crimes both on the school campus and outside, highlighting the need of counselling. The paper discusses increased suicides and use of drugs among children and adolescents, increase in parental discords, conflict in parent-child interactions, addiction to social media among children and adolescents, reduced respect for elders, lack of social communication among the family members, heightened individualism, and deteriorating interpersonal skills as a few of the manifestations of and reasons for rise of problematic behaviour among today's children and adolescents. The fast-changing scenario of modern India poses many challenges to be met by the family members as a unit. The paper discusses the significance of family therapy and counselling in dealing with children and adolescents to help them evolve and grow as constructive and productive citizens of India. Family provides the epitomes of experiences which influences the

child's development. Further, the current day scenario underlines the need for immediate intervention. In response to this recognition, family therapy has emerged across the world, including India, as a holistic mode of intervention that seeks to improve the psychological well-being of children and adolescents by addressing not just him/her individually, but also the significant others in his/her life. This paper gives suggestions for provision of both male and female counsellors in co-educational schools and provision of family therapist in a cohort of neighbourhood schools.

**Key Words:** Adolescents, children, counselling, family therapy.

*\*Assistant Professor, SG, Stride, Indira Gandhi National Open University, New  
Delhi, India.*

### **Technology design, usability and aging: a sociological study.**

*Rajni yadav*

#### **Abstract**

Technology has the potential to change lives generally for better, but sometimes for worse. Obviously, technological developments in the past century have made fundamental improvements in many areas of our lives: transportation, work, communication, health care and leisure activities. However, with such improvements has come a reliance on technology and technological failures can have dire consequences. In addition, rapid changes in technology may leave segments of the population ill prepared to interact with some of these complex systems due to inexperience, lack of training or poor system design.

There are currently over 104 million Indians over the age of 60 above (census, 2011). Imagine the technology changes those individuals have observed in their lifetime. Since the 1930s, mass marketing of major technological developments include television, microwave ovens,

videocassette recorders, compact disk players, electric cars, answering machines, cellular telephone and desktop, laptop and hand-held computers. For older adults to benefit from the advances that technology brings, but not be harmed by the potential for technological failures, we must ensure that system are designed with the capabilities and limitations of the older user in mind, proper training is provided and the needs of older users are considered in the development of future technologies.

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## Juvenile delinquency and parent child relationship.

*Shefali Gupta*

### **Abstract**

Parenting adolescent is different than parenting a younger child. Developing and maintaining a positive and strong parent-child relationship has real benefits. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness and life satisfaction, and lower levels of emotional and physical distress. This study aims at how parenting styles (authoritarian, authoritative, permissive and neglectful) affect child's behaviour leading to

juvenile delinquency differently. This is a qualitative research analysis which reflects importance of parent and child relationship. This study based on the contemporary research papers of 15 researches (1995- 2017). The result shows that all four parenting styles have varying degree of affect on child's behaviour leading to juvenile delinquency. Therefore, contribution of the style of parenting is one of the many factors that lead to the child becoming a delinquent. Clearly, there exists a need for spreading awareness and exploring this domain further, especially in the Indian context where familial relationships are comparatively stronger.

*\*Department of Psychology, The IIS (deemed to be University) Jaipur, Rajasthan, India*

## Theory of 'compulsive abstract engagement'.

*Rajesh Verma*

### **Abstract**

The idea of engagement with objects is the function of senses with consequential experience and expression that are isochronous in their respective functions. The multiple simultaneous supply of information through different senses entices the individual for higher engagement. The information entering through different sensory channels highlights the

corresponding aspects of the stimulus which makes it tempting to remain engaged with. The single sensory channel entry elicits comparatively lesser engagement than the multichannel. One of the fundamental assumptions for this theory is “The more the number of senses involved in the supplying correlated relevant information higher the engagement time”. The engagement time with object of engagement (OoE) depends upon the intensity of emotional activation. Higher the intensity of emotional experience, higher the engagement time with OoE. It can be understood by taking the example of consumer behaviour. The cloths that have better visual and tactile appeal have higher chances of being sold earlier. Similar is the case with ‘food’ which activates three senses i.e. visual, gustatory and olfactory, therefore it has higher engagement frequency than the objects that activate lesser senses. The theory tends to explain this phenomenon in the light of several assumptions involving emotions, their strength, satisfaction level and multichannel information feed.

**Key words:** Compulsive Abstract Engagement, Senses, Object of Engagement.

*\*Assistant Professor, Department of Psychology, FGM Govt. College Adampur, Hisar  
Haryana, India.*

A correlation study between relationship satisfaction and quality of life  
in love marriage.



*\* Annu, Narender & \*\* Singh kuldeep*

### **Abstract**

Love marriage is a marriage of two individuals based upon mutual love, affection, commitment and attraction. In love marriage relationship satisfaction is more important to maintain a healthy relationship. Relationship satisfaction is defined as an interpersonal evaluation of the positivity of feelings for one's partner and attraction to the relationship in love marriage relationship satisfaction and also quality of life is an overarching term for the quality of the various domains in life. It is a standard level that consists of the expectations of an individual or society

for a good life. We have collected 60 participants for this study. We used relationship satisfaction scale (Hendrick R.S 1988) :To assess the level of relationship satisfaction and quality of life :To assess the level of quality of life in the participants. Result revealed that a positive relationship between love marriage and relationship satisfaction and also found that positive relationship between love marriage and quality of life.

**Keywords:** Love marriage, Relationship satisfaction, Quality of life.

*\*Master student, Govt P.G College sector-I Panchkula, Haryana, India.  
Associate professor, Department of sociology, Govt P.G College sector-I  
Panchkula, Haryana, India*

**Long term marriages and the psychology behind them.**

*Shachana Jhamb\*, Paavandeep Singh, Ms. Nidhi Gupta\**

## Abstract

It is very evident that not many studies have been done to examine long-lasting marriages where couples share a happy and comfortable relationship with their spouse. The motive of our study was to understand the psychology behind long-term marriages and what factors play role in helping marriages flourish. Our research also studies whether the love and bonding among the couples changes over time or stay alike. In our qualitative study, we interviewed 43 heterogeneous happy couples who have been married for 25 years or more by now, using a self-made questionnaire containing 40 questions which consisted of both multiple choice and open ended questions. From the responses of the couples we concluded that it is very important to have love, trust, understanding, and a sense of commitment, transparency, ability to sacrifice and many other factors, to have a successful marriage. It is very important to accept the difference in thinking and actions in the spouse because two people cannot think alike. On the contrary, lack of interest, dominance and lack of trust can break down a beautiful relationship. This study can help relationship counsellors in a very productive manner as they can help couples improve their relationships and enrich it again with the love they once felt for each other.

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*\*&\*\*Bachelor Student, applied psychology, SPM College, Delhi, India.*

*\*\*\*Psychologist at St. Stephen's Hospital, Delhi, India  
& faculty Adviser.*

# Juvenile delinquency and parent child relationship.

*Shefali Gupta & Gargi Dhaka*

## **Abstract**

Parenting adolescent is different than parenting a younger child. Developing and maintaining a positive and strong parent-child relationship has real benefits. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness and life satisfaction, and lower levels of emotional and physical distress. This study aims at how parenting styles (authoritarian, authoritative, permissive and neglectful) affect child's behaviour leading to juvenile delinquency differently. This is a qualitative research analysis which reflects importance of parent and child relationship. This study based on the contemporary research papers of 15 researches (1995- 2017). The result shows that all four parenting styles have varying degree of affect on child's behaviour leading to juvenile delinquency. Therefore, contribution of the style of parenting is one of the many factors that lead to the child becoming a delinquent. Clearly, there exists a need for spreading awareness and exploring this domain further, especially in the Indian context where familial relationships are comparatively stronger.

*\*Department of Psychology, the IIS deemed to be University, Jaipur, rajasthan, India*

## Gender differences in stress and binge eating in adolescents

*Sangeeta Trama\* & Yogita Sahni\*\**

### **Abstract**

Stress is the way body responds to any kind of threat or demand. When a person senses danger, the body activates the “stress response” or “flight-or-fight response”. The stress response is the body’s way of protecting the individual from any kind of harm. When there is an appropriate amount of stress, it helps the person to stay focused, energetic, and alert. In emergency situations, stress can provide extra strength to the individual, which can be a life saving event. Stress can also help the person to meet challenges. But beyond a certain point, stress is not helpful, and can be harmful for the health of the individual and can interfere with the daily routine, relationships, and work in a negative way. Causes of stress can be pain of any kind, sleep problems, autoimmune diseases, digestive problems, heart disease, weight problems, and thinking and memory problems. Another variable taken in this study is binge eating as stress can significantly affect the level of binge eating.

Binge eating is characterized by excessive eating even after feeling full, inability to control eating, eating endlessly when alone but normal in presence of others, experiencing feelings of stress or anxiety that can only be relieved by eating, and never experiencing the feeling of satiety. The main causes of binge eating can be biological (genetic factors, hormonal imbalances), psychological (depression, body dissatisfaction, low self-esteem, and low emotional regulation), and social (societal pressure to be thin, traumatic situations, body shaming, etc). To avoid the episodes of binge eating, one must avoid temptation to have junk food or other sugary substances, distinguish between physical and emotional hunger, mindful eating, have smaller meals, and avoid fat increasing foods.

The present study was conducted on 200 participants (100 males and 100 females), age group ranging from 16 to 18 years. t-test (for independent samples) was applied to analyze the gender differences. Higher levels of stress and binge eating tend to contribute to obesity as well as emotional disturbances in adolescence. This paper attempts to study the gender differences between the levels stress, and binge eating adolescents. It is important to control stress and binge eating in early ages to prevent overall problems on physical, psychological, academically, and interpersonal levels.

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## Gender comparison on automatic thoughts among juvenile delinquency.

*Saranya. M*

### **Abstract**

Automatic thoughts, concepts in cognitive behavioural therapy, are image or mental activity that occurs as a response to a trigger (like an action or event). They are automatic and 'pop up' or 'flash' in your mind without conscious thought. Automatic thoughts are important for the juvenile because it can make positive impact on their thoughts process and avoid them indulging in crime acts. Automatic thoughts play an important role in the effects of personality vulnerability factors, positive effects, and hassles on mood. The aim of the study is to measure the level of automatic thoughts in juvenile adolescence. The tool used for this study is automatic thoughts questionnaire (ATQ) (Philip C. Kendal, Steven D. Hollon, 2006) with 30 items. The sample size 120 consisting of 60 girls and 60 boys, Purposive sample method is used. Descriptive statistics, mean and 't' test was used to analyse the data. Results revealed that there were no significant difference in automatic thoughts between juvenile delinquency girls and boys.

**keywords:** Automatic thoughts, juvenile, positive.

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Impulsivity: a race to reach at the final destination.

*Rakhi Gupta\**

**Abstract**

A major factor of increasing violence in a country like India is due to Impulsivity, which has been considered as a quick way to resolve issues. Other than themselves, people are not even concerned about a tiny ant besides them. And, as a result they have engaged themselves in the art of not thinking before action. This has led to a reduction in their ability to think and behave in a productive manner which is acceptable to the environment. So, for taking into consideration of the major factor of Impulsivity, **The Barratt Impulsiveness Scale (BIS-11)** (*Patton et al., 1995*) was used to examine the various other factors in impulsivity like *Attention, Motor, Self-control and Cognitive Complexities, Perseverance, Cognitive Instability* of one's Behavior, with the age group (18-25 years). A Results were measured at for significant levels with the help of Non-Parametric tool named as *MANN-WHITNEY U TEST* between Males and Females, thereby, taking an effort towards finding out the real reason and some measures to reduce this Impulsivity among the society.

**Keywords:** Attention, Motor, Self-control, Cognitive complexities, Perseverance, Cognitive Instability, Impulsivity.

*\*Department of Psychology, Panjab Pniversity, Chandigarh, India.*

**Burn out among personnel of different forces.**

*Mahender Singh\* , Rajesh Kuma\*\* Sandeep Kumar*

**Abstract**

This study attempts to explore factors influencing occupational stress faced by Indian army soldiers and evaluate applicability of the scale used for measuring occupational stressors. Structured interview schedules were used to collect first hand data from a sample of 415 soldiers. Exploratory Factor Analysis (EFA) highlights lack of control at work, role conflict, inadequate awareness about profession, workload and job pressure, and indifferent organisational attitude as the major occupational stressors in the Indian army. In addition, Confirmatory Factor Analysis (CFA) confirms occupational stressor as an eight factor model in the army. The study recommends implementing commitment-based management approach and techniques such as Sahaja Yoga medi. This study attempts to explore factors influencing occupational stress faced by Indian army soldiers and evaluate applicability of the scale used for measuring occupational stressors.

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This study attempts to explore factors influencing Burnout among personnel of different forces and evaluate applicability of the scale used for measuring Burnout. Structured interview schedules were used to collect first hand data from a sample of Chandigarh region of volunteer and section leaders (150) of Chandigarh Home Guard, Constable and Head Constable (150) of Chandigarh police and Firemen and Leading Firemen (150) of Fire & Emergency Service of Chandigarh region. The subjects were selected by using purposive method. The study recommends implementing commitment-based management approach and techniques.

**Keywords:** Burn out.

*\*Principal, Govt. College of Yoga Education and Health, Sector-23, Chandigarh, India*

*\*\* Government PG College, Sector-46, Chandigarh, India*

*\*\*\*Research Scholar, Department of Physical Education, Panjab University, Chandigarh, India.*

### Three generational study of adjustment

*Nasib Singh\**

#### **Abstract**

The present study was designed to examine the intergenerational differences in adjustment. A sample of 180 (60 grandparents 60 parents and 60 their young adults) between the age range of 18-76 was selected from rural and urban areas. The participants were administered the measures of Bell Adjustment Inventory. Obtained data were analyzed by applying descriptive statistic, One Way ANOVA. It was found that grandparents were found more adjusted on all domains of adjustment, while young adults were found not adjusted on any domain of adjustment as compared to grandparents. While parents were found not adjusted on health and home adjustment as compared to grandparents.



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Global development delay (gdd) associated with infantile epilepsy in children with low socio economic status: a psycho-social case report.

*Mrinalinee Rana*

**Abstract**

GDD is one of the most referred problems in paediatric neurology. A cause for concern is the delayed diagnosis that results in delayed intervention. The objective of presenting this case report is to evaluate the lack of awareness, motivation and adaptive environment in low socio economic strata of society about prenatal and post -natal factors of GDD and its effects there of.

*Methodology:* A 2 year and 2 month old child from a low socio income status family from Calcutta was assessed in a hospital setting. Developmental and behavioural history was taken by interviewing parents and observing the child. Neurological reports were also examined. *Results:* The child was diagnosed with GDD. He showed severe impairments in speech & language, sensory and motor integration. *Conclusion:* GDD may be seen in isolation or with comorbidities depending on genetic and/or acquired factors. It is thus imperative to intervene in the initial

stages to start treatment early. Psychologists, allied health professionals and educators can further spread awareness among the low socio economic strata of the society to achieve this goal.

**Key words:** GDD, infantile epilepsy, socio -economic strata.

*\* Independent Clinical Psychologist*

Wisdom and subjective well-being in late adults: an analysis of gender difference.

*Sangeeta Trama\* & Harpreet Singh \*\**

### **Abstract**

Subjective well-being is the cognitive and affective evaluation of one's life, and is high satisfaction with life, the presence of pleasant emotions (such as cheerfulness), and the absence of depressive symptoms (Diener, Lucas, & Oishi, 2002). Personal wisdom is an integration of cognitive, reflective, and compassionate (affective) personality qualities (Ardelt, 1997, 2003). Randall and Kenyon (2001) have argued that a basic characteristic of wisdom is acceptance and the ability to find meaning in suffering without submitting to resignation and despair. Resignation, on the other hand, means "giving up." Acceptance allows wise people to "give in" and "go with the flow" to make the best of the circumstances that are given to them. While many studies find a significant association between measures of subjective well-being and wisdom

(Ardelt, 1997, 2003; Le, 2011; Takahashi & Overton, 2002), even after controlling for present circumstances, other studies report non-significant relations between wisdom and subjective well-being (Brugman, 2000; Mickler & Staudinger, 2008; Wink & Helson, 1997). The non-significant associations are often found in samples of highly educated and relatively privileged White older adults who might have more means to augment their well-being (George, 2010). Wisdom, as a psychosocial developmental resource, might have a greater impact on subjective well-being when circumstances are detrimental to well-being (Gaboda, Lucas, Siegel, Kalay, & Crystal, 2011; King, Heisel, & Lyness, 2005). In the present study, we tried to assess the relationship between wisdom and subjective well-being. Two aspects of subjective well-being were taken, viz., life satisfaction, and happiness. It was hypothesized that wise adults would have higher levels of subjective well-being than unwise adults. 50 adults in the age range of 45-55 years (25 males and 25 females) were selected from old age homes of Patiala for the study. Wisdom was assessed with the help of Ardelt's three-dimensional wisdom scale which was used to identify wise and unwise individuals. The t-test (for independent samples) was applied. The results have been discussed in impact of light of the socialization agents in the Indian cultural context.

*\* Professor, \*\* Research Scholar, Department of Psychology, Punjabi University, Patiala, Punjab, India..*

## Neuropsychological impairments in juvenile delinquents

*Sugamreet Bhullar\**

### **Abstract**

Neuropsychological impairments have long been known to be associated with criminal and antisocial behaviour. Over the years different theorists tried to explore the underlying neuropsychological causes of criminal behaviour. Executive functions is a set of cognitive capacities that act in a coordinated way to assist people in purposeful, goal directed and organised processing of perceptions, emotions, thoughts and actions. The aim of this study is to evaluate executive functions and examine its relationship to delinquency. The study sample were 50 delinquent male adolescents (age between 12 to 18), selected from juvenile homes of Punjab

state and 50 non- delinquent male adolescents selected randomly from normal school setting, of same age group and socio-economic status. Executive Skills Questionnaire (Peg Dawson and Richard Guare, 2010) was used to collect the data. The results revealed that there was a significant difference between the mean scores of the delinquent boys on all the dimensions of executive functions than non-delinquent boys. Moreover, the delinquents who were involved in serious offences such as murder and rape were found to be poor in response inhibition, working memory, emotional control, flexibility and stress tolerance, in comparison to those involved in petty crimes and non-delinquent peers.

*\*Scientist 'B', Selection Center North, Kapurthala, Punjab, India.*

Sustainable peace and well being: integration across generations.

*Kirti Ahuja\**

It addresses the Emotional, Social Work, School and Physical health concerns people may have at different stages in their lives. It focuses on how people function both personally and in their relationship at all stages.

Counselling psychologists help people with physical, emotional and mental health issues improve their sense of their well-being. They focuses on healthy aspects and strengths of clients. Role of career is also involved in Student's lives. Main common issues which effects our peace

and well-being are : stress at every small problems which can be solved, pressure on children to being a topper in class and to get highest marks at any cost, comparison between students by parents, teachers and their Guardians, negative feelings before the action and its consequences may effect bad results.

Psychological well-being is the concept of positive psychological functioning that focuses on the human capacity to develop with Quality, happiness, satisfaction and experience of good mental and physical health. Well-being generally includes global judgements of life satisfaction and feelings ranging from Depression to joy. Where Environmental and Social resources for health can include: Peace, Economic Security, A stable Ecosystem and Safe housing. Individual Resources for health can include: physical activity, healthful diet, social ties, Positive emotions. The Generations will be in Peace and Well-Being , when they are healthy both Mentally and Physically , and they will be healthy when they are motivated and supported to move according to their Interest and Potential rather than what Society says.

**Keywords:** Well-being, Mental and Physical health, Counselling, Pressure, Stress, Depression, Comparison, Future Generations and Motivation.

*\*Student Counsellor, Greenway Modern Senior Secondary School, Adarsh Nagar, Roorkee  
Uttarakhand, India.*

Exploring the correlation between altruism, empathy and family environment  
among college students of Rohtak city, Haryana.

*Kamakshi Sharma\*& Harsh Mittal \**

### **Abstract**

Altruism is a kind of pro social phenomenon in which one acts for another's well being without expecting anything in return. Beside all the selfishness in human nature, altruistic behaviour exists. People act altruistic in many ways and there are lots of factors associated with it. This

paper explores the two potential factors supporting altruistic behaviour: empathy and family environment. As part of this research, 100 college students answered questions on three standardized psychological tests. With the help of correlational method, the degree of correlation was found between altruism, empathy and family environment. Results showed the positive and high correlation between the altruism and empathy. High altruistic behaviour scores were associated with higher scores on family environment. Low conflict and high expressiveness in family environment predicted higher levels of empathy. The research suggests adequate family environment increases the empathy and altruistic behaviour. This research also tells about the altruistic behaviour in youngsters in Rohtak City, Haryana.

**Keywords:** Altruism, Empathy, Family environment, Correlation.

*\*Maharshi Dayanand University, Rohtak, Haryana, India..*

Impulsivity: a race to reach at the final destination.

*Rakhi Gupta\**

**Abstract**

A major factor of increasing violence in a country like India is due to Impulsivity, which has been considered as a quick way to resolve issues. Other than themselves, people are not even concerned about a tiny ant besides them. And, as a result they have engaged themselves in the art of not thinking before action. This has led to a reduction in their ability to think and behave in a productive manner which is acceptable to the environment. So, for taking into consideration of the major factor of Impulsivity, **The Barratt Impulsiveness Scale (BIS-11)** (Patton et al., 1995) was used to examine the various other factors in impulsivity like *Attention, Motor, Self-control and Cognitive Complexities, Perseverance, Cognitive Instability* of one's Behavior, with the age group (18-25 years). A Results were measured at for significant levels with the help of Non-Parametric tool named as *MANN-WHITNEY U TEST* between Males and Females, thereby, taking an effort towards finding out the real reason and some measures to reduce this Impulsivity among the society.

**Keywords:** Attention, Motor, Self-control, Cognitive complexities, Perseverance, Cognitive Instability, Impulsivity.

*\*Department of Psychology, Panjab university, Chandigarh, India.*

Savoring and marital relationships.

*Unman Singh*

**Abstract**

Marriage is an important union between a man and a woman and their respective families where each member's needs and wants are satisfied through interdependent interactions. Earlier believed to be the most sacred social institution, the sanctity of this institution nowadays has been contaminated due to faulty relational patterns. A conscious focus on the positives is required to reap the benefits of a healthy marriage. Various positive psychological perspectives are being delved into to rediscover the liveliness of marital relationships, out of which savoring has emerged as a recent boon to this institution. Savoring means to attend to, appreciate and elongate a positive experience. For this purpose, a sample of 100 couples (100 wives and 100 husbands) was collected. Ways of Savoring Checklist (WOSC; Bryant & Veroff, 2007) was used to assess savoring strategies. Subjective Happiness Scale (SHS; Lyubomirsky & Lepper, 1999) measured happiness levels and Multidimensional Relationship Questionnaire (MRQ; Snell et al., 1996) was used to measure relationship depression. Statistical analyses comprised of correlations, stepwise multiple regressions and t-ratio. Stepwise multiple regression results showed that husbands' kill-joy thinking, absorption and counting blessings, and wives' kill-joy thinking and behavioral expression emerged as predictors of relationship depression in females. On the other hand husbands' kill-joy thinking and self-congratulation, and wives' kill-joy thinking emerged as predictors of relationship depression in husbands. In the context of happiness, wives' counting blessings emerged as a predictor of wives' happiness, while wives' kill-joy thinking and behavioral expression emerged as predictors of husbands' happiness.

*\*Senior Research Fellow (SRF), Panjab University, Chandigarh, India.*



# Organizational culture and interdisciplinary research: experiences and challenges.

*Snigdha Vishnoi*

## **Abstract**

Organizational Culture is the buzzword of corporate and academic world in the current times. The utility, transparency and linkage of culture to the business of the organization are being emphasized with great enthusiasm and belief. Various streams of social science have been increasingly exchanged notes on the study of various phenomenon in the organizational spaces. Issues (especially) with regarding to human behaviour at such locations is receiving huge attention across the globe for decoding the human algorithm of best practices and beyond.

The paper throws light on a study of “Organizational Culture” using anthropological lens and ethnographic methods. Research discusses inspiration drawn from various academic branches especially social psychology and conceptual understanding of organizational culture by Edgar Schein. The research deliberations emphasize screening scholarship across the disciplines to find best suited interests paving way to rich conclusions. The present ethnographic study instilled and highlighted debates the usefulness and challenges on her journey of ‘meanings over measurement’, ‘dynamicity of sharedness’ and ideas of ‘multivocality’ being brought to light having taken inspirations of various social sciences especially psychology and anthropology.

*\* Independent Researcher, Delhi, India*

# Forgiveness and Mindfulness Among Young Adults

*Tamanna Grewal\**

## **Abstract**

Forgiveness and mindfulness are positive psychological characteristics that are connected to well-being. Forgiveness is the act of decreasing negative feelings towards a person who has hurt you or caused pain to your self. Mindfulness is a person's ability to be fully present, aware of where we are and what we're doing, and being non judgmental about things going around us. People who are forgiving and practice mindfulness seems to have better coping skills with life stressors and seems to remain happy. Purpose of the current study was to understand the association between forgiveness and mindfulness. The research was conducted in the Maharshi Dayanand University, Rohtak region. The quantitative data was collected by randomly distributing 100 standardized questionnaires among young adults and the age range is 20-25 years. The tools used for the study were: Heartland Forgiveness Scale and Freiburg Mindfulness Inventory (2006). The data was analyzed using SPSS version 16.0. The results will be discussed further in the light of positive psychology.

**Keywords:** Forgiveness, Mindfulness

*\*Student, Applied Psychology, Maharshi Dayanand University, Rohtak., Haryana, India*

## Perceived parental expectations as related to achievement motivation of high school students.

Sunita Rani\* & Surabhi Rawat\*\*

### **Abstract**

The present study focus on to find out the effect of parental expectation on achievement motivation of high school students. For this we administered Hindi translation of perception of parental expectations inventory constructed and standardized by Dr. S. Karunanidhi and Dr.S. Sasikala and Achievement motivation Scale by Dr.Beena Shah and administered it on 400 high school students of government schools of Dehradun and Haridwardistrict of Utrkhand. Then Statistical measure Pearson product moment correlation coefficient and regression analysis was calculated for analysis of data. The results reveal that there was positive relationship between achievement motivation and other dimension of parental expectation namely personal expectation, academic expectation, career expectation parental ambition and parental expectation ( $0.567 < 0.0001$ ,  $0.551 < 0.0001$ ,  $0.528 < 0.0001$ ,  $0.347 < 0.0001$ , and  $0.591 < 0.0001$ ), and parental expectation and its dimension are able to predict about achievement motivation its equation was, Achievement Motivation =  $0.39650 + 0.294198 * \text{Personal Expectation} + 0.252584 * \text{Academic Expectation} + 0.260409 * \text{Career Expectation} + (-0.120049) * \text{Parental Ambition}$ . These results reveal that high parental expectations tend to high achievement motivation of adolescents.

**Key words:** Adolescents, parental expectation, achievement motivation

*\*Assistant professor, \*\* Research scholar, Ddepartment of Psychology, Kanya Gurukul Campus, GKV, Haridwar, Uttrakhand,India..*

## Internet addiction amongst teenagers in Haryana.

*Mandeep Sharma\*, Jyoti Verma\* & Sanjay Kumar\*\**

### **Abstract**

The advancement in technology and drastic change in societal make up the engagement of youth in internet and social media has been significantly increased and that is affecting the relationships. An attempt has been made to reveal the impact of geographical locale behind the level of engrossment in social media. To see the impact of geographical locale on the internet usage, the total sample of 120 students were taken from rural and urban background and they were further divided into 3 groups on the basis of the socio-economic status (high, medium, low). This division has been done on the basis of family annual income. The adolescents of age group 12-19 years were recruited from 4 schools which includes 2 private schools situated in 2 districts of Haryana (Hisar and Bhiwani) whereas two government schools were visited which were situated in the villages near both the districts respectively. Easy accessibility and dependency on technical gadgets like smartphones and laptops though initially being used for the fulfillment of relevant purposes but in recent days increased time consumption in these activities is leading to deficient social and family relationships. Therefore, they are becoming the potential victims of mental and psychiatric disorders. Appropriate statistical analysis was applied on the collected data to test the hypotheses.

**Keywords:** *Internet Addiction, School students, Socio-economic status, Rural, Urban*

*\*Master Student, \*\* Assistant Professor ,Department of Applied Psychology, Guru  
Jambheshwar University of Science & Technology, Hisar,Haryana,India.*

## Happiness and gratitude in relation to life satisfaction.

*Ranjana\*, Nandini\*\* & Kuldeep Rawal\*\*\**

### **Abstract**

Life satisfaction has been defined as “[A]n overall assessment of feelings and attitudes about one’s life at a particular point in time ranging from negative to positive” (Buetell, 2006). Life satisfaction has been documented to be linked with positive social relationships, receiving more social support, and experience of greater marital satisfaction compared to those with lower life satisfaction (Barger, Donoho, & Wayment, 2009). Among youth, life satisfaction is related to positive educational outcomes like student engagement and academic achievement among university students (Antaramian, 2015) and with more satisfaction with academic experiences (Duffy, Allan, & Bott, 2012). Recent research has implicated the role of Happiness and Gratitude in Life satisfaction. A happy person as someone who experiences frequent positive emotions, such as joy, interest, and pride, and infrequent (though not absent) negative emotions, such as sadness, anxiety, and anger (Lyubomirsky et al., 2005). Gratitude is conceptualized as an emotion and a life orientation in which individuals appreciate and notice positive aspects in their lives (Wood et al., 2010). The current investigation is carried out to ascertain the contribution of happiness and gratitude in life satisfaction among youth. The sample comprised of 100 post graduate university students belonging to the age range of 21 to 26 belonging to various departments of Kurukshetra University. The participants were tested on The Gratitude Questionnaire (McCullough, Emmons & Tsang, 2002), Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) and Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985). The obtained results were subjected to Pearson’s product moment correlation and

Step wise regression analysis. The results revealed a significant positive correlation of Life-Satisfaction with Happiness ( $p < 0.05$ ) and Gratitude ( $p < 0.01$ ). Stepwise regression analysis demonstrated that Happiness and Gratitude are strong predictors of Life-Satisfaction among Youth. Thus, counsellors, educators and parents can foster life satisfaction among youth by instilling gratitude and advocating happiness building skills. Such efforts would have far reaching positive implications for mental as well as physical health among youth.

*\*Chairperson, \*\*Assistant Professor, \*\*\*Research Scholar, Department of Psychology,  
Kurukshetra University, Kurukshetra, Haryana, India.*

### **Effect of social desirability on internet addiction and satisfaction with life among college students.**

*Komila Parthi & Naureen Kaur*

#### **Abstract**

Due to the rapid expansion of technology, internet has become the most vital part of human life and youth are found to be more dependent on it for various purposes. Internet addiction is defined as excessive involvement in the Internet with negative consequences. It is a fact that most young people spend valuable time on the Internet without knowing the negative impact this engagement may have. Excessive use of the Internet can significantly interfere with functioning in other areas of life such as relationships, education, work, physical health, and emotional well-being. Thus, this study was conducted on 60 hosteller (30 males and 30 females) and 60 day scholars (30 males and 30 females) to examine the effect of social desirability on internet addiction and quality of life by using the following questionnaires a) Marlowe-Crowne Social Desirability Scale b) IAT by Dr. Young c) Satisfaction with Life Scale (Diener, E., Emmons, R.A., Larsen). The relationship between the above variables was interpreted in consideration of different residential accommodation among college students.

*\* DAVCollege, Sector-10, Chandigarh, india.*

## Juvenile Delinquency and Parent Child Relationship

*Shefali Gupta*

### **Abstract**

Parenting adolescent is different than parenting a younger child. Developing and maintaining a positive and strong parent-child relationship has real benefits. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness and life satisfaction, and lower levels of emotional and physical distress. This study aims at how parenting styles (authoritarian, authoritative, permissive and neglectful) affect child's behaviour leading to juvenile delinquency differently. This is a qualitative research analysis which reflects importance of parent and child relationship. This study based on the contemporary research papers of 15 researches (1995- 2017). The result shows that all four parenting styles have varying degree of affect on child's behaviour leading to juvenile delinquency. Therefore, contribution of the style of parenting is one of the many factors that lead to the child becoming a delinquent. Clearly, there exists a need for spreading awareness and exploring this domain further, especially in the Indian context where familial relationships are comparatively stronger.

*\* Department of Psychology, The IIS deemed to be University, Jaipur, Rajasthan, India .*

## Life-Skills Education for Adolescents with Learning Disability: An Exploration

*Shamsad Ala\* & Navleen Kaur\*\**

### **Abstract**

Learning disability, a neurological based psychological processing disorder, engages in the understanding and language usage, upsetting the learner's skills in reading, speaking, listening, thinking, recalling and doing mathematical calculations. This predicament may subsist in the adolescence period, where intellectual, physical, moral, social, emotional and all potentialities are elevated. Largely, adolescents with learning disabilities are found to be incapable to use their potential to the maximum due to certain constraints. Being very sensitive and adjusting themselves both with their internal self and the changing society, the adolescents constantly face diverse issues and challenges in their life. These emerging challenges should be taken seriously and an effective coping plan should be charted out. Life skills education has emerged as an effective coping strategy for handling the life's challenges. This plays an imperative role in the life of the learner and bridges the gap between basic functioning and their capability. It strengthens their abilities to meet the needs and strains of the contemporary society. The present paper focuses on the impact of life skills education on the adolescents and its benefits of making it part of our teaching-learning process. It also discusses the intervention strategies and



prevention programs of life skills education for adolescents with learning disability. Qualitative research approach and case study design have been used in the present paper.

**Key words:** Learning Disability, CWSN, Adolescents, Life-Skills Education, Coping Strategy.

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*\*Ph.D. Research Scholar, Department of Community Education and Disability Studies, Panjab University, Chandigarh, India.*

*\*\*Professor (Dr.) Navleen Kaur, Department Community Education and Disability Studies, Panjab University Chandigarh, India.*