



RCI approved
INTERNATIONAL
**MENTAL
HEALTH
CONFERENCE**

10th & 11th October, 2019

Book of Abstracts

Organised by:

**HOLISTIC
HEALING**
FOUNDATION OF INDIA

Sponsored by:



Gujarat
University

**HOLISTIC
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Healing for Health & Happiness

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In Partnership with:



Indian Academy of
Health Psychology



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ASSOCIATION

Dept of
Psychology
Guj Uni



SUICIDE PREVENTION CENTRE



PREFACE

Holistic Healing Foundation of India (HHFI) is a non-profit organization instituted by Bharucha family which has been healing and providing relief to individuals, families, businesses and communities for their overall development and progress in life since last three decades. At this Foundation three generations of Bharucha family offer a variety of alternative or complementary healing modalities for holistic wellness and happy, abundant and empowered life.

According to WHO, "Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

World Federation for Mental health (WFMH), a global mental health organization founded in 1948 and concerned with all aspects of mental health, declared October 10 as Mental Health day

Mental Health in India:

Mental health concerns are some of the most neglected and misunderstood conditions in our times. Not only are they feared by societies, but the stigma attached to mental health has also led to a lack of awareness, knowledge, understanding and treatment about these issues.

It is estimated that, in India, the economic loss, due to mental health conditions, from 2012-2030, will be 1.03 trillion dollars. According to (WHO, 2018) the mental health workforce in India (per 100,000 population) include psychiatrists (0.3), nurses (0.12), psychologists (0.07) and social workers (0.07). We need to focus attention on the extreme shortage of mental health professionals.

While the advent of technology has made our lives easy, mental illness has been on the rise all over the world, especially in India. More alarming is the fact that the WHO declared India as the suicide capital in 2012.

Thus mental health is extremely crucial and requires a concerted effort at the national level to ensure good positive mental health. To address this alarming issue there is a need to conduct more impactful programs related to mental health. Mental health promotion and protection involves creating an environment which focuses on healthy living and encourages people to adopt an empowered lifestyle.

This International Mental Health Conference organized by HHFI aims at bringing practitioners (psychiatrists, psychologists, counselors, and alternative health experts), academicians, researchers, students and others concerned, to discuss and debate therapeutic tools and techniques for combating mental health issues. Thus participants are provided an opportunity for gaining mental health awareness, reducing the stigma, cross-disciplinary learning and sharing knowledge related to effective treatment and cure for mental health issues.

INTRODUCTION

This International Mental Health Conference on 10 -11 Oct 2019 has received an overwhelming response of 400+ registrations and 120+ scientific papers and posters.

Our heartfelt gratitude to the following official partners of the Mental Health Conference:

Gujarat University – Psychology Department

Indian Academy of Health Psychology

Hospital for Mental Health – Ahmedabad

H L College Alumni Association

Ekaa Hypnotherapy Foundation

Saath Suicide Prevention Centre

Medora Travels

Main Theme: Coping with Mental Health Issues

Effectively coping with mental health issues is a dire need of the present times because of several reasons:

Fast life style

Performance pressure

Addictions

Unhealthy Competition

Subtheme 1: Importance of Mental Health and its Determinants

The mental health status of a person at any given time is determined by multiple social, psychological, and biological factors both externally and internally. Such factors include violence, sexual abuse, persistent socio-economic pressures, rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health, human rights violations, trauma, racial discrimination, age and disability.

Subtheme 2: Mental Health Stigma and its impact and influence on people

Even today society shuns individuals suffering from mental health issues and perceives them as being violent and harmful to themselves and others. Prejudice gets created by negative attitudes and beliefs towards such people. There is still a lot of stigma connected with mental health. Stigma leads to guilt, blame, hopelessness, isolation, discrimination and a lot more. It often breaks relationships, family bonds and worsens the condition of the individuals suffering. However, because of their issues they need help and support. Society also does not look favourably upon practitioners who help people with mental health issues because of preconceived wrong beliefs. Education, awareness and treatment are the best ways to challenge stigma and break the stereotypical beliefs.

Subtheme 3: Resolution of Mental Health issues via Healing /Treatment

Most of us think that mental health recovery is just temporary. However multiple researches have shown that people have recovered from mental health issues via therapy or treatment. The results may vary from case to case depending on seriousness of the condition.. The basic guiding force here is hope and belief that despite mental health issues it is possible to progress and thrive in life.

MESSAGE....



Science is progressing by leaps and bounds and we are that era where we have cure or control of many somatic and brain related disorders .

However ironically due to our stressful hassles of life and faulty lifestyle , mental disorders are ever increasing and by 2020 mental disorders will be the top most disorders globally . Unfortunately there is hardly any awareness and rather a taboo . People don't come forward for treatment . In effect there is increasing suicide rates also.

This poses a serious concern and it's really an appreciable step that Holistic Healing Foundation of India are holding this much awaited conference to create awareness, supported by Gujarat University, Indian Academy of Health Psychology, EKAA, Psychology Dept of GU and others. Many more such conferences are really required . I compliment the organizers, as well as Hon VC Prof (Dr) Himanshu Pandya for this initiative . It will help a long way.

Dr Sudhir Shah

Padmashri

Seniour Consultant, Prof and Head

Dept of Neurology

VS General Hospital

Director of Neurosciences

Sterling Hospital

MESSAGE....



Mental health is an integral part of health and is more than the absence of mental illness. It refers to a broad array of activities directly or indirectly related to the mental well-being, prevention of mental disorders, treatment and rehabilitation of people affected by them.

Mental health disorders refer to a wide range of negative mental conditions — that affect one's mood, thinking and behavior. The truth is that among students, anxiety, depression, behavior, addictive and eating disorders are extremely common. According to mental health research conducted by the National Alliance on Mental Illness (NAMI), one in four students has a diagnosable mental illness. Stress from exams, performance pressure from family – peer pressure to socialize, racial, sexual or religious discrimination, body-shaming, sexual challenges, emotional issues, low self-esteem or insecurities, family or financial problems, substance addiction, and even hormonal changes all have its toll on the mental health of today's youth.

Mental illness can make anyone miserable and can cause problems in daily life, such as at home, college, in academics or in relationships. 20 per cent students show signs of mental disorders, out of which 2-5 per cent have serious concerns like autism or bi-polar disorder. Shockingly, every one hour a student commits suicide in India.

Even though mental illness is common and can affect anyone, there is still a great lack of awareness, knowledge, treatment and stigma attached worldwide. This lack and stigma creates reluctance and shame in seeking help. Seeking and receiving help is the most important thing one can do for oneself. In most cases, symptoms can be managed well with a combination of medications, psychological counselling and effective alternative therapies. The unconditional acceptance, understanding and cure of mental illnesses need to improve massively in India. To ensure the holistic – physical, emotional and mental well-being of our youth, society must sincerely endeavor to bridge the gap in the education sector vis-à-vis mental well-being.

I congratulate Holistic Healing Foundation of India for not just taking a step forward but leading a revolutionary movement in this direction. I wish them all the very best and not only encourage but whole heartedly support them to organize more of such impactful programs like this unique International Mental Health Conference spreading Mental Health awareness, knowledge and treatment worldwide especially amongst the youth of our country.

Prof (Dr) Himanshu Pandya
Vice Chancellor
Gujarat University

MESSAGE....



It is gratifying to see practitioners, academicians and researchers come together to share a platform to deliberate upon issues and ramifications of mental health

The techno-social changes and developments, combined with changing social values and a surging economy have all had their impact on health and well-being of the masses. A huge gamut of 'life-style diseases' cropped up during the past few decades. There is a compelling need to address these.

Let us hope and pray that the deliberations and discussions during the conference will bring forth ideas and solutions for the larger social benefit.

Dr DM Pestonjee

World renowned Psychologist,

Researcher,

Author & Trainer

Awardee of Albert Schweitzer Medal for
Science & Peace

MESSAGE....



International Mental Health Conference Main Theme: Coping with Mental Health Issues

Mental health promotion and protection needs to create an environment which focuses on healthy living and encourages people to adopt a mentally empowered lifestyle. Effectively coping with mental health issues and to conduct more impactful programs related to mental health such as our conference is a dire need of the present times because of following reasons:

WHO declared India as the suicide capital in 2012.

Fast life style, Performance pressure, Unhealthy Competition, and addictions lead to a phenomenal rise in Mental Health Issues.

WHO Statistical Survey reflects an extreme shortage of mental health professionals in India.

Mental Health issues are a worldwide phenomena.

This aim of the Conference is to empower students to conduct research, present scientific papers or posters related to mental health, to network, to facilitate mentoring, to gain knowledge from our mental health experts and enhance their counseling and therapeutic skills. For the very first time in Gujarat we have psychiatrists, psychologists, counselors, alternative health experts, youth icon, academicians, researchers and students all on one global platform creating history.

Holistic Healing Foundation of India expresses heartfelt gratitude for the overwhelming response we have received from all over the world. We are not only houseful but overfull with 400+ registrations and 120+ scientific papers and posters.

This Conference is a platform to expand your horizons, to empower yourself mentally. If we empower ourselves today we will be able to empower the future of our society and our country tomorrow. Till date we have utilized resources from our society – now let us give back our best to make our society a better place to live in. Always remember dear friends

“Happiness is not the key to great Mental Health

Great Mental Health is the key to Happiness”

“Healthy India, Happy India.

Prof Hervez Bharucha

Convenor

IMH Conference,

Trustee, HHFI

MESSAGE....



Today one of the burning problems that our society faces is the increase in the incidence of different types of mental disorders like depression, schizophrenia, intellectual disabilities, learning disabilities etc. What disables our society by and large is the lack of awareness towards mental health. I believe that mental health awareness should be inculcated in everyone since childhood. Mental health refers to the state of our emotional, psychological, and social well-being. It impacts the way we feel, think and act, making it important in all areas of our lives. Mental health plays an important role in the way we deal with stress, how we relate to others, and the decisions we make in our daily lives. Without positive mental health, in today's scenario it will be almost impossible to realize our full potential, work productively, make a meaningful contribution to our community and society, or handle the stress that comes with the demands of our busy lives. So what can we do to ensure that we have a healthy mental state? Well, there are various ways to maintain positive mental health and live a more fulfilling and enjoyable life. In times of stress we should definitely seek professional help ensuring that we are able to solve our problems of our daily lives. A healthy mental state will help us leverage our everyday potential to achieve the success we seek and live a purposeful life. Let us all together overcome the stigma associated with mental health. Each one can make a difference.

Wishing the RCI approved International Conference on Mental Health the very best.

(Prof.) Dr. Kamayani Mathur,
HOD, department of Psychology,
Director; School of Psychology, Education and
Philosophy,
Gujarat University, Ahmedabad, Gujarat.

MESSAGE....



I am extremely happy to know that the Holistic Healing Foundation of India is organizing the First International Conference on Mental Health on 10th & 11th of October 2019 at Senate Hall, Gujarat University, Ahmedabad, Gujarat in partnership with Gujarat University and Indian Academy of Health Psychology.

The theme of the Conference "Coping with Mental Health" would surely offer excellent opportunities for discussion, exchange views, ideas and share information on subject by eminent experts.

The deliberations of Conference will help the Psychologists, Scientists and Professionals from Mental Health in the country in providing a new vista of horizon in improving Mental Health through strengthening collaborations and capacity building.

I congratulate the Organizers and Faculty Members of Holistic Healing Foundation of India, Gujarat University and Indian Academy of Psychology for organizing this Conference and wish the Conference a grand success.

Dr. Ajay Chauhan MD DPM

Secretary – State Mental Health Authority

Program Officer – State Mental Health Cell

Medical Superintendent – Hospital for Mental Health,
Ahmedabad

Government of Gujarat

MESSAGE....



I am delighted that the Holistic Healing Foundation of India with partnership of Gujarat University and Indian Academy of Health Psychology is organizing Mental Health 2019 International Conference from 10 to 11 October, 2019. The focal theme of the conference “Coping with Mental Health” is the most significant and important subject of contemporary world.

Promoting holistic mental health and well-being is a much needed and well deserved aspect in today’s society. Not only the treatment of psychological illnesses but the prevention of illness and the promotion of good health are of prime importance in today’s scenario. We can understand the fundamental aspects of mental health from bio-psycho-social model and the theme of this conference focuses on all positive aspects of health and well-being.

This conference will provide great opportunity for psychologists, medical/health care professionals, social scientists, educationists and researchers to learn and exchange their views and experiences on the emerging trends of mental health and well-being with the goals of helping people improve their quality of life and addressing specific issues focused on educating people about their health and well-being.

I am sure the eminent and learned delegates of this conference will come out with certain recommendations that will act as lighthouse to explore the strategies for human happiness and well- being to help people in achieving optimal holistic health.

I heartily wish the conference a grand success.

Prof. Anand Kumar

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

MESSAGE....



As a human race, it's high time to awaken ourselves to the invisible attribute that makes us the most evolved species on this planet....which is our mind. How successfully we handle this awakening will be the defining parameter in our quest to create an Earth that works for all.

Dr Yuvraj Kapadia

CEO ECAA

World renowned Hypnotherapy speaker,
healer & trainer

MESSAGE....



Prof Hervez R Bharucha, Convenor, International Mental Health Conference' 2019, Prof DrHimanshu Pandya, Vice Chancellor, Gujarat University, Ahmedabad.

I congratulate your organization Holistic Healing Foundation of India, Gujarat University and Psychology Department, GU and all connected Institutes for organizing this wonderful 2 days International Mental Health Conference' 2019. This commendable is inevitable for the current times and will lead the path for others in the future. I congratulate you and the organising committee for successfully conducting this conference.

I have been a part of numerous conferences organised by various associations during my 40 years of academic career in the field of Psychology, I believe that this conference that you organised was first of its kind in Gujarat and perhaps in India, in which psychologist, psychiatrist, counsellors, hypnotherapist, and others connected with health and mind were present on one single platform, discussing and debating for the overall good of one & all. This has helped remove the internal boundaries between all and created a synergy, through which professionals complemented each other, I applaud this. This conference provided all students and delegates an excellent opportunity to connect and interact with eminent mental health experts of various fields.

I assure you full support and cooperation from me and my team consisting of faculty and student friends to organize such academic and student-oriented programs.

I extend my best wishes.

Dr. Navin Patel

Head, Department of Psychology
L & C Mehta Arts College and
PDMH Foundation

MESSAGE....



Stress and fear have become a life-style today. We need to self-nurture and take care of our basic needs and requirements so that we can be our best and healthiest while dealing with obstacles and crises around us. We can't completely eliminate stress from our lives, but nevertheless control how much and how adversely it affects us. Our coping techniques increase our ability to stay calm and collected under stress. How do we view our lives? Is it a burden or a joy? Living with fear is common to many. As a nation, we lead high-stress, over-scheduled and fast lane lives. This is the time when we must actually understand the true meaning of the term 'mental health'. The World Health Organization (WHO) in 1981 has defined mental health as "the capacity of the individual, the group and the environment to interact with one another in a way that promotes subjective well-being and the optimal development and use of mental abilities." Psychological interventions are required to muster all these capacities for the sense of well-being, satisfaction, happiness, self-actualization, social support, quality of life, etc.

According to the Health Education Authority (1997), "mental health is the emotional and spiritual resilience which allows us to enjoy life and to survive pain, disappointment and sadness."

YOU CAN'T TEACH A PERSON ANYTHING, YOU CAN ONLY HELP THEM FIND IT WITHIN THEMSELVES.....(Galileo Galilei)

Dr Profaina Christian

Head, Department of Psychology
St. Xavier's College,
Ahmedabad, Gujarat

MESSAGE....



Issues of mental health impact millions of individuals throughout the world. We know only a subset of the individuals worldwide that struggle with issues of mental health. There are many more who are dealing with psychiatric disorders but are too afraid to come forward and ask for help. Our jobs as psychologists, psychiatrists, counselors, social workers, healers, etc. are to educate our communities, reduce negative stereotypes about mental health, and advocate for people who are struggling with psychiatric problems so they get the treatment and support they need. We as mental health providers have an important task to create more acceptance and understanding of psychiatric and psychological conditions

Dr Rutvi Kapadia
Licensed Clinical Psychologist
Grand View Health

MESSAGE....



I started my news paper column in August 1989 with an aim to spread awareness about mental illnesses, since then, till today it is regularly appearing on Wednesdays. It is one of the longest running columns in the news papers, most of the health columns started after many years. When I started, people were running away from mental illnesses and psychiatrists, both! Most of them were not seeing any difference between mental illnesses and madness. For them, each and every mental illness is a madness, in fact, which is not the case! There are many faces of mental illnesses and all cannot be categorised under one roof called madness! Today, after 30 years, majority of the people are aware about mental illnesses and available treatment, thanks to innumerable efforts going on various platforms by different experts. People have also started taking advices of psychiatrists for their mental health issues. Celebrities have started talking about their mental issues publicly and urging people to seek help. Obviously, this has taken the efforts to spread an awareness to a different level. Today's international conference is a wonderful effort to bring mental health professionals under one umbrella. I am sure all professionals, students and general public will be benefitted from this. I will also share my views on mental health stigma and its solutions during the program, see you then...

Dr Hansal Bhachech
Renowned Psychiatrist

MESSAGE....



The human mind is capable of doing so much that one cannot even comprehend the amount of control it has over the person. Mental disorders are seen increasing by the day. Initially, the treatment was not openly provided as mental disorders indicated that a person was not sane or extremely weak. But in fact, it is stated that mental health issues like depression have been a major cause of a lot of suicides on earth. It has become the need of the hour to address mental health because it's as important as physical health. Depression is considered as the most common illness that is being seen amongst people of all age groups. In today's times, many still consider it a taboo to meet a shrink. People relate it to insanity. But the fact is that since people aren't allowed to talk what's going on in their mind, they seem to fight more battles from within. And to stop people from beating themselves up as well as pelting it out on society, it is essential that everyone realizes how serious it is to take mental health into consideration. Therefore, people must start talking about what is bothering them. On top of that, as a society, we also need to create an environment where people can speak openly without fearing judgment. Apart from that, the taboo that psychiatric and psychological help is only for the "mad" needs to be addressed. We still have a long way to go into getting people to talk more openly, but small steps from now onwards can help create a less stressed-out society.

Dr Khushnuma Banaji
HOD,
Department of Psychology,
St Xavier's College,
Ahmedabad, Gujarat.

MESSAGE....



It's a poorly kept secret that unlike physical health, mental health has traditionally riddled with taboos across most areas of the subcontinent. The ignorance surrounding mental illnesses has transcended all boundaries of caste, class, religion, language, etc. The significance of awareness is more often than not underemphasized. In 21st century India, social scientists are finally realizing that individuals with fancy degrees, as opposed to those less fortunate to have gleaned formal education, are just as vulnerable to narrow-mindedness and superstitions regarding various facets of mental health.

Exacerbating this phenomenon is the fact that in each year's Union health budget, a very small fraction is allocated towards enhancing mental health facilities and infrastructure. Although some judicial pronouncements have paved the way for fair treatment of the mentally ill, the most recently passed is the Mental Health Amendment Act of 2017. Some of the provisions are extremely promising such as decriminalization of attempted suicide, a complete ban on use of Electro-convulsive Therapy (ECT) on minors, mandatory use of anesthesia and analgesia on adults during ECT, reserved and sporadic use of ECT only in emergency situations, new guidelines for law enforcement personnel for behaving empathetically with the mentally ill, the establishment of a central regulatory body to better prevent cases of fraud and malpractice, etc. However, sadly, almost two years after being officially published in the Gazette of India, a huge portion of this Act are still unimplemented and ill-enforced provisions.

As mental health professionals, it becomes incumbent on us to not simply treat our careers as regular jobs, but rather a national duty in order to save the nation from a looming and impending mental health crisis, exacerbated by the combined forces of bureaucratic red-tapism, brain drain, social taboos and general apathy.

(Prof.) Dr. Arti Oza
Department of Psychology,
St Xavier's College,
Ahmedabad, Gujarat.

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PSYCHOLOGICAL STATE OF ADOLSCENTS IN SOCIAL DEVELOPMENT: A REVIEW STUDY

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Abstract

In present days the psychological state of adolescents is affecting the mental health with social connection with biological determinants which has an important role in developmental process. The previous studies focused more on the international students which now needs to be oriented towards the Indian students due to the increasing rate of negative well being and mental illness leading increasing rate of drug abuse and suicide and self harm. The study focuses on the mental health of the adolescents. The literature review of six significant papers, journals and data collection from the studies of WORLD HEALTH ORGANISATION was done to fulfill the aim of the study. Several themes emerged which reviewed the state of mental health, awareness and understanding among the adolescents, benefits and barriers to mental health, influence of other adolescents, life barriers and genetic vulnerability and sexual abuse impact. The mental health researchers can use the findings and study for understanding the implication of mental health over Indian adolescents and also understand the gap of knowledge when International and Indian adolescents are concerned. It is relevant for the future study of effects of mental health comparison based on gender and social environment.

Keywords: *Mental Health, Genetic Vulnerability, Life Events, Sexual Abuse, Self Harm.*

AN ASSESSMENT OF LIFE SATISFACTION OF NORMAL AND OBESE PEOPLE

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Abstract

The last two decades have witnessed dramatic increase in obesity to the extent that the social stigma of obesity is leading to lowered life satisfaction in obese people. This research intended to explore that aspect of the life of people relating to their body weight. The main aim of the research was to study the life satisfaction among obese and normal weighing people, where a comparison between the normal and obese males and female's life satisfaction was taken into consideration. the life satisfaction scale design by Dr. Promila Singh and George Joseph, 1996 was used. Total 120 (N=120) samples using simple random sampling method were taken, out of which 100 were taken in consideration- (50 normal weighing people- 25 males and 25 females, 50 obese people- 25 males and 25 females). For the statistical analysis of data t-test was used. There is no significant difference between normal weighing males and obese males with respect to life satisfaction. There is no significant difference between normal weighing females and obese females with respect to life satisfaction. There is no significant difference between normal weighing males and females in association to life satisfaction. There is no significant difference between obese males and females with respect to life satisfaction. There is no significant difference among the normal weighing people and obese people with respect to life satisfaction.

Keywords: *Obesity; Life Satisfaction; Normal Weighing People.*

ASSESSMENT OF PSYCHOLOGICAL HARDINESS ON THE SPORTSPERSONS

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ABSTRACT

Sports Psychology is a developing branch of Psychology, involving the study of how psychological factor like psychological hardiness affect the performance of sportspersons. Psychological hardiness comprises of three factors such as commitment, control, and challenge. Thus, the aim of the present study was to evaluate the psychological hardiness on the sportspersons in relation to their gender and type of game they play. Tools like Singh Psychological Hardiness Scale-SPHS (Singh, 2005) were administered on a total sample of 120 sportspersons aged 16-22 years using the purposive sampling technique equally divided gender wise and as per individual games and team games they played from Ahmedabad and Surat District for Gujarat state. The results were statistically analyzed using 't' test. The findings result that there was no Significant difference is found in the psychological hardiness of boys and girls sportspersons. Significant difference is found in the psychological hardiness of Sportspersons playing individual games and team games. Sportspersons playing team games found high psychological hardiness than sportspersons playing individual games.

Keywords: *Psychological Hardiness, Sportspersons*

“A STUDY OF DEPRESSION, LONELINESS AND LIFE SATISFACTION IN ADOLESCENTS & YOUNG ADULTS WITH INTERNET ADDICTION”

Amridi

Abstract

It comes as no surprise that millions of children globally, especially in today's time have developed an addiction for Internet. Internet addiction is under consideration as a new clinical disorder in the next edition according to DSM-V. This study aims (a) to determine the effects of internet addiction on mental health especially in the dimensions like loneliness, depression and life satisfaction in adolescents and young adults (b) compare these variables between the internet addicted and non-addicted groups. The sample comprised of 300 school going adolescents and college going young adults of age group between 15 to 23 years (150 adolescents and 150 young adults). The study employed a questionnaire with standardized tools which are: The Internet Addiction Test (Young, K., 2004), the Revised UCLAL oneliness Scale Version 2 (Russell, 1980), Becks Depression Inventory (Beck, A., 1996), Satisfaction with Life Scale (Diener, et al., 1985). In order to investigate the relationship between internet addiction and other variables, bivariate correlations were used. In order to examine differences between addicted and non-addicted groups on other variables, group means, standard deviation and 't' ratios were attained. Pearson's correlation proved that there are significant correlations on the effects of internet addiction on all the three dimensions amongst adolescents and young adults. With the calculation of t-test to understand the effect of the three dimensions on internet addicted and non-addicted groups in adolescents the results were non-significant where as in the effect of depression and life satisfaction on internet addicted and non-addicted groups in young adults the results proved to be significant.

Keywords: *Internet addiction; effects of internet addiction; loneliness; depression; life satisfaction; adolescents; young-adults.*

A STUDY OF PERCEIVED STRESS AMONG CARDIAC PATIENTS

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ABSTRACT

Psychological features are increasingly regarded as prospective predictors of cardiovascular disease (CVD) apart from traditional risk variables. When debating the relationship between psychological variables and CVD, the concept of stress is important. "Perceived stress" introduces a global and inclusive stress construct among stress categories and definitions, but it has not been much highlighted yet. Thus, perceived stress was studied and evaluated in the present research with regards to the cardiovascular health.

Objective: In the current study, effort was made to study the role of perceived stress among cardiac patients compared to a healthy control group.

Method: A sample of 26 adults were selected wherein 13 cardiac patients and 13 healthy adults were present in each group. Purposive sampling technique was used to collect the sample. Perceived Stress Scale (PSS-14) by Sheldon Cohen (1983) was used as a research tool to collect the data. Administration, scoring and interpretation was done as per the test manual. Student's t-test was used to statistically analyse the data.

Result & Conclusion: There was a significant difference found in the level of perceived stress between the two groups, that is, cardiac patients and the healthy control group. The result showed higher perceived stress among healthy adults as compared to the cardiac patients. This result will further be discussed in light of previous studies in detail in the research paper.

Key words: *Cardiovascular Health, Cardiac Patients, Healthy Adults, Perceived Stress*

ROLE OF PARENTS AND SOCIETY IN INDIVIDUALS IN GENDER IDEOLOGY

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&

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ABSTRACT

"Gender is state of being a female or male"

In this paper, we intend to assess and discuss the role of parents and society in the psychological, physical and the development of sexuality of an individual in the presence of all environmental factors and assess how the gender ideologies affect the mental health of a person and how it affects their interaction with the people on daily basis.

For a long time there has been a constant state of confusion regarding sex and gender. But recently there has been a clear differentiation which says that sex refers to the reproductive parts and organs of an individual and gender refers to the social labels assigned by the society. Unlike coin there's a third side present, transgender, but are denied equal opportunity .

An individual grows and develops through different experiences, individual always imitates the adults they encounter. It is commonly seen that the values of the parents becomes the values of the child and somewhere the kind of childhood one experiences determines the gender ideologies created for others and themselves. But society assigns some rigid rules and duties to the people, that has to be followed religiously and if one tries to act against those rules they become victims of harassment, Society in general influences our ideals and attitude towards all the genders present.

Keywords: *Gender; Society; Development ; Growth; interaction; mental health*

EFFECTS OF HYPNOTHERAPY AND GENDER ON ANXIETY LEVELS AMONG COLLEGE STUDENTS.

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ABSTRACT

Anxiety is the upcoming mental disorder faced and experienced majorly today by students especially college students. It has a direct effect on their performance, physically, their mental health, emotional wellbeing etc. Here role of Hypnotherapy and its efficacy is considered to measure the anxiety levels. Gender is also looked at as a major determining factor affecting the anxiety experienced by college students.

The objective of this current research study is to measure the effect of gender i.e. boys and girls and hypnotherapy and its efficacy on the level of anxiety experienced by college students. The study comprised of 100 college students. The sample comprised of students aged 17-23 years of this, 50 were boys and 50 girls. They were selected randomly from commerce college of Ahmedabad. Of this the level of anxiety was measured in all the students before Hypnotherapy and again after it was administered.

The Sinha's Anxiety Test designed by A K P Sinha and L N K Sinha (1995) was used to measure the level of anxiety in college students. The results showed that a significant difference i.e. drop in the anxiety levels before administering Hypnotherapy and after administering it. The anxiety levels between boys and girls was found to be significant between both the groups showcasing that girls experienced more anxiety as compared to the boys.

Keywords: *Anxiety; Hypnotherapy; Gender; Ahmedabad*

EMOTIONAL INTELLIGENCE AND SOCIAL SKILLS IN ADOLESCENTS

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ABSTRACT

Emotional intelligence is one of the most important predictors of social skills which are important life skills essential for the well-being of individuals. The present study tries to understand the relationship between emotional intelligence and the development of social skills in adolescents. Social skills include self-awareness, empathy, communication and interpersonal relationship. Participants include 300 higher secondary school students of the age group 15-17 from different schools in Kerala. Instruments used for the study are Social Skills dimension of Life Skills Assessment Scale (Subasree & Nair, 2014) and Emotional Intelligence Inventory (Thomas & Sushama, 2003). Correlation and linear regression were used for statistical analysis. A significant relationship was observed between emotional intelligence and social skills and regression analysis revealed that emotional intelligence is an important predictor of social skills.

Key Words : *Emotional intelligence; Social Skills; Adolescents*

EFFECT OF LONELINESS AMONG COLLEGE STUDENTS

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ABSTRACT

Humans are social beings. For most children and adolescents, college is the most important social area. Loneliness as a psychological phenomenon is a state of mind rather than an objective condition. Individuals may feel lonely while totally surrounded by others or may be totally fine on their own.

Object: The present study was conducted to examine the effect of loneliness on adolescents in relation to their gender. Tools: For this purpose Loneliness” scale constructed by Loneliness Inventory by V. Meenakshi and K. Krishnan(2010) was administrated.

Method: A total sample of 50 college students was selected by purposive sampling method. The sample was further bifurcated on the basis of gender of college student.

Results: The findings demonstrated there is no important difference between the genders of college students with regards to loneliness. However there is certain limitation in this study the data is quite small some other variable must also be studied with this variable.

Key words: *Loneliness, College students.*

“EFFECTS OF SEASONAL CHANGE ON WORKING AND NON-WORKING WOMEN”

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Kalyani Jadawala
Dr. Profaina Christian

ABSTRACT

Change is inevitable. From the very beginning the seasonal changes are taking place in a systematic manner. However, today the climatic changes have become extremely unpredictable and owing to this, the mental health of humans has become vulnerable and specifically of women. The objective was to study the effects of seasonal change on the mental health of working and non-working women because women sometimes ignore the effects that prevail among them as a result of the changes in season which they usually perceive as winter blues, menopausal effects, stress or many other reasons. This research compiles of the effects that the seasonal changes have on the food intake, mood, sleep, activities, weight, substance abuse and energy level, of women. Therefore, the purpose was to determine the prevalence of symptoms of Seasonal Affective Disorder (SAD) among women. The total subjects for our study were 72 women, 36 working and 36 non-working between the age group of 35 to 45 years and the tool used was Seasonal Pattern Assessment Questionnaire (SPAQ). The scores were evaluated using t-test and Chi Square. The result shows that there is no significant difference found between the two groups in relation to their physiological factors. Whereas, a significant difference is found between them as far as the experience of problem is concerned with relation to the transition in seasons.

Keywords : *Seasons; Seasonal changes; Working women; Non-working women; Mood.*

THE COMPARATIVE STUDY OF MATHEMATICS ANXIETY BETWEEN THE STUDENTS OF CBSE AND GSEB BOARD SCHOOLS

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ABSTRACT

Mathematics anxiety is a feeling of tension that interferes with the manipulation of numbers and solving of mathematical problems in academic situations and ordinary life. In this paper, the mathematics anxiety of students of CBSE and GSEB board schools are analysed which would also show the quality of students.

Here, the students of Xth grade has been taken into consideration with the sample of 120 students and the scale used was 'Mathematics anxiety scale' by Karimi and Vankatesh, 2011. And the statistical analysis technique used was ANOVA f - test (2x2) factorial design which would make the results more reliable.

There was no interaction found between boys and girls and, the level of mathematics anxiety was found to be insignificant between students of CBSE and GSEB boards.

Keywords : *Mathematics Anxiety; CBSE Board; GSEB Board; Examination*

**“A STUDY OF MENTAL HEALTH IN THE STUDENT OF ENGINEERING
STUDENTS IN ACCORDANCE TO THEIR HABITAT AND GENDER.”**

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ABSTRACT

The Present study was conduct to examine the mental health in Engineering students in accordance to their habitat and gender. The test is Dr. Pramodkumar, MHCL (Mental Health Check list) sample size include 60 (Hosteller 15 Male and 15 Female, Living at home 15 male and 15 female). The date were obtained and analyzed by means of t' test. The result indicated that Hosteller engineering student's mental health significant was not differ. And also the result indicated that living at home Engineering student's mental health significant was not differ. The finding of the present study suggested that male and female student both mental health were similar and no significant different between Hosteller and living at home student.

IMPACT OF SOCIO-ECONOMIC INEQUALITY AND TYPES OF FAMILY ON DEPRESSION LEVEL OF HOSTELLER STUDENTS

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ABSTRACT

Depression is the most common psychiatric disorder that is found in college and hostel students. It has an adverse effect on physical, emotional as well as mental health of students. To measure the effect of gender and family type on depression level of hostel students.

A study was conducted on 100 College students 18-23 years, 50 from high affordable class and 50 from low affordable class were taken from hostels of Ahmedabad, Gujarat. Of these 25 were from joint family and 25 from nuclear family. The T-S Depression scale designed by Professor G.P.Thakur and Dr. R.N. Singh was used to measure the level of depression in hosteller students.

The results show that there is a significant difference between high affordable class and low affordable class hosteller students in relation to level of depression. There is also a significant difference between high affordable class joint family and high affordable nuclear family hosteller students in relation to level of depression. The results also show no significant difference between joint and nuclear family hosteller students in relation to the depression. No significant difference was also found in the depression levels of low affordable class nuclear family and low affordable class joint family hostel students.

Keywords: *Depression; High affordable class; low affordable class; Socio-Economic inequalities; Hosteller; Joint family; Nuclear family.*

ORGANIZATIONAL BEHAVIOUR, MENTAL HEALTH AND WELL-BEING OF EMPLOYEES: A REVIEW PAPER

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ABSTRACT

(Sub Division of NAOP – Organizational Behaviour)

The objective of this paper is to collect and combine the study related to Mental Health of the Employees. Organizational Behaviour is the study of both group and individual performance and the activity within an organization. Organizational behaviour, here also includes HR Practices like work environment, organizational justice, performance appraisal, harassment and bullying and how it affects the mental health of an individual. Mental Health is the level of psychological well-being or an absence of Mental Illness. It is the state of an individual “functioning at a satisfactory level of emotional and behavioural adjustment.” Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, personal growth and development. The method of data collection used here is the Review Method wherein a few papers have been reviewed. The results show that factors like Performance Appraisal Satisfaction and Organizational Justice has a positive correlation with the productivity, performance and organizational behaviour of the employees, i.e., more satisfied the employees are with their jobs and organization, the better is their productivity and vice versa. Also, we found that major factors like Sexual Harassment, General Harassment, Bullying and Job Insecurity play a major role in the decreased productivity and innovation highly affecting employees’ well-being leading to hostile behaviour and stress. Job Satisfaction plays a major role in employees’ performance and Organizational Effectiveness. This paper will help the people to understand the importance of organizational behaviour and HR practices in Mental Health and Well-being of employees.

Keywords: *Organizational Behaviour, Mental Health, Well-Being, HR Practices, Job Satisfaction*

INFLUENCE OF SOCIAL NETWORKING ADDICTION ON AGGRESSION AND SELF-CONCEPT AMONG ADOLESCENTS

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ABSTRACT

Social networking addiction (SNA) refers to the use of social networking sites (SNS) which may create psychological, social, academic and work related difficulties in an individual's life (Beard and Wolfe, 2001). This research investigated upon the effect of the levels of SNA i.e. Average use, Problematic use and Social Networking Sites Addiction on aggression and dimensions of self-concept. A total sample of 180 adolescents aged between 14 to 18 years; equally distributed gender-wise and among different levels of SNA were selected through random sampling technique from various schools of Ahmedabad city. Tools like Social Networking Addiction Scale by Shahnawaz, Ganguli and Zou (2013); Aggression Scale by Mathur and Bhatnagar (2004) and Self-Concept Rating Scale by Deo (1998) were administered to the subjects. A 2x3 ANOVA design was applied for statistical analysis. Results indicated that male adolescents differ significantly on aggression compared to the females. The "Average user" of SNS differ significantly on aggression. Male adolescents do not differ significantly on self-concept compared to the females. "Average user" of SNS differ significantly on self-concept. A significant interaction effect exists between gender and levels of SNA on self-concept. More research is required in this area.

Key words: *Social Networking Addiction, Aggression, Self-Concept, Adolescents.*

ADOLESCENT'S MENTAL HEALTH AND PERCEIVED MEDIA USAGE AMONG PARENTS: A CORRELATIONAL STUDY

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ABSTRACT

The study aimed to study the correlation between adolescent's Mental Health and perceived media usage among parents. A Survey Research Questionnaire was used to collect data. Perceived media usage among the parents questionnaire was developed based on review of literature and was face validated by the experts and Mental Health Inventory-38 were used for data collection. Total 200 adolescents were taken as sample from different schools of Vadodara. Pearson's product moment test was used to study correlation between adolescent's Mental Health and perceived media usage among parents. Result shows that adolescents who perceive high media usage among parents have poor mental-health.

Keywords: *Mental Health, perceived media usage among parents and adolescents*

MENTAL HEALTH AMONG RESEARCH SCHOLARS OF MANIPUR UNIVERSITY

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ABSTRACT

This study is to determine the mental health status among the research scholars of Manipur University. A cross-sectional study was conducted among research scholars from different schools of studies of Manipur University. A total of 83 respondents (43 female and 40 male) who are pursuing Ph.D. in different departments of Manipur University were taken as sample by adopting simple random sample technique. General Health Questionnaire 28 (GHQ-28) developed by D. P. Goldberg and V.F. Hillier and the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) developed under the support of the World Health Organization (WHO) by an international group of addiction researchers and clinicians has been used. The mean score of GHQ 28 items of respondent was 4.96 ($\sigma = 5.21$) which indicates mild level prevalence of psychiatric morbidity among research scholar has been found. Further, it was found out that research scholar used alcoholic beverage (mean=0.44), tobacco products (mean=0.30), cannabis (mean=0.10), inhalants, sedatives or sleeping pills (mean=0.03), cocaine (mean=0.02), amphetamine type stimulant (ATS) (mean=0.02), hallucinogens (mean=0.02) and opiod (mean=0.01).

Keywords: *General Health Questionnaire; Mental Health; Research Scholars; Substance use*

A COMPARATIVE STUDY OF HANDEDNESS AND ITS EFFECTS ON INDIVIDUAL'S PSYCHOLOGICAL WELL-BEING

Mahimna Vyas

ABSTRACT

The psychological well-being of an individual is affected by various factors. However its association with handedness is unclear. In order to understand the relation better, data of psychological well-being was collected using the Psychological well-being questionnaire from 123 participants. Using the independent samples t-test, ANOVA and ANCOVA; the significance and effect size of various demographic factors and other important influencing factors was calculated. A statistically significant relation was established between handedness and psychological well-being. The handedness of an individual effects the psychological well-being along with other demographic factors. Further studies are needed to shed more light upon the relations of variables with each other.

Key-words: Psychological well-being, Handedness, Left Handedness, Right Handedness.

AGGRESSION AND EMOTIONAL INTELLIGENCE AMONG UNDERGRADUATE STUDENTS OF RURAL AND URBAN AREAS

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ABSTRACT

The aim of the study was to compare Aggression and Emotional Intelligence among undergraduate students of Urban and Rural areas. The sample of the study consists of 50 students of rural area and 50 students of urban area, which were randomly selected from 1st , 2nd, and 3rd year of undergraduate degree programs, the average age of the subjects was 17 – 22 years. The criterion measure chosen to test the hypothesis in this study was aggression inventory by Dr. G.P. Mathur and Dr. R.K Bhatangar and emotional intelligence scale by Dr. S.K. Mangal and Dr. ShubhraMangal (2004). The findings revealed that there is no significant difference between Aggression level among rural and urban area students, the calculated 't' ratio was 1.012. There is a significant difference between Emotional Intelligence among rural and urban area students, the calculated 't' ratio was 2.468.

Keywords: *Emotional Intelligence, Aggression, Urban and Rural*

IMPORTANCE OF MENTAL HEALTH DETERMINANTS ON PSYCHOLOGICAL WELLBEING OF SECONDARY AND HIGHER - SECONDARY BOYS AND GIRLS .

Mimansa Shukla

ABSTRACT

The current study is about the Psychological Wellbeing among secondary and higher secondary boys and girls. The sample which was used here consists of 120 students in (60 boys and 60 girl) total . They were further divided into(30 boys and 30 girls) each for secondary and higher secondary .These boys and girls were chosen at random from Vishwabharti English Medium School . Psychological Well -being (PWBS-SDCP) Scale Devendra Singh and Pooja Chaudhry in the(year 2012) was used . The findings of the present study shows the correlation between boys and girls in secondary and higher- secondary section. T-test was used to find correlation between the secondary and higher secondary boys and girls. Here there was a significant difference found between both the groups on which a hypothesis was formulated thereafter the conclusion was formed.

IMPACT OF INTERNET ADDICTION AMONG COLLEGE STUDENTS

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ABSTRACT

Now, Present time is based on internet and technology, and also have become an integral part of modern day life. Students need the internet more than other people due to their educational. More Internet use, which is also called uncontrolled use of the Internet, Internet addiction, causes problems at work and in social life. The devaluation of time spent without connecting to the Internet, experience intense nervousness in the event of deprivation of social and family life. The rate and type of the internet use may affect their educational and socially information-seeking behavior too. The present study aimed at investigating the impact of internet addiction among college students. The sample consisted of 80 participants selected randomly from different colleges of Rajkot city. The participants were assessed with internet addiction scale of Young and personal information. The data were analyzed by using ANOVA techniques. Result indicated that there is significant difference in internet addiction among girl and boy college students. But there is no significant difference in internet addiction among Joint and Nuclear Family type of college student. In conclusion, the present study investigated the prevalence of boys more internet use than girls so, Internet addiction boys leads to loneliness.

Keywords : *Internet Addiction, College Students, Gender*

TITLE : STRESS AMONG WORKING PROFESSIONALS IN INDIA AND DEVELOPED NATIONS

Miti Randeri Bakre

ABSTRACT

“Stress” - simply explained by Oxford Dictionary, means “a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.” It can initiate a "fight or flight" response, including complex bodily reactions. While some workplace stress is normal, excessive or prolonged stress can interfere with productivity and performance, impact physical and emotional health and work-life balance. This paper presents a comparative study of the indicators of stress among working professional in India and developed countries, namely US, UK and Singapore.

Under this study, 126 participants were surveyed to ascertain indicators determining stress among working professionals and whether they are similar across work cultures and genders. We used the Anxiety, Depression and Stress Scale developed by Prof. Pallavi Bhatnagar & team, including scoring and analysis.

Stress indicators are apparent in working professionals across regions and genders and no significant difference were found across the samples. Restlessness, touchiness, irritability, difficulty in relaxing and calming down are most prominent across the population. However, the difference in overall indicators is mildly significant between genders.

This is a generic study comparing stress among working professionals in a developing country like India and in developed nations and between genders. Such study can be beneficial (if detailed further) to both organizations and individuals to design prevention and intervention plans to mitigate stress, with appropriate professional guidance.

Keywords: *Stress, Factors / causes, prevention and intervention*

RISK FACTORS FOR SUICIDAL IDEATION: A STUDY OF DEPRESSION AMONG STUDENTS

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ABSTRACT

Depression is one of the most common mood disorders that is characterized by our feelings i.e. persistently depressed mood or sadness or loss of interest in routine activities of life. The global scenario shows that it is the most common illness and greatest burden for students; as almost each and every student nowadays is suffering from depression to varied extents. Depression is one of the serious medical conditions that can affect a student's academic performance as well as his interest and ability to work and also his mood. Depression is one of the major risk factor that puts our youth at an increasing risk level for suicidal ideation. But through mental health awareness we can prevent it. In this rush-hour time it is inevitable that students should become aware about their mental health. Thus, the main purpose of the present research is to find out the different levels of depression among boys and girls students' of higher education. A total of 120 students were randomly selected from Bhavnagar City only. Beck Depression Inventory (BDI-II 1996) was applied to measure the students' depression level. And "t" test was applied for statistical analysis to find the difference among levels of depression between the two selected groups. The Result shows that there is a significant difference between the levels of depression among students'.

Keywords: *Mental Health; Depression; mood disorders; psychological disorder; student; suicide risk*

EFFECT OF USAGE OF INTERNET ON THE SOCIAL COMPETENCE AMONG ADOLESCENTS

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ABSTRACT

In this digital age, Internet revolution has substantially affected people's lives. The internet dependency has both, a positive and a negative impact on people. For students, teaching and learning has become easier as compared to the earlier days because nowadays information is at their fingertips. Despite of all its benefits, internet addiction may negatively impact the students' life in areas such as their emotional instability, depression and poor sociability. Objective: To determine the effects of internet usage on the social competence among adolescents with regards to their gender and working status of their mother. Method: A sample of 240 adolescents aged 14 to 19 years were selected in which 120 were boys and 120 were girls and they were classified according to working status of their mother and usage of internet. The Tools used for the study included the "Young Internet Addiction Scale" by K. Young (1998) and "Social Competence Scale" by Sharma and Rani (2010). The results were statistically analyzed using the 2*2*2 ANOVA. Results & Conclusion: The results showed low level of social competence in adolescents with internet addiction than the non-addicted adolescents. There was a significant difference in social competence in adolescents with regards to working status of their mother. However, there was no significant difference found in social competence with regards to their gender.

Key words: *Internet Addiction, Social Competence, Adolescents.*

LEVEL OF AGGRESSION IN MEN WHO ARE INDULGED IN STOCK MARKET

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ABSTRACT

Stock Market is witnessing heightened activities even when it is in its most turbulent period which can lead to Financial crisis and Economic Stress which results into Frustration and furtherly into Aggression in one or the other way as one is unable to achieve the aim. The Main focus of the study was to examine the Level of Aggression in Men who are indulged in Stock Market in comparison of those who are not indulged in Stock Market. The total number of Samples collected was 50 (N=50) and all of them were taken into consideration. For Statistical Analysis T test was used. The Aggression Scale that was used for the data collection was given by Chauhan and Tiwari in 1971. From the analysis it is concluded that those who are indulged in stock market have more level of Aggression than those who are not indulged in stock market as the stated hypothesis was Rejected.

Keywords: *Aggression, Men, Stock Market*

OCCUPATIONAL STRESS AND JOB SATISFACTION AMONG BANK EMPLOYEES

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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.*

SOCIAL MATURITY AMONG INTERNET ADDICT AND NON-ADDICT ADOLESCENTS

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ABSTRACT

The present study aimed to know the social maturity among internet addict and internet non-addict adolescents. It also aimed to check social maturity with reference to gender and residential area. The Rao's Social Maturity Scale (RSMS) (Form B) prepared by Dr. Nalini Rao (2002) was used. The sample constituted total 120 adolescents out of which 60 were from internet addict adolescents (30 urban area and 30 rural area) and 60 from internet non-addict adolescents (30 urban area and 30 rural area). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that 1. There is no significant difference in the mean score of social maturity among the internet addict and internet non-addict adolescents. 2. There is significant difference in the mean score of social maturity among the adolescents of urban and rural area. Therefore it could be said that, the adolescents of rural area group is having high social maturity than adolescents of urban area group and 3. There is no significant difference in the interactive effect of the mean scores of social maturity with regards to the type of adolescents and residential area.

Keywords: *Social maturity, internet addict and non-addict adolescents, urban and rural area.*

“THE ROLE OF GENDER AND RELIGION IN FAMILY CLIMATE OF SCHOOL STUDENTS”

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ABSTRACT

Psychology is the scientific study of behaviour, cognition, and emotion. Family climate usually refers to the environment, both physical and emotional, and the state of the family whether it is good, bad, dysfunctional etc. (Knapp, 1993). The aim of the present study is to evaluate the Role of Gender and Religion in Family Climate of School Students. Total sample of 120 students is selected from various school of Ahmedabad city 60 boys and 60 girls were taken from Hindu and Muslim Religion. A Tool like Family Climate Scale-FCS (Shah, 2001) was used to assess the Family Climate of the selected respondents or sample. The results were statistically analysed using the ‘F’ test. The result showed that There is no significant difference in the mean score of family climate between school students from girls and boys. There was a significant difference found in the mean score of Family Climate among the Hindu and Muslim Religion school students. There is no significant interaction effect of the mean scores of family climate with regards to the gender and religion.

Keywords: *Family Climate, School Students.*

MENTAL HEALTH OF SCIENCE COLLEGE STUDENTS OF EAST AND WEST AREA OF AHMADABAD.

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ABSTRACT

The basic aim of present investigation to study the level of mental health among science college students of East and west area of Ahmadabad. With reference to the above problem main objectives of the study were [1] To study the level of mental health of science college students of East and west area of Ahmadabad. [2] To study the level of mental health of boys and girls. For that purpose 80 students were selected from different colleges out of which 40 were taken east area and the remaining 40 were taken from west area. ‘Mental health analysis questioner’ by Dr. Aswin Jansari and Dr. Badami & Badami were used data collection. The data was analyzed by ‘t’ test and correlation. Results indicate that level of mental health was significantly higher among the east area student were as west area student. It there is a no significant difference between boys and girls.

EFFICACY OF HABITAT AND GENDER ON ADJUSTMENT AND SECURITY INSECURITY LEVEL OF ADOLESCENTS

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ABSTRACT

Security –Insecurity are two factors which to a great extent determine the personality of adolescents. Security is a state of mind in which one is willing to accept the consequences of one's behaviors. Modern psychologists have shown that the most important factor for an adolescent's healthy development is love and affection, adjustment and sense of security which is further dependent on the attitude of parents towards their children (Bossard& Boll, 1954). Main objectives of the present research work are to assess the level of adjustment and security insecurity. Appropriate standard tools of adjustment and security insecurity were used and the random sampling technique was used in the selection of the sample for the present study. In the present study, a sample of 80 rural and urban adolescents was taken – 40 rural and 40 urbans. The age range of the subjects was 15-17 years. Two-way ANOVA (2×2) factorial design was used to see the effect of the main factors. Findings of the present study indicate that the rural adolescent show a higher level of adjustment and feeling of security as compared to urban adolescents, on the other hand, the gender difference was reported insignificant among the adolescent for adjustment and security level.

Keywords : *Efficacy, Habitat, Gender, Adjustment, Security Insecurity issues*

THE STUDY OF THE ROLE OF EMOTIONAL INTELLIGENCE AMONG BANKERS AND PROFESSORS

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ABSTRACT

It has been noted that having Emotional Intelligence as a skill can increase one's own wellbeing. Emotional Intelligence is the ability to identify, use, understand and manage emotions in a positive way. Emotions also influence professional relationships, impact service delivery and affect bankers at an intrapersonal level. The professors are responsible for imparting education and guidance in students. Professors need to have a free mind and knowledge to concentrate on the teacher-learner process. Objective: The present study was aimed to gauge emotional intelligence among bankers and professors with respect to age group of below 40 and above 40 years. Methods: Participants (N=120) were selected by using purposive sampling method, from an urban population. The respondents were divided on the basis of their age and were given the Emotional Intelligence Scale which also measures 5 dimensions (Self awareness, Self management, Motivation, Empathy and Relationship management) developed by Daniel Goleman (1995). The results were statistically analyzed by using Two-way (2×2 factorial design) ANOVA F-test . Results and Discussion: It was noted that in the dimension of Self-Awareness, Professors of Above 40 years had higher level of Self-Awareness. Similarly, in the dimension of Motivation it was noted that Professors of Above 40 years were highly motivated of Emotional Intelligence. It was also noted that in the dimension of Relationship management, Above 40 years of female professionals had higher capability of managing their relationships compared to Below 40 years. Also, when calculated further it was seen that Professors were higher in managing relationships than Bankers.

Keywords: *Bankers, Professors, Emotional Intelligence.*

A STUDY ON THE EFFECTS OF GAMING ON AGGRESSIVE BEHAVIOUR AMONG ADOLESCENT MALES

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ABSTRACT

Introduction: Video games has been at the centre of controversy since the inception of gaming.

Objective: The present study was aimed at finding out whether gaming leads to increase in the level of aggression among male participants, with regards to the type of games played and duration of gameplay.

Methods: Participants (N=120) were selected by using purposive sampling method, belonging to an urban population and age group from 16-24 years. They were selected on the basis of whether they game from 4-6hrs or game less than 1hr. The participants were subjected to two independent variables: Violent video games (CS: GO, PUBG-Mobile) and Minimal Violent Video Games (FIFA). The Dependent variable used for the research was scores of aggression. Following the gameplay, they completed a questionnaire to assess the level of aggression. The scoring of results was done on the basis of the test manual. The results were statistically analyzed by using a 2 ×2 factorial design. **Results/Conclusions:** The findings showed that gaming does not lead to an increase in aggression among male adolescents. It has been proven there is no significant difference between, either in type of games played or between the duration of gameplay.

Keywords: *Gaming, Aggression, Males, Violent Games, Minimal Violent Games*

A COMPARATIVE STUDY ON SEXUAL ATTITUDES WITH REFERENCE TO AGE AND GENDER

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ABSTRACT

The aim of the present study was to find out whether age and gender have an influence on the sexual attitudes of people. The following five components of sexual attitude were studied namely: Attitude towards pre-marital sex, polygamy, pornography, lesbianism and homosexuality. The sample size consisted of 100 subjects in which 50 were from the age group of 18-28 years further divided equally with respect to gender (25-male, 25-female) and the other 50 in the age group of 50-60 years similarly divided into male and female. 2x2 Factorial design was used as the research design for the present study. The sample was first divided in two groups on the basis of age and then further on the basis of gender. Personal data sheet and a questionnaire titled 'Sexual Attitude Scale' developed by Amit Abraham was used for data collection. Gathered data was calculated and analysed by F-test (ANOVA). The results revealed that subjects in the age group of 18-28 years had a favourable sexual attitude and 50-60 years had an unfavourable sexual attitude. On the basis of gender, males showed a favourable sexual attitude over females. While studying the interaction of age and gender on sexual attitudes it was found that males in the age group of 18-28 years had the most favourable sexual attitude whereas the females in the age groups of 50-60 years had the least favourable sexual attitude.

Keywords: *Sexual Attitudes; Pornography; Homosexuality; Polygamy; Gender*

IMITATING LIFE, IMITATING TELEVISION – THE EFFECTS OF TELEVISION MODELS ON CHILDREN’S MORAL REASONING JUDGEMENT AND AGGRESSION.

Smita Ghosh

ABSTRACT

The aim of this study is to explore how contents in cartoon affects school age children. The reason for embarking on this research is to know whether and to what extent cartoon on television makes school age children (both male and female) violent, aggressive and whether lacks moral judgement. Factors that sculpture children’s way of thinking are found mostly in the environment where they grow up. These include daily events, memorable experiences and peak feelings. Cartoons are one of the daily habits for our children; studies have proven that an average child with a facility of a TV and a satellite connection at his home watches approximately 18,000 hours of television from kindergarten to high school graduation. How does this experience affect our children minds? Does it have positive or negative effects? What types of contents are delivered to our kids in a cartoonish show? Are all shows trustable, or shall parents pay monitoring attention to the TV shows? How does our children brain absorb and analysis information in the first place? Is it really so that cartoons are harmful for children? More so how far are cartoons influential in child psychology?

These questions and others will be answered through this survey-experimental research. The study design is survey research and nonparametric statistics is used for data analysis.

The present study was undertaken to find out the association between moral judgement and level of Aggression among Cartoon watchers and Non Cartoon watcher school students. A total of 120 children from grade 4th and 7th were selected as sample for the present study. The study was carried out in Ahmedabad, Gujrat. Data were collected with the help of the standardized tool “Moral Judgement Test” and Overt Aggression Test and an Individual Interview with parents and Teachers. Data were collected in the calendar year 2016. The collected data were scored and analysed.

Key Words: *Cartoons, Overt Aggression, Moral Judgement, Cartoon Watchers, Primary School Students, Middle School Students.*

“A STUDY OF INTERNET ADDICTION AMONG ADOLESCENTS FROM URBAN AND RURAL AREA”

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ABSTRACT

This paper illustrates the concepts of internet addiction in adolescents. The study examines the difference of internet addiction between urban and rural adolescents. The sample consisted of 120 students of Ahmedabad city and Vihar village. Out of which 60 were urban students from Ahmedabad city and 60 were rural students from vihar village. Out of those each group of 60, 30 of them were girls and 30 of them were boys. For this purpose of investigation “Internet Addiction Test” by Dr. Kimberly Young was used. The obtained data was analysed through “t” test to know the mean difference between urban adolescents and rural adolescents & urban girls and rural girls & urban boys and rural boys. The results show that there is no significant difference of Internet Addiction among adolescents from urban and rural area. There is a significant difference of Internet Addiction among girls and boys from urban area. Also there is a significant difference of internet addiction among boys from urban and rural area.

Keywords : *Internet, Addiction, Adolescent, Urban, Rural*

IMPACT OF SCREEN TIME ON COGNITIVE ABILITY: ANALYZING DIGITAL ERA IN INDIA

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ABSTRACT

Electronic gadgets which have made our life easier than never before become integral part of our life. The American Academy of Pediatrics and the Canadian Society of Pediatrics warns on overuse of handheld devices by children which may lead to various lifelong diseases. Research shows that there is a direct association between screen time and health problems like adiposity, unhealthy diet, depressive symptoms, sleep disturbance and quality of life. Because of technological innovation and increased easy access to technology everyone is more likely to own and use cell phones, computers, and other electronic devices than ever before. Increased access to technology has benefits but it also increase the risk like loss of originality, creativity and innovation. Gadgets are now becoming the integral part of our daily life but the addiction of it can collapse our social infrastructure, mental and physical health. Screen time addiction may hamper physical, mental, social, economical and environmental aspects leading to life threatening problems in future. Based on preliminary data from the Adolescent Brain Cognitive Development (ABCD) study, the National Institutes of Health concludes that (I) MRI scans found significant differences in the brains of children who reported using smartphones, tablets, and video games more than seven hours a day and (ii) children who reported more than two hours a day of screen time got lower scores on thinking and language tests. This research paper is focusing on impact of screen time on the cognitive ability of human beings in the era of digitalization.

Key Words: *Screen Time, Adiposity, Depressive symptoms, digitalization, environmental aspects*

AN ASSESSMENT OF SELF EFFICACY AMONG FEMALE DANCERS

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ABSTRACT

An art of dance is like an ocean, every time you dive in you come back with a handful of pearls. Any art is full of creativity and dance is one of them. Indian classical dance has a glorious tradition and it has been an enjoyable experience in women. Objective: In this study, efforts were made to study the role of self efficacy among female dancers of Kathak and Bharatnatyam. Method: Samples of 120 female dancers of both the dance forms were selected in which 60 were student dancers and 60 were professional dancers. Purposive sampling method was used to collect the sample. 'Self Efficacy Scale' (1986) by Mathur and Bhatnagar was used as a tool. Two way ANOVA (2×2 Factorial) was used to statistically analyze the data. Results & Conclusion: It was found out that there was a significant difference between the level of self efficacy among female dancers only with respect to their form of dance.

Key words: *Dance, Indian Classical Dance, Kathak, Bharatnatyam, Self efficacy.*

STUDY OF PSYCHOLOGICAL DISTRESS IN LGBTQ AND HETEROSEXUAL POPULATION IN U.S.A AND INDIAN POPULATION

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ABSTRACT

Recent decriminalisation of Homosexuality in India has led to focus of researchers towards mental health of Lesbian, Gay, Bisexual, Transgender and Queer community. Purpose of the present research is to compare psychological distress between 1) India and U.S., 2) LGBTQ and Heterosexual population in India, 3) LGBTQ and Heterosexual population of U.S., 4) LGBTQ population of India and U.S. and 5) Heterosexual population of India and U.S. To fulfil the objective, data has been collected from 200 individuals with 100 each from U.S. and India and 50 LGBTQ and 50 Heterosexual in both the countries through Purposive Sampling. Mean age range of the sample is 18-40 years. The Kessler's Psychological Distress Scale (K10) tool is used to measure Psychological Distress. Independent sample t-test has been used to find out the results. The results indicate that 1) Indian Population has higher psychological distress than that of U.S. ($p=.00$); 2-3) LGBTQ population has higher psychological distress in comparison to Heterosexual population in India and U.S. ($p=.01$, $.00$ respectively); 4-5) as well as both the group (LGBTQ and Heterosexual) of India has higher psychological distress than that of the U.S. ($p=.00$, $.00$ respectively).

Keywords: *LGBTQ; Heterosexual; Psychological distress*

A STUDY OF EMOTIONAL INTELLIGENCE OF HIGHER SECONDARY SCHOOLS STUDENTS IN CONTEXT TO CERTAIN VARIABLES

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ABSTRACT

Present Study has been done to know about Emotional Intelligence. For the present study gender and area consider as variables. Total 776 students were selected from Higher secondary schools. To know about self prepared emotional intelligence scale were taken thus this were used as tool. On the basis of the score obtain by the students mean, standard deviation, standard error of mean and t-values were calculated for data analysis.

Key Words : *Emotional Intelligence*

A STUDY OF JOB INVOLVEMENT AMONG SCHOOL TEACHERS

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ABSTRACT

The present study aimed to study job involvement among school teachers in relation to their gender and type of school i.e. government schools and private schools. Purposive sampling technique was used to select sample of 60 school teachers equally divided according to the type of schools and gender. The sample was selected from various schools of Ahmedabad city. Job Involvement scale (Dhar S. and Dhar U., 2001) was used to measure job Involvement. The results were statistically analyzed using 't' test. The findings revealed that there was no significant difference between male and female school teachers. Significant difference was found between private and government school teachers. Private school teachers showed higher job Involvement than government school teachers.

“PERSONAL VALUE AMONG GOVERNMENT SECTOR EMPLOYEES AND PRIVATE SECTOR EMPLOYEES”

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ABSTRACT

The Current study was to find out Relationship of Personal value among Government sector Employees and Private sector Employees the total sample consider among 240 Person equally distributed on type of person (60 Government sector Employees and 60 Private sector employees) and Gender (60 Male and 60 Female Person) selected randomly from various areas of Gujarat state. The study tool was Personal Values Developed by (Dr. (Mrs) G.P. Shrey and Pro. Arti Verma) the use for data collection. Data was analyzed through mean “f ” test result reveals that Personal value similar and no significant difference between Government sector employees and Private sector Employees. Personal value significant difference between Male and Female Government sector employees and private sector employees.

Key Word : *Personal Value Government Employees and Private Sector Employees*

MENTAL HEALTH OF WOMAN FACING DOMESTIC VIOLENCE

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ABSTRACT

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Many factors contribute to mental health problems, including biological factors, such as genes or brain chemistry, life experiences, such as trauma or abuse and family history of mental health problems.

In the present scenario, when there are global concerns about gender equality and many international conventions have resolved against any form of discrimination against women, prioritizing women mental health does not seem to be justified. Gender has been described as a critical determinant of mental health and mental illness. Joint family system, patriarchy, marriage a must, especially women; marriage is a sacrosanct union, permanent union; subservient status of daughter-in-laws at home, preference for the male child, practice of dowry, lower educational status of women, strict code of conduct for females, and primary roles of women being childbearing and child rearing. These factors significantly affect the occurrence, manifestations, treatment, and outcome of mental disorders in women of India.

Violence against woman and girls is widespread. Woman enduring emotional and psychological trauma through harassment, terror and threats, intimidation, humiliation, degradation, exploitation and physical etc lead towards chronic health consequences even death too. This extreme expression of male control and power over woman often begins at infancy and may accompany a woman throughout her life till old age, through various relationships.

Keeping this in view the current study was taken with an objective that how violence affects the mental health of women facing domestic violence. There is a strong need in to help victim women for better mental health by opening of various counselling centres.

Key words: *Domestic Violence, Mental health, Woman.*

SOCIAL INTELLIGENCE AMONG COLLEGE GOING BOYS AND GIRLS

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ABSTRACT

This research paper presents a study aimed to measure the social intelligence of boys and girls studying in college in the different streams of arts, commerce, and science. To fulfil the aim THE SOCIAL INTELLIGENCE SCALE by DR.N.K CHANDA was used to measure the social intelligence. The total sample constituted 180 which were further bifurcated as 90 boys and 90 girls studying in different colleges of Ahmedabad city. The scoring was done as per the manual and "t" was calculated. The results showed that there was a significant difference in the mean scores of the boys studying in arts and science stream. The results also showed that there is a significant difference in the mean scores of the girls studying in arts and commerce stream. Therefore, we can say that the social intelligence of boys studying in the arts stream is higher than those studying in science stream. Also, the social intelligence of girls in arts stream is higher than those studying in commerce stream.

Keywords :- *Social Intelligence, Arts, Commerce and Science.*

EMOTIONAL MATURITY AMONG COLLEGE STUDENTS IN RELATION TO THEIR GENDER AND RESIDENTIAL AREA

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ABSTRACT

The present study aimed to know the emotional maturity among college students. It also aimed to check emotional maturity with reference to gender and residential area. The Emotional Maturity Scale (EMS) by Dr. Yashvir Singh and Dr. Mahesh Bharagava (2012) was used. The sample constituted total 120 students out of which 60 were from boys college students (30 urban area and 30 rural area) and 60 from girls college students (30 urban area and 30 rural area). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is significant difference in the mean score of emotional maturity among the boys and girls college students, Therefore it could be said that, the boys college students group is having high emotional maturity than girls college students group (2) There is no significant difference in the mean score of emotional maturity among the college students of urban area and rural area and (3) There is no significant difference in the interactive effect of the mean scores of emotional maturity with regards to the gender and residential area.

Keywords: *Emotional maturity, boys and girls college, students, urban area and rural area.*

THE RELATION BETWEEN PERCEIVED PARENTING STYLES AND THEIR RELATION WITH SELF-ESTEEM OF ADOLESCENTS

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ABSTRACT

The purpose of this study was to find out the effect of parenting style on the self-esteem of the adolescents. Parenting styles are of four main kinds Authoritative, Authoritarian, Permissive and Neglectful parenting styles. Out of these four, we focus on Authoritative, Authoritarian and Permissive style of parenting and the effect of it on the self-esteem. The data was collected using Parental Authority Questionnaire (PAQ) and Rosenberg Self-Esteem Scale from the students of ninth and tenth standard. Children of single parents and divorced were excluded from the study. The hypotheses under study were there would be a significant positive correlation between authoritative parenting style and self-esteem and a negative correlation between authoritarian parenting style and self-esteem. Results were calculated using Pearson correlation in SPSS. The first hypothesis was accepted since there did exist a significant positive correlation between authoritative parenting style and self-esteem. The second hypothesis was also partially accepted as there did exist a negative correlation between authoritarian parenting style and self-esteem but wasn't significant.

Keywords: *Parenting styles, self-esteem, authoritative, authoritarian, permissive*

ASSESSING THE LEVEL OF PERCEIVED STRESS AND MENTAL HEALTH AMONG THE PHD SCHOLARS.

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ABSTRACT

Doing research is not an easy job, it demands time, energy and above all patience. A research scholar has to go through many difficult phases to complete his work. During this time they face many psychological problems, which need to be understood and brought to the general notice. It's high time for Indian universities to look into these matters otherwise academics will have a big loss.

The current situation of the PhD scholars was the main reason behind this research. This study aims to assess the level of Perceived Stress and Mental health among the research scholars, doing PhD in different Indian universities. In the present study perceived stress scale developed by Cohen, S. and Williamson, G. (1988) was used to measure Perceived stress and The Mental Health Inventory (MHI) developed by Jagdish and Srivastava (1983) has been used to measure the mental health. This inventory consists of 54 items of which 23 items were true and 31 were false items. Keeping in view the aims and objectives of the research, purposive sampling was used for the research. The sample comprised of 100 scholars doing PhD in different universities. The data collected was analyzed using SPSS 20.0 version. Results revealed that the mean score for mental health was $M = 132$, which indicates a very poor mental health among the PhD scholars. And the mean scores for perceived stress was found to be $M = 22.55$, which points to a condition, that PhD scholars are perceiving stress much higher than the average person.

Keywords: *Perceived Stress; Mental Health; PhD scholars; Indian.*

"MENTAL HEALTH OF VILLAGES AND CITY'S TEACHERS"

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ABSTRACT

The present investigation is to find out the difference about mental health of teachers who working in the schools of villages and cities with reference to their gender. The sample consisted of 120 teachers from different schools. In this investigation 'Mental Health Inventory' by Pramodkumar was used. The obtained data were analyzed through 't' test to know the mean difference between males and females. The result shows that there is significant difference about mental health between Male and Female teachers.

Key Words: *Mental Health, Teacher*

STIGMA, SOCIAL FUNCTIONING AND PSYCHOLOGICAL MORBIDITY AMONG INDIVIDUALS WITH MALADAPTIVE BEHAVIOURS

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ABSTRACT

Individuals with chronic illness are usually prone to experience stigmatization associated with their maladaptation. (Ginsburg & Link, 1993). Stigmatization can exert many pernicious effects on the lives of those with maladaptive behaviours. A descriptive research design was employed to test whether stigma and social functioning are associated with psychological morbidity. Gender differences were studied with regard to perceived stigma, social functioning and psychological morbidity. The Stigma Scale for Chronic Illnesses 8-Item Version (SSCI-8; Molina et al., 2013), the Multidimensional Scale of Perceived Social Support (MSPSS; Zimet et al., 1988) and General Health Questionnaire (GHQ-28; Goldberg & Hillier, 1979) were administered to 12 males and 18 females in the age range of 19–52 years receiving psychiatric treatment ranging from alcohol dependency, personality disorders, anxiety disorders, depression and schizophrenia. There are no gender differences with regard to perceived stigma, social functioning as well as psychological morbidity. There is a significant positive correlation between externalized stigma and internalized stigma ($r=0.574^{**}$).

Key words: *Stigmatization; social functioning; psychological morbidity*

AN ANALYSIS OF SPIRITUAL HEALTH AND EMPLOYEE PERFORMANCE IN THE PRIVATE COMPANIES OF AHMEDABAD

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ABSTRACT

As per World Health Organization (WHO), has identified the four dimensions of health, namely physical, social, mental, and spiritual health. Out of the four the spiritual health is the most ignored and also recommended in today's corporate life. Irrespective of any religious belief, spiritual health means knowing about ourselves and connecting with our inner self. It is a personal belongingness to oneself involving values, ethics, morals and beliefs that provide a sense of purpose in our lives. It is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state for a harmony with oneself and others while working to balance inner needs. It is being observed that having good spiritual health can lead to positive impact on overall performance of the individual.

There are various researches on physical health, mental health and family wellbeing had been conducted but the missing part is spiritual health. The spiritual dimension plays a greater role in guiding, monitoring and leading people's achievement in all aspects of life. This research paper identifies relation between one's spiritual health and compatibility with their work. With the increasing competition and the increasing level of burnouts there are various attempts from the corporate to enhance the overall commitment of their employees. Today's managers are required to make their subordinates super achievers with quick decision making skills and ability to face fierce competition in a highly fluid environment. This often requires an in-depth understanding of who they are and what they stand for or in other words to know about their sense of self.

This research paper has attempted to analyze the spiritual health of the employees and accordingly analyze the compatibility between the manager and sub ordinates through standard instruments. The paper will also explore significance and importance of spiritual health in routine corporate life.

Key words: *Spiritual health, compatibility corporate world*

EFFECTS OF STIGMA ON INDIVIDUALS SUFFERING FROM ANOREXIA NERVOSA

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According to American Psychiatric Association, Anorexia nervosa is a serious psychological disorder characterized by a pathological fear of gaining weight, leading to faulty eating patterns, malnutrition and excessive weight loss. Stigma is defined as a phenomenon by which an individual with a particular attribute is rejected, stereotyped, or discriminated against by society. The stigmatization of anorexia nervosa is rarely included in the discussion of stigma related to mental disorders, as it is typically viewed as a 'mild' disorder, with symptoms that are socially acceptable or even seen as desirable. The objective of my study is to identify the influence of stigmatization of anorexia nervosa on the individuals suffering from this disorder. Secondary research method is used as a source for analysis. The study consists of ten multiple researches related to the disorder. Some of the common tools included in these studies are Affective Reaction Scale (ARS), Eating Disorder Stigma Scale (EDSS), The Rosenberg Self-Esteem Scale (RSE) and others. The ultimate conclusions depend on the final outcomes, derived from the studies altogether. However, they are inclined towards the cognitive factors more than the biological factors. Also, social factors include lack of acceptance and acknowledgement of the disorder, thus leading the clients/patients to blame themselves and worsen their condition. Concrete conclusions are yet to be formed.

Keywords: *Anorexia nervosa; stigma; social acceptance; discrimination; cognition*

THE INTERNET ADDICTION AND MENTAL HEALTH IN STUDENTS OF ARTS STREAM

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ABSTRACT

The main objectives of the present research was to investigate significance difference of arts stream's students on Internet Addiction and Mental health, and also find out correlation between Internet Addiction and Mental health. The total sample consisted of **240 students**, in which **120** were female students and **120** were male students. The research tool for Internet Addiction was developed by **Kimbal young** and adopted by Dr.Mittal Vekariya and Mental Health tool was measured by **Dr. D. J. Bhatt** and **Gita R. Gida** was used to collect the data. Here the 't' test was applied to check significance difference and 'r' was applied to check the correlation. The finding of the study revealed that there was a significant difference between the students of Arts on Mental Health and Internet Addiction also. The correlation between Internet Addiction and Mental Health was **(-0.41)**, so it can say that there was negative normal correlation between them. It means that as Internet Addiction increases and Mental Health decreases.

Keywords: *Internet Addiction, Mental health, t-test & correlation for analysis*

A STUDY OF THE MENTAL HEALTH OF MARRIED AND DIVORCEE WOMEN

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ABSTRACT

The present study to analyze the mental health of the married working women, to analyze the mental health of the married nonworking women, to analyze the mental health of the divorcee working women, to analyze the mental health of the divorcee nonworking women. The sample of the present study consisted of 60 women out of which 15 were married working women and 15 were married nonworking women and 15 were divorcee working women and 15 were divorcee nonworking women. Research design is 2X2. In this study the mental health scale developed by Dr. Jagdish and Dr. A.K. Srivastava was used. 't' test was applied to know the significant difference between mental health of married and divorcee women. There was no significant mean difference between married working women & married nonworking women and married working women & divorcee working women in mental health. There was significant mean difference between divorcee working women & divorcee nonworking women and married non working women & divorcee non working women in mental health.

STUDY OF CONTINGENCIES OF SELF-WORTH AND OTHER ORIENTED PERFECTIONISM IN POST MILLENNIALS

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ABSTRACT

One of the most divulging issues of today is to deal with self-worth. Low self-worth can result in a plethora of mental issues. Three types of perfectionism namely, self-oriented, socially prescribed and other oriented perfectionism have been identified based on the existing literature. Other Oriented Perfectionism emphasises the tendency to expect excessive perfectionism from others. The present study assesses to find out 1. the seven Contingencies of Self Worth and their relationship with Other Oriented Perfectionism in Post-Millennials, 2. which of the seven Contingencies of Self-Worth is related with Other Oriented perfectionism in Post-Millennials. This study is carried out on a sample of 100 college going and working post-millennials (Generation Z), (average age range 21.57 years) in Gurgaon, Haryana. This was done through purposive sampling. The tools used are Multidimensional Perfectionism Scale by Hewitt and Flett (1990) and Contingencies of Self-Worth Scale by Crocker, Luhtanen, Cooper, andBouvrette (2003). Correlation test and Multiple Regression Analysis has been conducted through SPSS. The results suggest that there is a positive relationship between Contingenciesof Self Worth and Other Oriented Perfectionism. Specifically, Competition as a Contingency of Self Worth is positively correlated to Other Oriented Perfectionism.

Keywords: *Other Oriented Perfectionism; Contingencies of Self-Worth; Post-Millennials*

QUALITY OF LIFE AMONG PATIENTS OF DERMATOLOGY.

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ABSTRACT

Skin diseases are one of the most common health problems worldwide. Skin disease is a multidimensional concept that includes psychological, physical, social and financial consequences in the patients, their families and also in society. Psoriasis and Vitiligo which are two of the most common skin diseases are considerably associated with effect on quality of life among patients. Objective: To study the effect of skin diseases that is Psoriasis and Vitiligo on dermatological quality of life among male and female patients. Method: A sample of 120 patients was selected by using purposive sampling method in which 60 were patients of Psoriasis and 60 were patients of Vitiligo who were equally divided gender wise. The tool used in the study was “Dermatology Life Quality Index” by AY Finlay and GK Khan (1992). The results were statistically analyzed using the 2x2 ANOVA test. Results and Conclusion: The results showed that there is a significant difference in the dermatological quality of life among the male & female patients of skin diseases. It was found that there is a significant difference in the dermatological quality of life among the patients of Vitiligo and Psoriasis.

Keywords: *Skin diseases, Psoriasis, Vitiligo, Dermatological quality of life, Gender.*

INFERTILITY STRESS AS A PREDICTOR OF LIFE SATISFACTION IN COUPLES UNDERGOING INFERTILITY TREATMENTS.

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ABSTRACT

Aim: To assess infertility stress as a predictor of Life satisfaction of couples undergoing the treatments of infertility. **Materials and Methods:** 120 couples were selected as samples through purposive sampling method. Two tests were used for data collection. Fertility Problem Inventory developed by Christopher Newton in 1999 which has five subscales (social concern, sexual concern, relationship concern, rejection of a childfree lifestyle, need for parenthood) and Life Satisfaction Scale (Alam Q.G & Srivastava R 2001) were used. **Statistical Analysis:** Statistical analysis was done at two levels; descriptive (mean, and standard deviation) and inferential (Stepwise multiple regression) using SPSS 17. **Results and Conclusion:** Descriptive analysis revealed that the infertility stress was found to be high in such couples. The domain of Need for parenthood had the highest stress. It is also seen that these couples had average level of life satisfaction. The computed correlation coefficient (r) concluded that infertile couple's stress related to infertility whether considered as a whole or segregated by areas particularly social, sexual and relationship concern negatively and significantly affected their level of life satisfaction. Step wise multiple regression analysis revealed infertility related stress as a whole was significant to alter the level of life satisfaction of these couples. While considering different domains of infertility related stress only social concern aspect as significant predictor to account variance in infertile couples' life satisfaction appraisal.

Keywords: *Infertility, Life Satisfaction, Stress*

IMPACT OF PHYSICAL CHALLENGE ON CLOTHING VALUE

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ABSTRACT

Clothing performs multitude of functions in an individuals life for beyond being a basic necessity . While research about clothing for the people with physical disabilities has been an area of interest for decades .Undeniably, clothing is important in everyone's life; it can help or hinder the achievement of an individual's everyday activities and the fulfilment of social roles. With this understanding, the influential role clothing can have is significant in the life of someone with a disability. The main objective of this study was to identify the perceived value of clothing of people with physical disabilities. The clothing value among the disabled people was determined by a questionnaire survey method using clothing value scale designed by George W. Hartmann 1995 and the method of simple random sampling was used .Total 120 (N = 120) samples were taken out of which 100 samples were taken in consideration. For the statistical analysis t- test for large sample was applied. The results of the Analysis revealed that both male and female with physical disabilities possesses the similar value for the clothing as the stated hypothesis was accepted.

Keywords : *Clothing, Value of Clothing, Physical Disability .*

AN ASSESSMENT OF STIGMA AND PSYCHOLOGICAL WELL-BEING OF PATIENTS WITH TUBERCULOSIS

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Tuberculosis (TB) is a potentially serious infectious disease that mainly affects your lungs. Tuberculosis is caused by bacteria that spread from person to person through microscopic droplets released into the air. Social stigma is the discrimination against, a person based on perceivable social characteristics that serve to distinguish them from other members of a society. Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and one's role in the world of work, utility, belongingness, and distress, dissatisfaction. The present research is to study an assessment of stigma and psychological well-being of patients with Tuberculosis. The primary objective is to study among patients of tuberculosis with respect to gender. Another objective is examine tuberculosis patient from different types (MDR & XDR). Sample size comprised of 30 patients, 15 males and 15 females. The data was collected from Ahmedabad. The tool used is the Stigma Scale by Dinos S, Stevens S, Serfaty M, Weich S, King M., (2007) which has 28 items and second tool is psychological well-being scale by Dr.Devendra Singh Sisodiya and Ms. Pooja Choudhry (1971) which has 50 items. Data would be analysed using SPSS.

Keywords: *Tuberculosis, Stigma, Psychological Well-Being.*

A STUDY OF PSYCHOLOGICAL WELL-BEING OF HANDICAP STUDENT

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ABSTRACT

The present study of the A study of psychological well-being of handicap student. It also aimed to check psychological well-being with reference to types of area and gender. The psychological well-being (PWBS) prepared by Dr.Devendra singh Sisodia and Ms. Pooja Choudhary was used. The sample constituted total 100 student out of which 50 were from urban area students (25 girls and 25 boys) and 50 from rural area student (25 girls and 25 boys.) The data was collected from various schools of Gujarat State. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There will be no significant difference between the mean score of the psychological well-being of urban and rural area students. (2) There will be no significant difference between the mean score of the psychological well being of boys and girls students and (3) There will be no significant difference between interactive effect of the mean score of the psychological well-being among types of area and gender.

AN ASSESSMENT OF COMPREHENSIVE ANXIETY ON PARENTS OF NORMAL AND DIFFERENTLY ABLE CHILDREN.

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ABSTRACT

Mental health is not only important for the people who are vulnerable to it, but also to those who are around them. Anxiety has been an issue for the society for a long period of time. Anxiety is a fear of something with uncertain outcomes, because of which it becomes important to measure the anxiety level of people who are around people who are vulnerable to mental health related problems. Objective: In this research , efforts were made to study the level of comprehensive anxiety on parents of normal and differently able children, where a comparison between the mothers and fathers comprehensive anxiety level was taken into consideration. Method: A sample of 50 parents from each group (parents with differently abled children and normal children) was selected and in each group 25 mothers and 25 fathers were also taken from Gujarat state only by purposive sampling method. Tool used was 'Sinhas Comprehensive anxiety scale'(Year 1995) . The results were statistically analyzed by using T-test. Results: The anxiety level of father's of differently abled children is higher than father's of normal children. There is no significant difference found between the anxiety level of mother's of differently abled children and mother's of normal children. The anxiety level of mother's of normal children is higher than the father's of normal children. There is no significant difference found between the anxiety level of mother's and father's of differently abled children. The anxiety level of parents of differently abled children is higher than the parents of normal children.

Key Words: *Anxiety; parents; normal children; differently able children.*

DARK FACE OF MIND READING: THEORY OF MIND AND PERSONALITY TRAITS

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ABSTRACT

Social cognitive skills in various personality types and traits are least examined by researchers. Majority of researches are focused on disability or impairment of social cognitive skills in individuals in varying psychopathological conditions. Personality disorders are the least diagnosed and carried with ignorance by the society due to its ambiguous and indirect impact in individuals and surroundings. But these individuals and his surroundings are unaware about its cascading effect reflecting in the society. This is mainly due to the high functioning of those individuals either in their cognitive or social functioning but not simultaneously. The social cognitive skill of theory of mind (ToM) – the ability to represent and reason about the mental states of others (Dennett, 1978; Premack & Woodruff, 1978; Wimmer & Perner, 1981) has seldom been explored in relation to Narcissism. ToM allows individuals to distinguish between self-knowledge and others' knowledge, such that it is possible to imagine mental states such as beliefs that conflict with your own (Baron-Cohen, Lombardo, Tager-Flusberg & Cohen, 2013). It has been proposed that ToM, and other enhanced social cognitive skills, emerged uniquely in humans to facilitate the prediction of others' behaviors in complex group settings (Lucariello, 2004). In this context, I (a) selectively overview the literature on theory of Theory of Mind (TToM) and its roots to personality, (b) how mind reading is influenced by one's ToM ability, (c) argue that high functioning Theory of Mind of an individual has the vulnerability to dark personality traits (d) point out that ToM has essential role in social functioning whether to empathize or deceive the surroundings.

Key words: *Theory of Mind (ToM), Mind reading, Dark Personality traits, Narcissism*

IMPACT OF CAREGIVING ON BURDEN AMONG PSYCHOTIC PATIENTS' CAREGIVERS

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ABSTRACT

Aim the current study was aimed to find out the impact of caregiving on Burden among psychotic patients' caregivers. The total sample consisted of 60 caregivers, equally distributed on types of Psychotic patients (Schizophrenia and Depression) and type of duration of illness (About 12 months and More than 12 months) selected randomly from various hospital of Gujarat state. The studied tool was Burden Assessment Schedule (BAS) developed by Thara, Padmavati, Kumar and Srinivasan was used for the data collection. Data was analyzed through Mean, S.D., 't' – test. Result reveals that similar and no significant difference among Schizophrenia and Depression Psychotic patients' caregivers regards to their Burden. Significant difference among Duration of illness About 12 months higher than More than 12 months caregivers regards to their Burden.

Keywords : *Psychotic Patients, Caregiving and Caregiver of Burden.*

A STUDY OF RELATIONSHIP BETWEEN PERSONALITY TRAITS AND MENTAL HEALTH AMONG HIGH SCHOOL CHILDREN.

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ABSTRACT

If we are able to understand the personality traits of children at an early age, compared to adults, we can easily deal with their emotional disturbances because as the age increases, certain personality traits may become philosophy of life. Comparatively, to prevent and to deal with emotional disturbances it is easy to identify and deal with the personality structure of children. Mental health of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with life and grow into well rounded and healthy adults. With this perspective, the present study tries to find out the relationship between Confidence, Sociability, Neurotic tendency and Mental health. It was hypothesized that Confidence and Sociability would be positively correlated with mental health and Neurotic tendency would be negatively correlated with Mental Health. Researchers have used the tool Vyaktitva Shodhika (a personality inventory) by Dr. U. Khire (JPIP,Pune). Sample size was 100 (N= 100, 50 boys/50girls). Pearson product moment correlation was applied. The entire three hypotheses were accepted. The present study may provide a good support to inculcate emotional-management programs for high school children.

Keywords: *Confidence, Sociability, Neurotic tendency, mental health and School children.*

A COMPARATIVE STUDY OF PSYCHOLOGICAL DISTRESS BETWEEN COLLEGE GOING BOYS AND GIRLS

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ABSTRACT

In today's competitive world we observe a lot of tension and stress in college going students. This stress may vary in moderate amount or at times may lead to serious emotional issues like suicidal tendencies or addiction to unwanted things like drugs or smoking or drinking. This is all because of psychological distress experienced by them. This study aims to find out the level of distress in different areas of college students life. For that purpose around 120 students were selected randomly as samples comprising of 60 boys and 60 girls. The researcher used a Stressful Life Event Inventory to measure distress in different aspects of life. This inventory was developed by Ravathi (1986) and it examines the possibilities of stress in a variety of different life situations like education, heterosexual, family, finance, health, bereavement and miscellaneous situations which are all relevant to present day scenarios. The research also aimed to study if Psychological Differences between two groups were significant or not. It also aimed to find how many of these events they experienced on an average. And we also aimed to identify the areas in which more percentage of distress was experienced by both boys and girls. For analyzing the data Mean, SD and the 't' test were used.

Keywords: *Stress, Distress, Life events, Education, Heterosexual, Family, Finance, Health, Bereavement and Miscellaneous life situations.*

EMOTIONAL SELF EFFICACY OF CAREGIVERS AMONG ELDERLY DEMENTIA PATIENTS

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ABSTRACT

Caring for the loved ones with Dementia brings many difficulties for families and caregivers. People with dementia have a gradual biological brain disease which makes it ever harder for them to remember things, believe, interact with others and take care of themselves. Dementia can also alter a person's personality and conduct which can trigger mood swings. Caregiving of an individual with dementia often leads to disturbing behavioural issues and communication challenges.

Objective: This research was designed to assess the impact of the role of caregivers upon their emotional self efficacy during the task of caregiving to the dementia patients.

Method: A total sample of 25, wherein 13 males and 12 females caregivers, of elderly patients of dementia were selected by purposive sampling method from Ahmedabad, Gujarat.

Tool: Emotional Self -Efficacy Scale (ESES – BNJM) (2015) by Dr Nimisha Beri and Manisha Jain. Administration, Scoring and interpretation was done as per the test manual. The collected data was statistically analysed by using the Student's 't' test.

Results and Conclusion: The findings demonstrated the important difference between the gender of caregivers with regards to the emotional self- efficacy. The difference was indicative from the mean scores of emotional self - efficacy was high among the male caregivers than the females. The mean scores were high among male caregivers in all three dimensions indicating their emotional self - efficacy with regards to the various dimensions better than females.

Keywords: *Caregivers, Dementia, Emotional Self Efficacy*

STUDY OF PERSONALITY, PERCEPTION OF PARENTAL ATTITUDE AND AGGRESSION IN COLLEGE STUDENTS

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ABSTRACT

Anger is a powerful source of energy that can be called upon to fuel extraordinary achievements as well as unspeakable calamity. Misdirection of anger into inappropriately aggressive acts that are counterproductive, frankly dangerous, or even shockingly savage are fairly common place. The present research focuses on aggression levels of male and female college students and aims to find out 1) the relationship among Personality, Perception of Parental Attitude and Aggression in college students; 2) the difference between various dimensions of Aggression level of male and female college students; 3) the difference between various dimensions of Perceptions of Parental Attitude by male and female college students. The data was collected on 100 college students from private and government colleges all over India through purposive sampling (mean age of male college students were 20.86 and of females were 20.24). The Aggression Questionnaire (Buss and Warren, 2000), Perception of Parents Scale (college student scale-Grolnick, Deci, & Ryan, 1997) and Ten Item Personality Inventory (TIPI-Gosling, Rentfrow, and Swann, 2003) were used to collect data. The results indicate that 1) there is significant relationship among some dimensions of Personality, Perception of Parental attitude and Aggression. 2) There is no significant difference between aggression levels of male and female college students except for Physical Aggression, males display higher level of physical aggression as compared to females. 3) There is no significant difference in perception of parental attitude by male and female college students.

Keywords: *Personality, Perception of Parental Attitude, Aggression*

IMPACT OF MODERNIZATION ON AN INDIVIDUAL

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ABSTRACT

In this paper we intend to assess and evaluate the social and environmental factors in our lives that affect the different age groups across our country. We will be assessing how parenting style, society and economic status affects one's mental health.

With modernization, an epidemic has arisen where there is a rapid increase in suicides and deteriorating mental health. People are suffering from severe mood disorders, anxiety disorders and depression which take its basic roots from genetic makeup, unhealthy and traumatic family environment, pre-conceived societal norms and stigmas, peer pressure, academic and work pressure, harmful social media influence and other traumatic life events. In a country like India, the issue of mental health is completely ignored and shunned, and what awful is that majority of masses aren't even aware of mental illness hence fail to recognize the disease.

We have prepared a questionnaire about the factors affecting our mental wellbeing. The questionnaire has been surveyed on adolescents, adults and elderly people. Sample size of 100 was taken from a homogenous population. Questionnaire is objective type and mean was taken from all the response, the attitude towards their own as well as other's mental health is graphically compared. This survey is performed for the first time so the test doesn't have validity and reliability. We also intend to provide solutions to avoid as well as cope up with mental disorders and emotional turmoil at a basic and humanistic level.

Keywords : *Modernization; Mental disorder; Upbringing; Ignorance; Epidemic*

ATTITUDE OF PEOPLE TOWARDS MARRIAGE AND EXTRAMARITAL AFFAIRS: AN EXPLORATORY STUDY

Khattar, V., Patel, D., Patel, J. & Taunk, V.

ABSTRACT

The primary objective of the research was to survey the attitude of people towards infidelity in India. For this explorative study, survey method was used to collect the data. In total, the sample was 433 out of which 117 were males, 313 were females, and 3 from the third gender. The attitude of the participants was measured in terms of their age, gender and relationship status. The survey consisted of three questionnaires- perception of marriage, attitude towards extramarital affairs, and life satisfaction. The findings indicate that there is no significant difference between males and females' perception towards marriage whereas the male respondents approve extramarital affair more than the female respondents. The respondents of age 30-76 approve extramarital affair higher than the age group of 15-21. The life satisfaction of respondents with married relationship status is higher as compared to those with single and in-relationship.

Keywords: *Infidelity, marriage, Life satisfaction*

MENTAL HEALTH OF ADOLESCENTS WITH REGARDS TO GENDER AND AREA OF RESIDENT

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ABSTRACT

The main aim of the present research was to study and compare the various dimensions of the mental health such as perception of reality, integrated personality, self assessment of respondents, group oriented tendencies and control over environment. Total 160 adolescent were selected randomly from urban and rural area of Ahmedabad district (40 Urban Male and 40 Rural Male adolescent, 40 Rural Female and 40 Rural Female adolescent) mental inventory by Dr. Dilip Bhatt and Geeta Gira was used for data collection. To analyze the data F-test was used. Result indicate that male adolescent significantly differ on perception of reality, integrated personality, self assessment of respondents, group oriented tendencies and control over environment as compare to female adolescent. Urban adolescent significantly differ on perception of reality, integrated personality, self assessment of respondents, group oriented tendencies and control over environment as compare to rural adolescent. Gender and area of residence of adolescent significantly interact on group oriented tendencies and control over environment.

MINDING YOUR BODY

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ABSTRACT

Can we envisage Human being with Just mind and without Body or vice versa?

Answer would be certainly No!

Role of Mental health in physical ailments has been implicitly stated by Hippocrates that – “Natural forces within us are the true healers of the disease”. He believed character attitude & personality influences development of the illness.

Many researchers of 20th century have brought out co-relation of mind and physical ailments & existence of psychosomatic diseases. The contemporary Psycho-neuro-endocrino -immunology scientists have validated interconnectedness of thought feelings emotions endocrine hormones and immune regulatory system in the body.

Aim of this study is to bring Awareness of the Scope of mental health in the genesis, prognosis of the disease & treatment response

A study with group of my patients with diverse physical ailments have demonstrated influence of the attitude and beliefs influencing the physical wellbeing in a large way, improves chances of total reversal of disease, reduces drug dependency & enhances quality of life.

A questionnaire was given following the treatment with hypnotherapy to a group of patients with diverse physical ailments to assess the correlation of the disease with mental health.

A study is being conducted for assessment through ‘Mental health checklist form’ by Pramod Kumar (published in year 1992) with group of at least 5 individuals with ‘physical painful conditions’ before and after hypnotherapy session.

Keywords : *Mental Health, Physical Wellbeing, Psychosomatic, Hypnotherapy, psycho-neuro-endocrino-immunology.*

PARENTAL SATISFACTION WITH MENTAL HEALTH TOWARDS PRE-SCHOOL EDUCATION IN CONTEXT OF JOINT AND NUCLEAR FAMILY PARENTS

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ABSTRACT

Parent involvement is linked to children's school learning. When parents are satisfied with quality of pre-school education provided to their children, they tend to involve themselves in school activities hence improved children's enrollment, retention, participation and achievement rates. Therefore, this study was conducted to investigate the satisfaction of parents about pre-school education. The participants were 120 parent whose children attending a private school. The data collected via paper pencil test named Parental Satisfaction Scale towards pre-school education by Dr.Gayatri Tiwari, Ms. Usha Devi and Ms. Sneha Jain. It was collected by researcher. t-test was used for the analysis of data. Results indicate that there is significant difference between joint and nuclear families in parental satisfaction towards pre-school education.

Key words: Parental Satisfaction, Pre-School, Joint and Nuclear Family Parents

CASE STUDY - TREATMENT OF TYPE 2 DIABETES USING HYPNOTHERAPY AS A MODALITY

Deepa Thakore
Dr Raahul Dutta

ABSTRACT

Diabetes is a chronic medical condition where glucose levels build up in the bloodstream. In type 2 diabetes,

the body cells respond to insulin inappropriately. In later stages, body produces insufficient insulin.

Hypnotherapy promotes the concept of human having multiple bodies – thought, emotion, energy and physical. Thought is the origin, which becomes +ve or –ve based on the emotion. The –ve emotion impacts

the energy which manifests in the physical body as dis-ease. This is mind-body connection.

Type 2 Diabetes is one such lifestyle “Dis-ease” with risk factors like stress, heredity, sedentary lifestyle, vices, poor interpersonal relationships & environmental factors. This multi-factorial causation of Diabetes

poses a major challenge for its management and treatment

Presenting 2 cases of reversal of DM using hypnotherapy as modality of therapy.

Case1- Female Age 48

Pre-Intervention HbA1c-7.5 PPBS-190

Post-Intervention HbA1c-7.1 PPBS-147

Intervention-

Organ Regeneration Therapy

Inner child Therapy

Past Life Regression Therapy

Sub Conscious Mind Talk

Ancestral Curse Release

Case2 - Female Age 69

Pre-Intervention PPBS-230

Post-Intervention PPBS-150

Intervention-

Organ Regeneration Therapy

Inner Child Therapy

Age Regression Therapy

Higher Self Therapy

Diabetes is a lifestyle disease which currently has no cure. It can only be managed, by regular drug intake and lifestyle changes. Hypnotherapy proves to be a possible modality of treatment for complete reversal of

diabetes.

Key words: *Diabetes; Hypnotherapy; Mind-Body*

INCREASE IN DEPRESSION, ANXIETY AND STRESS IN WOMEN

Dhara S Parikh

ABSTRACT

The purpose of this study is to show how women of today are experiencing depression, whether, minor or major, due to various reasons. Depression is a silent creeper which a normal person will find it difficult to diagnose. The main problem arises when enough harm is done either emotionally, mentally or physically in form of illness. Many factors in disguise play major role in increasing the intensity of depression.

Data is collected after conducting study on 5 cases to assess Anxiety, Depression and Stress Scale by Author Pallavi Bhatnagar (2011) before and after hypnotherapy.

Depressions arise from self doubt and injustice felt for minor reasons in childhood. Gradually with growth, it converts into suppressed anger, fear of future, inferiority complex, hopelessness etc which results in minor depression. But on facing any complicated bereavement, financial crisis or relationship issues, it turns into major depression and stress.

Client gained self confidence, felt complete about themselves and started to take charge of life. They started to perceive relationships positively leaving old patterns of thinking and beliefs behind. Clients have become hopeful with full acceptance towards life. Client could overcome fear of failure and started new ventures. Client have left their past behind and overcome sadness and helplessness with use of hypnotherapy.

Hypnotherapy is an effective tool to bring people out of mental illness like depression and give them strength to handle themselves independently.

HYPNOTHERAPY; DEPRESSION; WOMEN

THE ROLE OF CULTURE IN RELATION WITH DEPRESSION LEVELS AMONGST WOMEN

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World Health Organization (WHO) ranks Depression as the single largest contributor to global disability i.e. 322 million people were affected globally in 2015. WHO also revealed India having an estimated 57 million people (18% of the global estimate) suffering from depression. The aim of the present study was to investigate the role of culture in depression by measuring and comparing the depression levels among women in rural (Songadh village) and urban areas (Ahmedabad) of Gujarat. For this purpose a total sample of 100 women (50 rural and 50 urban) was selected from Songadh village and Ahmedabad city. The 'Anxiety, Depression and Stress Scale' developed by Pallavi Bhatnagar and others (2011) was used for data collection. Statistical analysis was undertaken with the help of t-test. Results indicated a significant mean difference in the level of depression between the two groups i.e. urban and rural. Findings showed the women in urban area with higher levels of depression as compared to the women in the rural areas. Need for adequate counselling and treatment in mental health for depression is needed especially amongst women in rural areas. Future research plans to remove limitations of current study such as small sample size and aims to provide the questionnaire on a larger scale by making it available in the national language Hindi.

Keywords: *Urban; Rural; Depression; Women; Gujarat*

IMPROVING INTERPERSONAL COMMUNICATION SKILLS VIA VIPASSANA MEDITATION: AN EXPLORATORY STUDY IN BARODA CENTRAL PRISON

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ABSTRACT

Objectives: The aim of the study is to measure the effect(s) of Vipassana Meditation on interpersonal skills of male prisoners. The prison environment is known to influence communication skills, listening and expression of emotions of individual; hence measuring the influence empirically is niche in prisoners' psychology. *Method:* For this study, a pre-test and post-test were conducted on 37 male inmates with Interpersonal Communication Skill Inventory. This scale has four sub-sets - sending clear messages, listening, getting and giving feedback and handling emotional interactions. The participants willfully administered 10 days -Vipassana meditation for behavioral, psychological and spiritual development. *Result:* The results indicate a significant and positive change on all the four sub-sets interpersonal communication skills. *Conclusion:* Vipassana Meditation is significant in improving interpersonal communication in a non-conducive environment and for socially deviant population. Hence, further research in similar areas with such population is required for their social and emotional well-being.

Keywords: *Vipassana meditation, male prison inmates, interpersonal communication skills*

MOTIVATION AND LEARNING STRATEGIES OF CLASS XI MOUNT EVEREST COLLEGE STUDENTS, SENAPATI.

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ABSTRACT

Not all students approach an activity with the same level of interest and enthusiasm. Their level of participation in an academic activity is determined by the values they ascribe to the task. The present study was a comparative study between Science and Arts students of class XI Mt. Everest College. Stratified sampling technique was used to select a sample of 80 students from the total population of 290 students. The researcher used the Motivated Strategies for Learning Questionnaire (MSLQ) developed by Pintrich, Paul R.; and others (1991). The questionnaire consists of 81 items under Motivational scales which comprised of 6 subscales and Learning strategy scales which consist of 9 sub scales scored on a 7 point Likert scale. The study showed high level of Task Value among students, medium level on Self-Efficacy, and medium level on Test Anxiety. The result of the data indicates that there is no significant difference on the Motivation and use of Learning strategies between the students of Science and Arts stream.

Key words: *Extrinsic motivation; Intrinsic motivation; MSLQ; Self-efficacy; Task value; Test anxiety.*

SATTVAVAJAYA CHIKISTA: AN AYURVEDIC APPROACH FOR TREATMENT OF MENTAL AILMENTS

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ABSTRACT

As Āyurveda is a medical science and its prime aim is the maintenance and eradication of diseases, the concept of *Manas* also has been described accordingly. Withdrawal of mind from unwholesome objects is known as *Sattvāvajaya Cikitsā* (psychotherapy) or it is a treatment by Self Control. Acharya *Caraka* defines it as a mind controlling therapy in which a stress has been laid on restraining of mind from unwholesome objects. Behavioural and moral codes under the head ‘*Sadvṛtta*’ have great value in prevention as well as cure in psychological management. Many other psychotherapeutic procedures are mentioned in entire *Āyurvedic* literature. The above description shows that although diet and drug therapy is the important method for treating the mental patients, ‘*Sattvāvajaya*’ is the real measure for its prevention and alleviation. It also indicates that the *Āyurvedic* approach of the treatment of psychiatric illnesses is scientific and comprehensive.

In present scenario, majority of disorders are considered to be psychosomatic. The changes in the lifestyle and circumstances have changed the face of the modern man. For the successful survival of an individual he has to face cut throat competition in every field of life. This creates tremendous stress which further converts in many physical and psychological diseases. So, for the successful survival in this competitive world there is a need of promotion of mental health and *Sattvāvajaya Cikitsā* can play a vital role in this field. The present study is an attempt to explore the Ayurvedic concept of Sattvavajaya Chikitsa for different mental ailments.

Keywords: *Ayurveda, Chikitsa, Sattvavajaya, Manas, psychotherapy*

SPIRITUAL BELIEF AMONG TRANSGENDERS IN RELATION TO AGE AND RESIDENTIAL AREA

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ABSTRACT

Transgender people have a gender identity or gender expression that differs from their assigned sex. A well-known definition of the word 'spirituality' in scientific literature is "Spirituality is a quality that goes beyond religious affiliation that strives for inspiration, reverence, meaning and purpose even in those who do not believe in any God". Objective: The present study aimed to know the spiritual belief among the transgenders with reference to age and residential area. Method: The sample constituted total 60 transgenders out of which 30 were from age of 25 to 35 years from residential area rural and urban both ; and 30 were from age of 36 to 45 years from residential area rural and urban both. Tool: The Spiritual Belief Scale (SBS) (2012) prepared by Dr. Hemant Deshmukh and Dr. (Mrs.) Neelam Deshmukh (2012) was used; the collected data was statistically analyzed by using Student's 't' test. Results and Conclusion: The result showed that There is significant difference between the mean score of spiritual belief among the transgenders of age i.e. 25 to 35 years and 36 to 45 years. Therefore it could be said that, transgenders of age of 25 to 35 years group show high spiritual belief than transgenders of age of 36 to 45 years group and There is no significant difference between the mean score of spiritual belief among residential area of urban and rural area.

Keywords : *Spiritual belief, Transgenders, Age and Residential Area*

MARITAL ADJUSTMENT OF THE NUMBER OF CHILDREN AND COUPLES

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&

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ABSTRACT

The present study aimed to know the marital adjustment among couples. It also aimed to check marital adjustment with reference to gender and number of children. The Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018) was used. The sample constituted total 120 couples out of which 60 were from husband (30 one child and 30 two children) and 60 from wife (30 one child and 30 two children). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is no significant difference in the mean score of marital adjustment among the husband and wife, (2) There is significant difference in the mean score of marital adjustment among the with regards to the number of children i.e. one child and two children. Therefore it could be said that, the number of children i.e. one child group is having good marital adjustment than number of children i.e. two child group, and (3) There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and number of children.

Keywords: *Marital adjustment, husband and wife, one child and two children*

A STUDY OF THE HAPPINESS AMONG THE PEOPLE WITH REFERENCE TO THEIR MARITAL STATUS AND GENDER

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&

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ABSTRACT

The present study is of Happiness among people who have status with married and unmarried. This study is aimed to check happiness with reference to types of marital status and gender. The happiness scale (RHMJ) prepared by Dr.Himanshi Rastogi and Dr.Janki Moorjani (2017) was used. The sample constituted total 120 people out of which 60 are from married (30 male and 30 female) and 60 are unmarried (30 male and 30 female).The data was collected from various areas of Ahmedabad city of Gujarat state. The data was scored and analyzed as per the norms of manual. 'F'- test was being calculated for this study. Then the result of study showed that (1) There is significant difference between the mean score of the happiness among male and female. So it could be said that the male group is having more happiness than female group. (2)There is significant difference between the mean score of the happiness among married people and unmarried people .so it could be said that married people group is having more happiness than unmarried people group. (3) There is no significant difference between interactive effect of the mean score of the happiness among gender and marital status.

Keywords: *Happiness, People With Married And Unmarried Status, Male And Female.*

AN ANALYSIS OF ENVIRONMENTAL ETHICS AMONG COLLEGE STUDENTS

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ABSTRACT

The present study aimed to study environmental ethics of college students in relation to their gender and level of education. Purposive sampling technique was used to select sample of 60 college students equally divided according to the gender and level of education. The sample was selected from various college of Ahmedabad city. Tools like Environmental Ethics Scale (Dr. (Mrs.) Haseen Taj) was used to measure environmental ethics. The results were statistically analyzed using 't' test. The findings revealed there is significant difference was found among them with regard to gender and there is no significant difference was found among them with regard to level of education.

Keywords: *Environmental Ethics, College Students.*

THE IMPACTS OF MENTAL HEALTH ON EDUCATIONAL ACHIEVEMENT OF INTERNATIONAL PG STUDENTS OF GUJARAT UNIVERSITY

Dereje Marema Bilata
Under the Guidance of
&]
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ABSTRACT

Mental health is very imperative for any person throughout the world in any situation at any time. A student with a good mental health is motivated and loves to have high achievement so that he does the best for himself and the society. In order to perform energetically, students should have a good mental health. Consequently, the main objective of the present study is to find out the impacts of mental health on the achievement of PG students in Gujarat university. The specific objectives are: To examine the impacts of mental health on achievement of PG student, to observe the impact of burnout on achievement of PG students, to study the impacts of stress on achievement of PG students, to study the effect of depression on achievement of PG students. Correlational study method is used to compare the relationship between the independent variable and dependent variable. Fifty PG students are taken as a sample from the population of 104 international PG students in Gujarat University. Mental health battery developed by professor Manoj Shastri is adapted for data collection. The collected data will be analyzed using ANOVA. The findings, the conclusion and the recommendation of the study will be incorporated after the data analysis and interpretation is made.

Keywords: *Mental Health, Burn Out, Stress, Depression, achievement*

CATHARSIS HELPING TO COPE WITH MENTAL HEALTH

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Banasthali Vidyapith

ABSTRACT

As we know that every human being is bound to have frustration, anger, anxiety and stress. But what matters the most is how humans manage to cope with it. To regain the state of well being the individual must express. The healthy personality is seen of one who is free and spontaneous in expression of emotions. Hydraulic model of emotions helps explain that (Breuer and Freud, 1937). The expression of negative emotions is done either verbally or physically, but catharsis taken as a cognitive process requires emotional expression for it to be useful (Bohart, 1980).

India taken as country following pre-developed orthodox social rules has set not only societal criteria but emotional criteria as well. Given the importance emotion expression to healthy mental development, it is critical to understand whether it is susceptible to gender differences. An accumulating body of evidence suggests that when a person is either limited in a range of emotions expressed or encouraged to express emotions to the exclusion of others, there is a greater likelihood of compromised socio-emotional functioning (Keenan & Hipwell, 1997).

General theories of gender differences shall also be discussed with the main focus on social development, which proposes gender-role consistent behavior through cognitive learning, socialization and experience (Liben & Bigler, 2002).

Keywords: *Catharsis; Hydraulic model; Orthodox social rules; Social development; Gender-role.*

LEVEL OF STRESS AND QUALITY OF FRIENDSHIP AMONG ADOLESCENTS

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ABSTRACT

In Indian standards, written exams play a vital role in assessing the academic skills. Due to all the battles of to get into their desired streams or fields of study which has a great competition, adolescents tend to get stressed trying to reach the top in the board exams. Hence, the current study examines the relationship between the level of Stress and Quality of Friendship among adolescents. Thirty six boys and thirty five girls studying in X grade from various schools in Mangaluru completed a questionnaire package consisting of Student Stress Inventory (Aziz, Mohamed, 2016) and Friendship Quality Scale (Thien et al., 2012). Both the scales possess adequate reliability and validity. The obtained data was analyzed using IBM SPSS Statistics 21. The results showed that there is a significant low positive linear correlation between stress and Quality of friendship ($r=0.318$). There are no gender differences among the scales of both the scales but, girls and boys do differ in terms of environmental stress. Most of the participants were first born and had at least one sibling. And most of the participants reported that they have 0-5 close friends.

Keywords: *Stress; Board exams Adolescents; Quality of Friendship; Close friends*

THE IMPACT OF PARENTING IN BUILDING THE CHILD'S MORAL VALUES, SELF-ESTEEM, AND HOW IT DIFFERS ACCORDING TO THE GENDER OF THE CHILD AND DEMOGRAPHICS CATEGORISED INTO RURAL AND URBAN

Ms. Mitali Kunal Patel

ABSTRACT

The study aims at understanding the moral values and perception of parenting of children age 13 years. This is the age when the children are entering puberty. The study also evaluates the difference in parenting and moral values based on the gender, and demographics (rural/ urban). How the child of age 13 years perceives the parent's behaviour and actions will be evaluated with the help of Draw a Man test and supported by the standardised scale of children perception of parenting. The children will also be asked to draw a tree, and a house in order to investigate their self-esteem. In total 40 children will be under the study categorised into male/ female and rural/ urban (10 each). The handwriting samples will also be taken and compared with the scores obtained and point out the specific personality traits. The study shall also compare the results of girls and boys along with the rural and urban demographics to see how the gender discrimination also plays a big role in their perception to parenting, and self-esteem. Also, it will give an idea about the kind of moral values that develop when the children are at the age of puberty and if their demographics also play a role in the making of them.

Key words : *Mental health; parenting; graphology; gender; moral-values; drawing; demography; puberty; teenage; handwriting*

“STRESS, DEPRESSION, ANXIETY AND COPING STRATEGIES IN PAROUS AND NULLIPAROUS WOMEN”

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Guide:
Dr. Profaina Christian

ABSTRACT

Sufficient attention on mental health is often not encouraged, especially in women. The motherhood phase plays a crucial role when it comes to women's mental health and coping strategies. This research is an attempt to study the level of anxiety, stress, depression and coping strategy in parous women (have children) and nulliparous women (do not have children). We examined and compared the attitudes of women in both the categories. This study is based on 120 subjects divided into two equal groups (60 Nulliparous and 60 Parous) selected through random maternity and IVF hospitals in Ahmedabad, Gujarat and from the surrounding environment. The level of anxiety, stress, and depression were measured by anxiety, depression, and stress scale (ADSS- 2008) developed by Pallavi Bhatnagar et al., and the level of coping strategies were measured by Coping Checklist (CCL-1986) test developed by Rao. T-test and correlation were applied for data analysis. The results revealed no significant difference was found between two female groups in respect to stress, depression and anxiety. While there was a significant positive correlation found in the coping strategies amongst nulliparous and parous women.

Keywords: *Stress; Depression; Anxiety; Coping Strategy; Parous Women; Nulliparous Women.*

ABSTRACT LEVEL OF ADJUSTMENT BETWEEN SINGLE CHILD AND CHILD WITH SIBLINGS

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Adjustment disorders are a group of conditions that can occur when an individual has difficulty in coping with a stressful life event. While everyone encounters stress, few people struggle with handling certain stressors. The inability to adjust to a stressful event can cause one or more psychological symptoms. Those diagnosed with adjustment disorder are also detected with physical symptoms or problems with friends, family, work, and/or school. The objective of the study is to measure Level of Adjustment between a Single Child and a Child with Siblings with a sample size of 120 with 60 of each group. The standardized scale used is Bell's Adjustment Inventory (Indian Adaptation by R.K. Ojha). The data was statistically analyzed by T-test. Results showed there is no significant difference between adjustment levels of a single child and a child with Siblings. Also there is no notable difference between adjustment levels of family cohesion, physical well-being, social dexterity and psychological resilience between a single child and a child with siblings. Conclusion is that single child has more adjustment problems has been proved wrong. Hence, adjustment levels are independent of presence or absence of siblings.

Keywords: *Adjustment; Single child; Child with Siblings; Home; Health; Social; Emotional*

CASE STUDIES IN FEAR AND PHOBIA USING NLP TECHNIQUES

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ABSTRACT

Fear or Phobia is a vital response to physical or emotional danger that could trigger extreme fight or flight or freeze response. This results in people holding back from a situation (such as darkness, animal) or avoiding the trigger at all cost resulting in anxiety negatively impacting the quality of life (QoL). Not able to address fear or phobia could significantly result in the negative emotion taking over the individual's life. Sustained negative emotions (or stress) have significant impact on health and wellbeing and are a risk factor in many chronic or non-infectious diseases.

Systemic measurement and addressal of fear or phobia could significantly reduce the anxiety and improve the QoL. The study used NLP (Neuro-Linguistic-Programming) based Phobia Cure technique with anchoring and disassociation to address phobias in number of individuals. 12 case studies were done and phobia level was measured before and after the intervention consisting upto 4 sessions using DSM-5 (Diagnostic and Statistical Manual, 5th Ed., 2013) guidelines.

The findings include (a) DSM-5 Specific Phobia score before and after the intervention (b) Lessons learnt from therapeutic perspective and (c) ideas that could benefit fellow therapists and individuals who may be dealing with phobia. The expectation is to encourage the addressal of mental health issues in the society related to specific phobia and increase the awareness.

Keywords: *Phobia, extreme fear, Neuro-linguistic-programming (NLP), DSM-5 Severity measure for specific phobia.*

A CROSS SECTIONAL STUDY ON DEPRESSION AWARENESS USING THE D-LIT

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ABSTRACT

We as a society do not talk about mental health as much as we talk about other diseases. The WHO and NCHM in 2016 had declared India as the most depressed country (6.5%) in the world. 70% of India's population is the youth and do we wish to leave this legacy behind? "Immunization by Information" is the key to deal with this calamity. The objective of the study was to determine the current level of depression literacy. 2,102 subjects comprising of high school students, college students and teachers were assessed on the depression literacy scale (D-lit, 2004) designed by Kathy Griffiths. Findings suggest: that female subjects had significantly higher depression literacy (MU=9.98, $t=7.845$, $p=0.00$) than male subjects. Both college (MU=10.35, $t=8.083$, $p=0.00$) as well school students (MU=11.09, $F=38.390$, $p=0.00$) from arts stream had the highest depression literacy. The college students obtained the lowest mean percentage score of 41.97% on the Depression literacy scale. It was further noted that the subjects had very poor literacy in psychotic (28.55%) and management (22.75%) aspects of depression. This study acts as a preamble to an awareness model that is to be implemented by the professionals targeting the youth and adults of our society who reflect poor depression literacy. The eye opening findings of this study substantiates the need of a robust movement of mental health awareness.

Keywords: *Depression; Stigma; Depression Literacy; Awareness; High school student; College students; Teachers*

WAYS OF COPING AND MENTAL HEALTH AMONG MALE AND FEMALE POLICE CONSTABLES: A COMPARATIVE STUDY

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ABSTRACT

Police plays an important role in maintaining laws, rules and regulation in the society. In doing so, their nature of duty put them in different kind of mental health issues like stress and anxiety. Ways of coping skills help them to cope up effectively from those mental health issues. Gender plays a vital role in determining one's coping strategies and mental health. The effort is made in this piece of work to study gender differences in the variables under study. The data was collected from 300 police constables (an equal number of male and female) in the age range of 25 to 40 years utilizing random sampling technique. Ways of Coping Questionnaire (Folkman and Lazarus, 1988) and WHO Measure of Mental Health (Wig, 1999) were administered to collect the data. Results were obtained on applying t-test which revealed that male and female police constables are significantly different in ways of coping and mental health. Male police constables were found to have higher mean scores on the variables, ways of coping and mental health than female police constables, which, reflects comparatively better ways of coping and mental health in male police constables than female police constables.

Key words: *Police, Ways of Coping, Mental Health*

“A STUDY OF HEALTH ADJUSTMENT AMONG ELDERS LIVING IN OLD AGE HOME AND OTHER ELDERS LIVING AT HOME WITH REFERENCE TO GENDER”

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ABSTRACT

The purpose of the research presented was to know the difference in health adjustment between the elders in the old age home and elders living at their homestead. The samples of 120 were selected for these, out of which 60 were taken from the old age home and 60 which were residing in their home. For distinguishing gender 30 women and 30 men total 60 sample were collected from old age home and were also collected from the homestead. The “Bell Adjustment Scale” was used by Dr. D. J. Bhatt to find out their health adjustment. The obtained data was analyzed through ‘t’ test to know the mean difference between elders living in old age home and living at home. Which showed a significant difference in health adjustment between the elders in the old age home and elders living at home.

Keywords : *Health, Bell Adjustment Scale, ‘t’ test, Old Age Home, Homestead, Gender*

HYPNOSIS USED CREATIVELY TO OBLITERATE THE SELF DESTRUCTIVE BEHAVIOR IN CHILDREN: A CASE SERIES (SUBTHEME THREE: RESOLUTION OF MENTAL HEALTH ISSUES)

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ABSTRACT

Introduction: - Dr. Haim Ginnot rightly said, “children are like wet cement; whatever falls on them makes an impression!” So, when the medical fraternity is faced with “difficult-to-handle” children or those with behavioural anomalies, they shouldn’t be shoo-ed away or directly put on behaviour altering drugs because just because it’s easy and less time consuming. The later should be used as a last resort. What stems from the psyche should be dealt with from exactly where their sources of origin lie.

Aim: - Corrective behavior modification of children suffering from self damaging traits.

Objective: - To positively alter the behavioral response traits in three children individually, using hypnosis as an adjunct with other creative ways of communication.

Methodology: - Three children having deleterious self destructive habits were put through hypnosis using different techniques depending on their individual environment and resources available. While one was habituated to gnawing his thumb, the second took solace in mutilating his facial tissue and limbs. The third child had resorted to punishing herself physically owing to her parent’s bitter divorce.

Results: - All the aforementioned three children, not only went through a transformational behavior change, they also got better results biologically from the treatments they received later which resulted in an excellent doctor-child-parent relationship.

Keywords: - *Hypnosis; pediatric behavior modification; self mutilation*

DEATH ANXIETY, SOCIAL FUNCTIONING AND COPING STRATEGIES AMONG MIDDLE-AGED BEREAVED ADULTS

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ABSTRACT

Bereavement can occur at any stage of life and is a common occurrence among older adults. Losses occur with increasing frequency as people age. There is a 'dual process' coping mechanism (Bennett et al., 2010; Richardson, 2010) where on one hand there is mourning and on the other hand, there is restoration of life after loss and active engagement. An exploratory research design was employed to find the relationship between loss of a significant member and time lapse after the death of a loved one with respect to death anxiety, level of social functioning and coping strategies among middle-aged bereaved adults. A total of 13 male and 29 female middle-aged bereaved adults within the age 40–63 years completed the Death Anxiety Scale (Dhar et al., 1998), the Multidimensional Scale of Perceived Social Support (MSPSS; Zimet et al., 1988) and Coping Assessment for Bereavement and Loss Experiences (CABLE; Crunket et al., 2017). There is no significant relationship between the loss of a significant other and experience of death anxiety. There are no significant gender differences with regard to death anxiety, social functioning as well as coping strategies. There is a significant inverse relationship between death anxiety and social functioning ($r = -0.323$; $p < 0.05$). There is a significant marked relationship in social functioning with social support from family and friends ($r = 0.737$). There is a significant relationship in social functioning with social support from friends and significant others ($r = 0.685$)

Key words: *Bereavement; death anxiety; social functioning; coping strategies*

**ANALYSING CHILD'S MENTAL HEALTH THROUGH THE STANDARDISED
INTELLIGENCE SCALE AND GRAPHOLOGY, ALSO, PROVING HOW
HANDWRITING IS A MIRROR OF THE CHILD'S
SUB-CONSCIOUS PROGRAMMING.**

Ms. Pooja Saran

ABSTRACT

The study here compares the intelligence of 100 school students age 8-13 years on the intelligence scale and compares it with the handwriting of the same students. The handwriting analysis(graphology) will depict the importance of handwriting and how it acts as a powerful tool in understanding various traits of the student's personality. The student's handwriting showing severe mental health disturbances like depression, anxiety, stress, physical abuse, physical frustration, defence mechanism, anger, social aptitude, self-esteem, etc. (not more than 10) will be interviewed personally to reach the core issue. The children suffering from self-sabotage, and criminal tendencies can also be identified through strokes of handwriting. Their parents shall also be interviewed and will be given the intelligence test too along with their handwriting samples. Their scores will be compared to understand as to from where the child is getting the personality traits from. It also gives us the chance to improve the traits with cognitive counselling with both the child and the parents hence reaching a homeostasis in mental health.

Keywords : *Intelligence; self-esteem; handwriting; graphology; children; school; defence mechanism; social aptitude; personality; traits; parents; student; self*

HELPLESSNESS AMONG PARENTS OF CHILDREN DIAGNOSED WITH DYSLEXIA, ADHD AND AUTISM

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&

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ABSTRACT

Neurodevelopmental disorders are referred to as impairments in development of the brain and or central nervous system. Dyslexia is a learning disorder in which a child experiences difficulty in reading, writing, identifying words, letters, symbols, and has problems with mathematical calculations. ADHD is a medical condition leading to chronic conditions like difficulty in attention, hyperactivity and impulsivity. Autism is defined as a complex neurodevelopment disability that typically appears during the first three years of life. Autism impacts development areas like social interaction, communication skills and behaviour. Having a child diagnosed with dyslexia, ADHD or Autism can have a devastating effect on the parents. The objective of the study is to examine the variation in helplessness acquired amongst the gender of parents while dealing with the children. The study also aims at examining the level of helplessness experienced by parents with children suffering from different neuro-developmental disorders namely: Dyslexia, ADHD and Autism. This is a purposive sampling study comprising of 90 fathers and 90 mothers (30 mothers and 30 fathers under each category of disorder). A Helplessness Scale (HS-MGBR) constructed by Dr. (Mrs.) G.P. Mathur and Dr. (Mrs.) Raj Kumari Bhatnagar was administered on the parents. The test measures eight dimensions of helplessness. The results showed that there is no significant difference between the mothers and fathers of those children diagnosed with Dyslexia, ADHD and Autism on the eight dimensions of helplessness. Study indicates that the parents of children with neuro-developmental disorder battle similar problems in relation with their child's future.

Keywords: *Helplessness, parents, dyslexia, attention deficit hyperactive disorder, autism*

ORIGINAL ARTICLE - IMPACT OF REGRESSION THERAPY ON GENERALIZED ANXIETY DISORDER

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&

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ABSTRACT

Anxiety is a common mental ailment impacting >250 million people worldwide. It adds high comorbidity (specifically for Generalized Anxiety Disorders-GAD and panic disorders) to any treatment. The primary objective of this study was to explore the impact of Regression Therapy on GAD. The secondary objective was to measure changes overall wellbeing and depressive symptoms.

18 individuals participated in the study. GAD, WHO-5 wellbeing index score and MDI (Depression Index) scores were measured before and after a minimum of 4 sessions spaced across at least 2 weeks. The intervention included specific Regression Therapy techniques (a) Inner Child therapy and integration with the use of body therapy and (b) Gestalt practice of Empty chairs.

12 individuals out of 18 completed minimum criteria of 4 sessions with minimum duration of the intervention of 2 weeks. GAD, WHO-5 and MDI scores improved for all with statistically significant decrease in GAD score ($p < .05$). This confirmed the primary objective that Regression Therapy intervention has a statistically significant impact on GAD and it enhances wellbeing and reduces depressive symptoms.

To conclude, Regression Therapy could be helpful for GAD. Future work in this area should increase the sample size and scale-up the work across multiple therapists to understand the effectiveness of the methods.

Keywords: *Generalized Anxiety Disorder ; Regression Therapy; Inner Child Therapy; Gestalt Empty Chair*

THE ROLE OF EMOTIONAL INTELLIGENCE AS COPING STRATEGY TOWARDS MANAGING ORGANIZATIONAL STRESS

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ABSTRACT

Emotional intelligence is depicted as the ability of an individual to identify and manage own emotions and the emotions of others and plays a vital role in organizational productivity. As emotions play an integral part in managing stress and anxiety at workplace it can have remarkable influence on social interactions and career related competencies which have significant importance for job satisfaction and well-being of individuals. Therefore an attempt is made to unravel the role of emotional intelligence on the organizational stress and involved coping strategies on individual in particular and organization in general by having systematic review on the related literature and current developments in the field. The reviewed literature establishes that emotional intelligence plays a vital role on managing organizational stress and significantly vouched to be adopted as management scheme. Emotional intelligence also relates to manage the the coping strategies and plays a significant role to understanding coping behavior of the employee at workplace. On implications, the paper would be discussing the intricacies of job stress and adopted management schemes of organization towards development of EI training programs to help individuals strengthen coping mechanisms by utilizing dimensions of EI more effectively.

Key-words: *Emotional intelligence; organisational stress; coping strategies*

PREVENTIVE TRIAL TO ASSESS THE IMPACT OF HYPNOSIS TECHNIQUES IN REDUCING EXAM ANXIETY AND ITS SYMPTOMS AMONG STUDENTS OF A MEDICAL COLLEGE.

Dr. Sophia Fernandes, Dr. Roshni Miranda, Dr. Suyog Jaiswal, Mr. Yuvraj Kapadia

ABSTRACT

Exam anxiety is the experience of feeling an intense moment of fear or panic before and/or during an assessment (**exam**), the symptoms of which can range from mild to severe, sometimes impacting their test performance.

The study trial was conducted to study the impact of hypnosis techniques in reducing exam anxiety and its symptoms among medical college (IInd & IIIrd year MBBS) students.

Students consenting to participate in the study were randomly divided into intervention ($n_1=32$) and control group ($n_2=32$). Pre-validated, pre-tested questionnaire was administered to both groups to assess their test anxiety. Intervention included Breathing techniques, Emotional Management Technique, Suggestions and Self-hypnosis for a period of three weeks. Same questionnaire was administered to both the groups after the end of the University exams, to assess the exam anxiety during the subsequent exams. Pre and post intervention findings were compared plus the findings between the two groups.

Both groups experienced some symptoms of anxiety prior to the exam. In intervention group, the level of anxiety improved significantly post-intervention as compared to before ($p=0.008$), with significant improvement observed in the behavioural ($p=0.035$) and social ($p=0.022$) symptoms while no significant change was seen in physical ($p=1.0$), emotional ($p=0.219$) and cognitive symptoms ($p=0.146$). No significant change was observed in the control group ($p=257$).

Key words : *Exam; anxiety; hypnosis techniques.*

HOW TO POSITIVELY IMPROVE CHILDREN'S BEHAVIOR WITH THE HELP OF CARTOON SHOWS

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ABSTRACT

Now a days a lot of behavioral problems are seen in children which are caused due to many reasons like family environment, peer pressure, co-curricular activities and so on. We all just watch and enjoy the slap stick comedy seen in cartoon shows and/or try to understand the morals being taught through the cartoon shows, but no one has ever thought out of the box. The aim of this study is to make people aware that cartoon shows are not only a means of entertainment, but they are also a way of studying psychology. The objective of the research is to find out psychological concepts related to mental health that are seen in cartoon shows. This research paper connects cartoon characters and their environment to different psychological theories so that one can easily understand mental health with the help of cartoon shows. This research has its base with a survey conducted to find out the most viewed cartoon shows in India, with the help of the recent TRP ratings given by 'The Times of India' newspaper. from the year 2017 to mid 2018. Then the selected cartoon shoes which were 'Tom and Jerry', 'Shinchan', 'Doraemon', 'Mr.Bean the animated series' and 'Chhota Bheem', were further studied which revealed their related psychological disorders, symptoms, causes, diagnosis, treatments and theories which will help individuals, parents as well as the society to understand about mental health just by watching these cartoon shows. This is a Qualitative Research that has a survey base. This topic is a new topic to work on and will prove to be a great contribution for the future generations of understand mental health.

Keywords :- *Mental Health, Tom and Jerry, Shinchan, Doraemon, Mr.Bean the animated series, Chhota Bheem.*

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

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&

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ABSTRACT

Music influences human behaviour by affecting the cognition and subsequently over-all bodily structures. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. Music therapy has the ability to induce a relaxing sensation, benefitting overall psychological well-being and mindfulness.

Objective-This research investigated upon the effect of music therapy on mindfulness and psychological well-being among patients with depression.

Method-Keeping all the demographics in mind, a sample of **25** adults aged 18 to 60 years was selected through purposive sampling technique from various clinics and hospitals of Ahmedabad city, India. Tools used were Mindful Attention Awareness Scale, Psychological Well-being Scale along with **Music Intervention** which was demonstrated by listening to Instrumental music with **Pre- post design** method for 30 days. The results were statistically analyzed using **students t test**.

Conclusion- Results indicated that patients with depression **Post** music therapy **coped better on the domains of psychological well-being** as they were generally positive and **mindful** than **Pre-designed music intervention**. The patients were inattentive and showed high distractibility **before** the music therapy. The positive effects of music therapy, in these patients, were observed because of enhanced well-being and attention.

Keywords: *Music Therapy; Depression; Mindfulness; Psychological-wellbeing.*

WORKPLACE SPIRITUALITY

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ABSTRACT

The over absorbing rapidity of life is reluctant to give any break. Time and again we excuse ourselves from duties and responsibilities by using the all-pertinent common dictum, “I don’t have time”. Somewhere in our minds, we mistake this excuse for panacea. We forget about the concept of time-management; things get accumulated and we fail to complete the daily circle of duty and responsibility. Nevertheless, it is surprising to notice that even in the recurrent hullabaloo of the heavily loaded life, the reverence for prayer is unconditionally unaffected. Yes of course, the modes of prayer offering and recitation are somewhat changed. One recites prayers while taking bath, getting ready for office, driving or riding car or two-wheeler; or one may recite while cooking, dusting, cleaning or travelling. The focal point here is to see how regular order of prayer recitation can help create warm and decent work culture. Unfortunately, such recitation is, sometimes a habitual affair or an unconscious and duty-bound chanting. What one needs is to understand the words of the prayers and see whether the meaning of the prayer is protected by the behaviour. The vedic sutras – aphorisms from Vedas like Satyam vad, Dharmam char, swadhyayan ma pramaditavyam. speak truth, be dutiful, do not be lethargic in observing your regular learning-lessons – should be used as touchstones to check the vulnerability of the individual and collective behaviour. These sutras create positivity in the aura that is nothing but holistic healing.

Keywords: *Time-Management, Responsibility, Prayer Recitation, Holistic Healing*

THE EFFECT OF COUNSELING ON THE MENTAL HEALTH OF BREAST CANCER PATIENTS- AN OBSERVATIONAL STUDY.

Dr Veena Ramnani

ABSTRACT

Introduction:

Breast cancer is the most common type of cancer in urban female attributed to modern lifestyle. The word cancer and its diagnosis itself cause lots of emotional stress and fear amongst the patients and their families. It can be a devastating experience for many, treatment can radically change the way their body looks and feels, causing a shift in body image that can have a lasting impact for some patients. Most common observed disorders seen in clinical practice are Severe Emotional Distress, Major Depression, and Post traumatic Stress Disorder (PTSD) and Generalized Anxiety Disorder (GAD).

Methodology:

In this observational study, we are presenting three cases to show how timely and adequate counseling with a holistic approach (spirit, mind and emotions) and unconditional love with moral support help to improve mental, emotional, spiritual & physical wellbeing of these patients & help them to successfully and gracefully pass this journey from diagnosis to complete rehabilitation.

Observation:

Patients feel more positive and completed the treatment without fear and are living normal healthy life.

Results:

Information and awareness is a powerful antidote to fear and anxiety. Our observation supports the enormous role of counseling with holistic approach in healing and maintenance of health.

Keywords: - *Breast cancer, mental health, counseling, holistic approach.*

HOMOEOPATHIC MANAGEMENT OF INSOMNIA

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ABSTRACT

Introduction

Insomnia is an ailment which is rising up among people day by day and has seen temporary effective treatment by modern medicine. While homoeopathy offers a permanent solution to it. This is an attempt to highlight the effective mode of treatment for the same, possible with the individualistic approach through variable cases.

Aims and objectives

To showcase the efficacy of homoeopathic mode of treatment for insomnia. Also, demonstrate that how the holistic approach with individualization becomes instrumental to annihilate the ailment completely.

Methodology

Few cured cases of insomnia are included of different age groups and both genders. The cases selected are of variable types with respect to the causative factor, presentation of complaints, onset, duration and progress of the ailment along with varying accompaniments.

Keywords : *Insomnia, exaggeration, emotions, homoeopathy*

“YOGA AND PHYSICAL- MENTAL HEALTH”

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ABSTRACT

Present research is for positive effect of yoga on physical and mental health. To examine yoga influence 60 women will select for study. This sample was select from Aurangabad, Maharashtra.

Psychological test of

(1) Mithila Mental Health Status Inventory

(2) Multiple Sclerosis Quality of Life Inventory

After data collection “t” test will be conduct for study in my presentation. I will discuss hypothesis regarding yoga and mental health. Positive co-relation we are found yoga and mental and physical health. Then what are the future suggestions for mental health improvement will be discuss in the session. My research about yoga and mental health is new aspect and useful for society.

I request to accept my abstract and give me permission of research paper presentation.

SOCIAL NETWORKING SITES USAGE AND PSYCHOLOGICAL WELL-BEING OF SCHOOL AND COLLEGE-GOING STUDENTS.

Neha Johnson

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ABSTRACT

Human-being is a social animal. Earlier modes of social-networking included celebration of festivals, family get-togethers etc. But now we see a significant change in the way people interact with each other. This is on account of development of social-media platforms like Instagram, Snapchat, Facebook, Twitter, WhatsApp, YouTube, Pinterest etc. With the increased use of Social Networking Sites(SNS); its effect on our day-to-day interaction has been observed. Research in the past have studied patterns of social-media use, and investigated it's positive and negative effect on physical health, mental health, perception of social-standing, self-esteem, social support etc. Through this study we attempt to explore the relation between intensity of SNS use and psychological well-being of students. A sample of around 300 students will be taken which comprises of students from higher-secondary, undergraduate and postgraduate level from the city of Ahmedabad. Two scales will be used; 'SONTUS' by Yunusa Olufadi measuring social networking time usage and 'Psychological Well-being Scale' by D.S Sisodia and Pooja Choudhary measuring mental health. SNS have become an integral part of our lives. The way we interact with others has evolved over the past two decades. Has SNS use brought us closer, or has it distanced us from others, in turn affecting our psychological well-being.

KEYWORDS : *Social Networking Sites(SNS); mental health; SNS usage.*

REVIEW OF EVIDENCE ON ANXIETY DISORDERS AND SELF-REGULATION TECHNIQUES

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ABSTRACT

Anxiety is the most common form of psychiatric disorder. Due to the physiological mechanisms activated with the anxiety and stress response in the body, subjects with chronic anxiety and stress have a greater risk of both physical and mental health problems. The objective of this poster is to review evidence in the area of self-regulation (i.e. techniques which can be easily learnt in a few days) and anxiety.

A qualitative search and review was conducted on PubMed and other libraries for anxiety and self-regulation methods based on Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) classification of anxiety types. The findings were documented to capture (a) Types of anxiety (b) self-regulation methods and (c) key findings.

The results confirm the evidence supporting three main categories of self-regulation techniques for managing anxiety i.e. (a) Biofeedback (b) Mind-body therapies (c) Emotional Freedom Technique. All categories and related techniques provide sufficient evidence for anxiety management (e.g. Tai Chi helps with GAD – Generalized Anxiety Disorder, Yoga has good benefits for PTSD - Post Traumatic Stress Disorder, Biofeedback and EFT are also useful for many of the anxiety types). The findings support the use of self-regulation techniques for managing anxiety. Most of these techniques can be learnt in few days and have no side-effects. Ongoing practice of these methods – as a lifestyle intervention – could be a meaningful intervention for subjects with anxiety. Future work in this area should explore more randomized control trials and explore how to combine these techniques with other interventions such as medications or psychotherapy.

Keywords: *Anxiety; Self-Regulation; Biofeedback; Emotional Freedom Technique (EFT), Mind-body therapies*

COMPARATIVE STUDY OF TWO MEDITATIVE PRACTICES ON VARIATIONS IN MOOD AND HEART RATE VARIABILITY

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ABSTRACT

Evidence suggests many benefits of meditative practices on the mind and the body. Primary objective of this preliminary study is to explore whether active meditative protocol has more pronounced impact on the mood as compared to passive (placebo) meditation. The secondary objective is to understand the changes in Heart Rate Variability (HRV) during both meditations.

Ten healthy subjects were assigned to two meditative practices for the duration of 30 minutes. PANAS survey measured the mood before and after the practices and HRV was measured during the practice with Emwave Pro device (Heartmath LLC). The findings indicate that in both meditative protocols, average positive affect increased (12% and 5% for active and passive meditation respectively). The negative affect decreased (-24% -11% for active and passive meditation respectively). However, while the negative affect decrease was statistically significant for both, the increase in positive affect was statistically significant only in active meditation protocol ($p < .05$) confirming the primary objective. This indicates that active meditation protocol has more pronounced impact on positive mood. The HRV parameters also show encouraging trend in both forms of meditation (Heart Rate decreases and HRV increases).

The results confirm the preliminary objective that active meditation protocol has more pronounced impact on positive mood. Future work in this area must explore more subjects with detailed analysis of HRV data, pre-training for participants and understanding the impact on additional parameters such as anxiety and wellbeing.

Keywords: *Meditation; Self-hypnosis; Heart Rate Variability (HRV); Heart Rate (HR); PANAS survey*

CASE REPORT - IMPACT OF SINGING BOWL SOUND BATH SESSION ON HEART RATE VARIABILITY & STRESS INDEX

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ABSTRACT

This study explored the impact of sound bath session using Himalayan Singing Bowls' on heart rate variability (HRV) and Stress Index (SI) parameters and compared it with the same parameters during silence for the same subject. The singing bowls are used for therapeutic intervention to enhance the individual's emotional & physical well-being. For the case study, 7 metal singing bowls were used for 20 minutes in a particular sequence learnt from an expert teacher. The impact on the subject was measured using Emwave Pro device and the data was analysed using Kubios HRV Premium software for obtaining heart rate, heart rate variability and stress index data. The subject first experienced sound bath with singing bowls and after 2 weeks went through similar session in silence. The singing bowl "sound bath" session resulted in more reduction in stress index and an increase in heart rate variability parameters, as compared to the changes during the "silence session".

Increased relaxation observed during singing bowls session as compared to silence provides useful insights about the power of sound vibrations as compared to lying down in silence for the same duration. The case study also provides a confirmation that singing bowls session can be leveraged as a tool for inducing the relaxation response (increased parasympathetic tone, reduced stress) to facilitate healing and energy recovery. More comprehensive studies must be conducted to further evaluate the findings with the use of control group (silence).

Keywords: *Stress Index, Heart Rate Variability, Singing Bowl, Relaxation Response*

ROLE OF HYPNOTHERAPY AND ITS CONNECTION WITH BELIEF SYSTEM

Pallavi Patel

ABSTRACT

From experiences of our surrounding environment, we create a belief. This belief slowly becomes a part of our behavioral pattern and ultimately results in a life long habit. Whatever a child learns, knowingly or unknowingly, from parents, siblings, relatives or teachers, it becomes a part of his belief. This belief is a major factor which brings positive or negative effects in his life. Three cases were taken randomly from Ahmedabad city. Before taking hypnotherapy, patients had many issues:

- Case 1: Skin patches,
- Case 2: Severe Depression & relationship issues with husband & family,
- Case 3: Varicose veins & hair loss.

After few sessions of hypnotherapy:

- ✓ In Case 1 : Skin patches disappeared.
- ✓ In Case 2 : Depression was cured and relationship with husband & family members improved drastically.
- ✓ In Case 3 : Tingling & numbness due to varicose veins was cured and also hair loss was stopped.

After hypnotherapy sessions, patient understands the cause of all his physical problems. Due to this awareness, the healing process is quick & smooth.

A person suffers due to stress, fear, anger and frustration. Using various techniques of hypnotherapy, we can determine their root cause.

I desire to solve similar cases in future.

Keywords: *Belief, Environment, Childhood, Awareness, Hypnotherapy.*

NETWORKING APPROACH FOR URBAN COMMUNITY MENTAL HEALTH

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ABSTRACT

Introduction

Community Mental health is a multi-disciplinary approach that includes promotion of mental health and well-being and prevention of mental illness among people living in the community.

Objectives

- i. To build a network of local partners for community mental health programme
- ii. To build capacity of network partners.
- iii. To provide information about mental health and problems in urban population.
- iv. To know mental health problems in the community.
- v. To aware the community about mental health problems and available services.

Methodology

The present study was conducted in seven administrative zones of Surat city (Gujarat) in 2018-19. Outcome of the study reveals that total 12 Government and Non-Government partners actively involved and 25+ city stakeholders supported the initiative.

Results and discussion

Total 5859 citizens through 155 sessions were covered under Targeted interventions & mental health self-assessment through Strength and Difficulties Questionnaire (SDQ). Sessions conducted at workplaces, Anganwadies, Colleges, Schools, Out of school children pockets, Slums and wider communities, across 7 zones of city. 570 direct beneficiaries and 3000+ indirect beneficiaries. Total 20,000 handbills distributed, 24 wall paintings conducted at health & wellness centers, 43 communication displays at UHCs, 15 creative communication strategies used

The lessons learnt from program were – Multi-stakeholder collaborations, evidence based actions, no jargons but simple messages, creative communication, integration with life skills education and other existing programs.

Networking approach can be tested and successfully implemented for urban community health programs as discussed in study hypothesis.

Conclusion

UHCRCE believes that once trained is not always trained. For topics like mental health, a sustained and ongoing sharing of information with community and skill building is necessary.

Keywords: *Community Mental health; Urban Mental health; Surat city; Targeted Interventions*

GUILT AND MENTAL HEALTH

Urmi Sanghavi

ABSTRACT

Guilt, though cannot be quantified; excess or deprivation of it is found as a common symptom in a number of mental disorders like, OCD and depression on the excess side and psychopathy on the deprivation side. Guilt is considered to majorly affect one's sense of self-worth and self-esteem, both of which act as pillars of mental health. Hence, understanding the impact of guilt (as an emotion) by itself on the mental health of an individual is important. This work intends to establish a co-relation between guilt and mental health. Using the GP-5 scale to measure guilt and WHO-5 scale to measure mental well-being, a co-relation between the two is established to reach the hypothesis that higher the guilt in an individual, lower is the mental health. The population used for the sample is non-clinical in nature.

Keywords: *Guilt; Mental Health; GP-5; WHO-5; non-clinical*

“PSYCHOLOGICAL WELLBEING AND DEPRESSION AMONG ADDICT PEOPLE”

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ABSTRACT

The present study is to find out the difference in the Psychological Wellbeing and Depression level of Addict People in relation to people age. The sample consists of 100 Addict People out of which 50 were 15 to 25 years age and 50 were 26 to 35 years people in Ahmedabad City. For this purpose of study psychological Wellbeing inventory by Bhosle and Prakash (1995) and Guajrati translate by several (2001) and Depression inventory by Aaron T. Beck (BDI) was used. The obtained data was analyzed through 't' test to know the mean difference between addict people. The result shows that there is a significant difference in Psychological Wellbeing and Depression in relation to Addict People.

**“DEVELOPMENT OF HIGH ACHIEVED STUDENTS WITH HIGH
ACHIEVEMENT STUDY IN STANDARD 8TH”**

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ABSTRACT

The aim of the study was to study the high intellectual students of standard 8th upper primary school of Gujarat board in Gandhinagar city. Sample was consisted of 120 students. From these 60 student were female and 60 student were male. The data was collected by questioner. The results indicate that the students were more concentrate in classroom teaching and they have also prepared a good time table at home for self-study and their parents also more cautious about their children study.

SOCIAL ADJUSTMENT AMONG COLLEGE STUDENTS

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ABSTRACT

The Present Study is to find out the difference in the Social Adjustment level of college students in relation to Gender. The sample consisted of 100 collage students. Out of which 50 were males students and 50 were female students in Ahmadabad city. For this purpose of study “Social Adjustment Inventory” (S.A.I) by Dr. R. C. Deva was used. The obtained data was analyzed thought ‘t’ test to know the mean difference between College students. The result shows that there is a significant difference in Social Adjustment level of College students in relation to Gender .