

*National Conference on Community Mental Health - 2020*

**AMITY INSTITUTE OF  
BEHAVIOURAL AND ALLIED  
SCIENCES**

**NATIONAL CONFERENCE  
ON  
COMMUNITY MENTAL HEALTH EXPLANATION  
AND EXPLORATION**

**14TH -15TH FEBRUARY 2020  
AT  
AMITY UNIVERSITY, MAHARASHTRA**

**BOOK  
OF  
ABSTRACTS**

*NCCMH Explanation and Exploration 2020 – Book of Abstracts*



*National Conference on Community Mental Health - 2020*

**AMITY INSTITUTE OF BEHAVIOURAL &  
ALLIED SCIENCES  
AMITY UNIVERSITY MUMBAI**



**PRESENTS**

**NATIONAL CONFERENCE ON COMMUNITY  
MENTAL HEALTH:  
EXPLANATION AND EXPLORATION  
NCCMH-2020  
(14TH – 15TH FEBRUARY)**

**PROF. (DR.) GAUTAM GAWALI  
DIRECTOR, AIBAS  
CONFERENCE CONVENER**

**DR. POONAM SHARMA & DR. REKHA WAGANI  
ASSISTANT PROFESSORS, AIBAS  
ORGANIZING SECRETARY**

**NATIONAL CONFERENCE ON COMMUNITY  
MENTAL HEALTH:**

*NCCMH Explanation and Exploration 2020 – Book of Abstracts*

# **EXPLANATION AND EXPLORATION NCCMH-2020**

**(14<sup>TH</sup> – 15<sup>TH</sup> FEBRUARY)**

## **BOOK OF ABSTRACTS**

### **EDITORS**

- ❖ **PROF. (DR.) GAUTAM GAWALI**
- ❖ **DR. POONAM SHARMA**
- ❖ **DR. DEEPTI PURANIK**
- ❖ **NEETHU SARA JOSEPH**
- ❖ **MOHA WALAVALKAR**

### **COMPILED BY**

- ❖ **ROUNAK PARASNIS**
- ❖ **SANIYA RANE**
- ❖ **DEEP PRUSTY**
- ❖ **RADHIKA AGARWAL**

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- ❖ Message from the Convener and Director, AIBAS
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- ❖ Concept Note
- ❖ Keynote – “Mind the Gap”

**ORGANIZING COMMITTEE**

- **Prof (Dr.) Gautam Gawali**  
Director, AIBAS
- **Dr. Lissy George**  
Associate Professor, AIBAS
- **Dr. Poonam Sharma**  
Assistant Professor, AIBAS
- **Dr. Rekha Wagani**  
Assistant Professor, AIBAS
- **Dr. Tarini Mohil**  
Assistant Professor, AIBAS
- **Ms. Mini Narayanan**  
Assistant Professor, AIBAS
- **Dr. Soumya Sharma**  
Assistant Professor, AIBAS
- **Mr. Jacob K. John**  
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- **Dr. Siddharth Soni**  
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- **Dr. Lakhminder Singh**  
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- **Dr. Deepti Puranik**  
Assistant Professor, AIBAS
- **Dr. Jaya R. Jethwani**  
Assistant Professor, AIBAS

**Amity Institute of Behavioural & Allied Sciences  
Amity University Mumbai  
National Conference on Community Mental Health: Explanation  
and Exploration  
NCCMH-2020  
(14-15<sup>th</sup> February, 2020)  
Venue: Auditorium**

**Programme Schedule  
14<sup>th</sup> February, 2020**

**Registration:** 08:30 a.m. to 9:30 a.m. **Inaugural Session:** 10:00 a.m. to 11:00 a.m.

**High Tea:** 9:30 a.m. to 10:00 a.m.

**Lamp Lighting:** 10:00 a.m.

<b>Welcome Address &amp; Introduction to NCCMH</b>	Prof. (Dr.) Gautam Gawali, Director AIBAS	10:00 a.m. - 10:10 a.m.
<b>Keynote Address</b>	Dr. Shekhar Seshadri Senior Professor, Dept. of Child & Adolescent Psychiatry & Associate Dean, Behavioural Sciences Division	10:10 a.m. - 10:50 a.m.
<b>Vice Chancellor's Releasing E-Abstract Book of NCCMH &amp; Psyche Insight E-Newsletter</b>	Prof. (Dr.) D.S.Rao, Hon'ble Vice Chancellor Amity University Mumbai	10:50 a.m. - 11:00 a.m.
<b>Vote of Thanks</b>	Dr. Poonam Sharma Assistant Professor AIBAS Amity University Mumbai	11:00 a.m. - 11:05 a.m.

**Rapporteurs: Rounak and Saniya**

**Tea Break: 11:10 a.m. to 11:25 a.m.**

## ***National Conference on Community Mental Health - 2020***

**DAY 1 (Friday): 14<sup>th</sup> February 2020**

**Session I: Symposium**

**Community Mental Health: Creating Healthy and Safe Communities**

11:30 a.m. to 1:30 p.m.

@Auditorium, AI

Chairperson: Dr. Ravi Manuja, Registrar, AUM

Rapporteurs: Tanya Rodrigues and Abhishek

<b>Sr. No.</b>	<b>Name of Speaker</b>	<b>Topic</b>
1.	Dr. Aninha Lobo Professor and Former Head, Department of Psychology Sophia College Autonomous	Community Based Mental Health: Addiction Recovery and Relapse Prevention
2.	Dr. Kunwar Siddarth Dadhwal HOD, AILA, AUM	A Perspective on Community Mental Health: Agrarian Distress in Vidharba
3.	Dr. Yusuf Matcheswalla, Eminent Psychiatrist, Happy Minds Psychological Services	Social Media Use: Youth Mental Health
4.	Dr. Poonam Sharma Assistant Professor, AIBAS, AUM	Community Child Personal Safety Programme: Learnings from The Classroom

**Lunch Break: 1:30 p.m. to 2:30 p.m.**

**DAY 1 (Friday): 14<sup>th</sup> February 2020**

**Session II: Symposium**

**Community Mental Health: Capacity Building, Gender and Public Health**

03:30 p.m. to 5:30 p.m

@Auditorium, AI

Chairperson: Prof. (Dr.) Gautam Gawali, Director AIBAS, AUM

Rapporteurs: Taniya Dutta & Disha Salian

<b>Sr.No.</b>	<b>Name of Speaker</b>	<b>Topic</b>
1.	Prof. Nandini Diwan Associate Professor and Former Head Department of Psychology of D. G. Ruparel College, Mumbai	Mental Health and Well Being of Women
2.	Dr. Nilesh Gawde National Project Director, Saksham Prerak, TISS	Integration of Mental Health in Public Health Programmes

## ***National Conference on Community Mental Health - 2020***

3.	Dr. Shefali Pandya Professor & Head Department of Education University of Mumbai	Mental Health in Educational Institutions
4.	Ms. Khushali Adhiya Asst. Professor, Mithibhai College, Mumbai	Towards Creating Gender Safe Communities: Intervening Prevention Program Against Sexual Harassment & Abuse

**High Tea: 5:30 p.m. to 6:00 p.m.**  
**Join us for cultural evening at 6:00 p.m. to 7:30 p.m. In the Auditorium, AI**

**DAY 2 (Saturday): 15<sup>th</sup> February 2020**

**Session III: Symposium**  
**Community Mental Health: Workplace Well-being, Collaboration & National Policy**

09:30 a.m. to 11:30 a.m

@Auditorium, AI

Chairperson: Dr. Rajeshri Varhadi, HOD Law, University of Mumbai

Rapporteurs: Jae & Abha

<b>Sr.No.</b>	<b>Name of Speaker</b>	<b>Topic</b>
1.	Dr. Gauri P. Hardikar Associate Professor, Secretary, Indian Association of Life Skills Education (IALSE), Secretary, Indian Ocean Comparative Education Society (IOCES)	Life Skills Initiative for Mental Health in Education
2.	Dr. Rajeshri Varhadi, Head of the Department of Law, University of Mumbai	Law & Social Transformation – Its Effect on Mental Health
3.	Dr. Rekha Wagani, Assistant Professor, AIBAS, AUM	Revival and Reintegration of Community Living through Cooperative Housing Community Programs: An Exploratory Enquiry
4.	Dr. Siddharth Soni, Assistant Professor, AIBAS, AUM	Organisational Factors and Workplace Well-Being

**Tea: 11:30 a.m. to 12:00 noon**

**Lunch Break: 01:00p.m to 02:00p.m.**



***National Conference on Community Mental Health - 2020***

**DAY 2 (Saturday): 15<sup>th</sup> February 2020**

**Valedictory and Certificate Distribution**

03:00 p.m. to 04:00 p.m.

@ Auditorium, AI

<b>Sr.No.</b>	<b>Name of Speaker</b>	<b>Topic</b>
1.	Prof. (Dr.) Gautam Gawali, Director AIBAS	Highlights of the Conference
1.	AIBAS (AISEC) – Student Team	Students International Exposure and Internship: Involving Community Services
2.	Mini Narayanan, Assistant Professor	Conference Report
3	Dr. Vaishali Kolhe, Associate Professor, Centre for Disability Studies & Action, School of Social Work TISS	Valedictory Address
4	Dr. Rekha Wagani, Assistant Professor, AIBAS	Thank You Note
5	Dr. Lakhminder Singh, Assistant Professor	Best Paper Award and Certificate Distribution

**Rapporteurs: Samantha and Soumya Dhiman  
Followed by High Tea**



Message



I must congratulate AIBAS to organise their first National Conference on the most needed theme “**Community Mental Health: Explanation and Exploration**”. Modern era has brought its own challenges for human beings alongside medical and other technological advancements. This change has especially affected India in terms of collective and collaborative functioning. This individualistic shift has its advantages on one hand but on the other side, the benefits of the collective culture are fading away which is impacting the culture of sharing, cooperation and collaboration. All these three aspects are imperative to promote mental health at

community level. I am glad that we at Amity through this conference are providing a platform for rejuvenating the forgone community conscience and well-being. The research and practices shared during conference will not only add to the reservoir of knowledge but also broaden the scope for Psychology students. My heartiest wishes to the AIBAS team and students for making this event successful.

A handwritten signature in blue ink, appearing to read 'D.S. Rao'.

Dr. D.S. Rao  
Vice Chancellor  
Amity University Mumbai



**Message**



As per our vision and mission statement we have conceptualized the National Conference on “Community Mental Health: Exploration and Explanation” with the intention to create an open platform for academicians, practitioners, research scholars and even policy makers to put forth to the existing state of community mental health and available mental health services in India. The topics ranging from creation of safer community, causes and consequences of violence at domestic areas as well as social scenarios, gender, caste, agrarian crises, sexuality and disability etc. will be covered by using different psycho-social-economic and legal perspective. In this conference an attempt is made to have scientific deliberation on societal commitment for mental health system by evaluating and suggesting/updating mental health policies and legislation ultimately to ensure how community psychosocial supports are available for people with varied range of mental disorders.

I would like to extend my gratitude and congratulations to my AIBAS team and my beloved students for their tireless efforts, being put on to make this event a big success.

A handwritten signature in blue ink, appearing to read 'Gautam Gawali'.

Dr. Gautam Gawali  
Convener NCCMH  
Professor and Director, AIBAS  
Amity University, Mumbai



**Message**



It is indeed a great pleasure for me to be part of the first National Conference on Community Mental Health: Explanation and Exploration organized by AIBAS. This conference has given great platform not only to the researchers across India but to our own Psychology students. The theme of the conference is so unique and important that it will be facilitative in broadening the perspective of academicians, scholars and students towards Mental Health by touching the untouched. Since long us Psychologists have confined ourselves to the client-therapist/counsellor role.

However, this particular conference intrudes this limited role of psychology professional from individualistic approach to community approach. The context of Mental Health is indispensable in various community strata's, as only "Healthy Communities" can produce "Healthy Individuals". Enthusiasm and active participation of the AIBAS team and students in this conference have increased my confidence in the young generation and I am quite hopeful that this conference has given platform to put their sincere efforts in right direction to reach out masses for transforming communities.

A handwritten signature in black ink, appearing to read 'Poonam Sharma'.

Dr. Poonam Sharma  
Organizing Secretary, NCCMH  
Assistant Professor, AIBAS  
Amity University, Mumbai





Message



I am very delighted that AIBAS is organizing its first national level conference on Community Mental Health which is the most relevant theme of the present time. Its a crucial time for our country which is undergoing a great transition and facing critical challenges as a fast growing and developing country. Community mental health concept is not new in India, it has dated back in Indian culture from Vedic period and has been continually practiced by Indian society through various ways. However, it has lost its entirety in due course of time. The advent of modern psychology has introduced it again as an essential part of community psychology. It's now time for us to understand the concept in light of new technological advancement, social and economic changes and to adapt the old tradition of community mental health to fit in these new conditions of the society. I am sure that such kind of deliberations will serve its original purpose of developing a new perspective towards community mental health among young, scholars, budding professional and students.

A handwritten signature in black ink, appearing to read 'Rekha'.

Dr. Rekha Wagani  
Organizing Secretary, NCCMH  
Assistant Professor, AIBAS  
Amity University, Mumbai

## **CONCEPT NOTE**

**National Conference on Community Mental Health: Explanation and  
Exploration  
NCCMH-2020  
(14-15 February 2020)  
Venue: Auditorium**

### **TRANSFORMING COMMUNITIES FOR HEALTHIER MENTAL HEALTH**

#### **About Amity University Mumbai (AUM)**

Amity University Mumbai has been established under Maharashtra Govt. Act of 2014 of Government of Maharashtra and is recognized as per Section 2(f) of the UGC Act with the rights to confer degrees. Amity University, Mumbai, is a research and innovation focused comprehensive University offering undergraduate, post graduate and doctoral programs in various disciplines. The University offers programs in Business, Architecture, Engineering, Information Technology, Biotechnology, Sciences, Film &TV, Journalism, Social Sciences, Languages, Fine Arts, Fashion design & Technology and Travel & Tourism.

The University believes in building ethically responsible, holistic individuals who are capable, competent and globally relevant. The focus is on building Knowledge, Skills, Competencies and Attitude. This is done through offering not only Core domain training, but also courses in behavioral sciences, communication skills, foreign language training, and multiple minor tracks. The research focused Faculty members have published extensively in International and Indian Journals and have filed for multiple patents. The University has established specialized schools in collaboration with Tata Technologies Ltd (TTL) (automotive and aerospace engineering), Confederation of Indian Industry (CII) (Supply chain management), and Royal Institute of Chartered Surveyors (RICS) (Construction and project Management) to build competencies in highly specialized domains.

#### **About AIBAS**

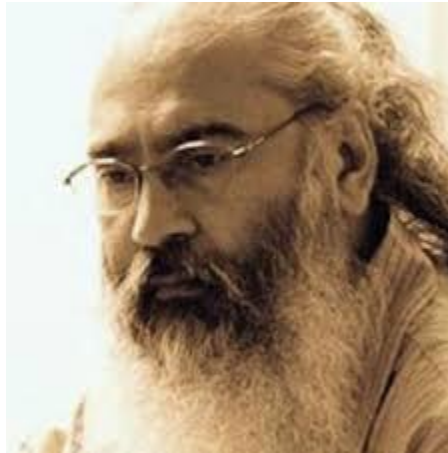
AIBAS at Amity University Mumbai was established in 2015 which aspires to be a nationally recognized frontrunner in undergraduate, postgraduate, M.Phil. And Ph.D. programs. AIBAS trains and sensitizes psychologists who will protect and promote the mental health and well-being of our community by upholding the principle of social change through the application of psychological science. Our graduate program provides a foundation for the scientific understanding of behaviour and mental processes and in order to promote psychological well-being. The post-graduate program focuses more on the need for empirical research and practice. The Clinical psychology wing which is RCI recognized trains students for licensed Clinical practice in hospitals and other mental health institutes. By introducing MPhil Clinical Psychology, Amity University Mumbai has become the first educational Institution in Maharashtra which is running MPhil Clinical Psychology programme approved by Rehabilitation Council of India (RCI).



**About NCCMH 2020**

Community mental health is defined as care and services provided to persons with mental health problems and their families within community. This national conference on Community Mental health: Explanation and exploration aims to create a genuine platform for academicians, practitioners and policy makers to put forth the existing situation of community mental health in India and across the globe. The conference attempts to discuss the research, collaborative and innovative practices and projects within/by communities to improve the mental health conditions of the ones who are suffering from and/or the ones who have been affected by the mental illness in any form. In India, mental health is given subordinate status as compared to physical health. The annual health expenditure of India is 1.15% of the gross domestic product, and the mental health budget is <1% of India's total health budget. According to the World Mental Health Atlas (2014), there were 0.3 psychiatrists per lakh of population in India. It is evident from various survey reports published by NIMHANS, National Human Rights Commission and Ministry of Health and Family welfare that along with psychiatrists there is gross deficit of other mental health professional in India. Statistics shows that 0.8% of population in India suffers from severe mental illness. To cater the rising mental health needs collaborative and innovative strategies are required, involving communities for community betterment is most suitable option for country like India. There are various success stories in past from India, of families and community who actively involved in treatment of patients with schizophrenia. These case studies are well documented in history of community psychiatry which are taken from the pioneer mental health institutions in the country; CMC-Vellore, NIMHANS-Bangalore, PGIMER-Chandigarh and are referred by other developed countries as successful studies in rehabilitation and treatment. Recently, introduced Mental Health Care Act-2017 explicitly talks of patient's right to be provided accessible, affordable and quality mental health care services within the community. It is evident from many public health Programmes in India that success of these Programmes did not depend only on maximized budget allocations, strategic planning and political will but "ownership by community" made a cutting difference. Some of the Public health Programmes in India have succeeded in attaining the set goal because community owned these Programmes such as Pulse polio "ek bund zindagi ki", TB eradication "TB Harega Desh Jitega" and HIV/AIDS "AIDS Choone se AIDS Nahi Failta". There is dire need of similar initiatives in the furtherance of Mental Health also. The conference is initiative in the mentioned direction where feasibility of empowering communities for building mentally healthy communities will be explained and various existing well practiced learnings from same and/or other fields at national and international levels will be explored

## **KEYNOTE ADDRESS**



**Dr Shekhar Seshadri**  
Senior Professor, Department of Child and Adolescent  
Psychiatry and Associate Dean of Behavioural Sciences (NIMHANS), Bangalore

### **MIND THE GAP**

There is a gap in child and adolescent mental health services in the Indian context, wherein screening and early intervention and/or psychosocial care provision by non-specialists, exists to an extremely limited extent; and where provision of mental health services are largely restricted to curative services in tertiary care facilities, thereby limiting access to most children in need. The scope of such services and the issue of who will deliver them need further elucidation.

In a context that is grappling with child mortality and malnutrition issues, child survival strategies are focussed largely on the 0 to 5 age group and the emphasis is on child health strategies such as nutrition and immunization. Consequently, child development, viewed from a mental health and disability framework has to jostle for its place in child health services and programs. Adolescent health, as it is, is accorded lower priority even from a medical/physical health perspective. Adolescents actually have a place in sexual and reproductive health largely because the HIV pandemic propelled them into the spotlight of this domain; and although working on adolescent sexual and reproductive health involves many mental health aspects (such as life skills work), this is rarely recognized by health services and programs. Child care institutions also reflect the idea that meeting children's physical needs, in terms of food, clothing, shelter, healthcare are of utmost importance and doing so is sufficient, or that mental and psychological well-being automatically follow from children's environments being modified i.e. difficult conditions at home to better living conditions and protection provided by institutions. Therefore, there is less effort to recognize child mental health needs and accord them priority in a response that aims to ensure children's over-all well-being

Given the general perception that (child and adolescent) mental health entails specialized care, usually available at tertiary healthcare facilities, the idea of incorporating child and adolescent mental health care at community level is difficult to inculcate in primary health care, child

welfare and education systems. This is a challenge also because of the lack of understanding within systems and services of preventive and promotive mental health versus curative health, and of how mild problems if detected and addressed early on can prevent more severe problems from occurring. As a result, child mental health is perceived to include only illnesses and disorders; and these, in turn, are usually recognized and acknowledged when they become so severe that they render a given child dysfunctional and families' coping systems ineffective—which is when help is sought at a specialized/ tertiary healthcare service. In other words, preventive and promotive interventions such as early stimulation and developmental activities need to be provided to all children in general and children at risk in particular (for example, pre-mature birth infants or orphan/ abandoned children) in order to ensure that their growth and developmental trajectories are age-appropriate and healthy i.e. so we promote the development of skills and abilities that most (normal) children have and prevent poor growth and disabilities/ problems in specific areas of child development. Similarly, for older children and adolescents, life skills' education is a preventive/ promotive child mental health intervention that aims at enabling them to acquire certain skills that they require for their day-to-day living in the present and future, thereby promoting skills in problem-solving, decision-making, conflict resolution and thereby preventing risk behaviours such as harmful sexual behaviour, substance abuse and conduct problems. Preventive and promotive interventions are distinct from curative interventions that are provided to (a relative minority of) children. Curative interventions come into place, for example, when a child with severe anxiety refuses to go to school for weeks on end or a child with severe behaviour problems has a long history of physical aggression and has recently been suspended from school for causing injury to another child and necessitating medical attention. These examples certainly are of more serious nature. Curative interventions are also indicated in lower thresholds and disability. The distinction, however, is in the extent to which the child experiences personal distress or is unable to carry out role task performance or has crossed the parents' threshold of tolerance/ concern. In service providers, severe problems like dysregulated anger or disabling anxiety are perceived as 'aberrations' that can be handled by appropriate disciplining or friendly advice. The fact that these could be symptoms of a child psychiatric disorder is not well-recognized. Thus, the continuum of universal child mental health needs to children's concerns to one-off problems to establish patterns of behaviour merge in a problematic way. Therefore, where preventive-promotive approaches can be applied for development and/or address mere concerns of children or mild symptoms, the appropriate approaches are not used; neither are they used at the severe end of the continuum.

**SYMPOSIUM I- Creating Healthy and Safe Communities**

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# **SYMPOSIUM I**

## **Creating Healthy and Safe Communities**

**1. Community based mental health, addiction recovery and relapse prevention**

- **Dr. Aninha Lobo**

*Former Professor and Head, Department of Psychology, Sophia College, Mumbai  
Coordinator, Kripa Foundation, Research Department*

Substance Use Disorder (SUD) is an illness associated with compulsive and repetitive use of addictive substance(s), wherein a dysregulation of the neurobiological systems associated with reward, stress, emotion, and executive functions, results in altered, dysfunctional behaviours, cognitions and affect. An awareness and understanding of SUD as a medical illness is essential for getting rid of the associated stigma, thereby making treatment, relapse prevention and reintegration easier.

SUD treatment, recovery and relapse prevention although complex and dependent on many factors, is strengthened when the community is involved. Community-based work with SUD may involve early detection and/or intervention, transitional care, skills training, vocational training and rehabilitation, the implementation of anti-stigma programmes within communities, health promotion, and education and prevention interventions.

Under Goal 3 (Good Health and Well Being) of the Sustainable Development Goals, the mandate of Target 3.5 is to strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol. Based on the principles of hope, dignity and inclusion and a focus on 'recovery' rather than 'illness', community based mental health builds on the strengths of the families, social networks, communities and organizations, to empower a meaningful engagement in activities, thereby enhancing the quality of life, not just of the addict but of all those involved.

**2. Agrarian crisis in Vidharba- A Perspective into Community Mental Health**

- **Dr. Kunwar Siddarth Dadhwal**

*Assistant Professor, Amity Institute of Liberal Arts*

“Jai Jawan Jai Kisan” – Lal Bahadur Shashtri

Our late visionary Prime Minister Lal Bahadur shashtri saw the future of India in the prosperity of farmers and soldiers. Mahatma Gandhi in his illustration of gram village emphasized on importance of farmers and farm land, Farmers of India are backbone of nation's economy and today the nature of agrarian crisis has shadowed the growth of Indian economy. In woe every day, Maharashtra is shaken by the news of farmer suicides in Vidarbha or Marathwada. On Dec 28, 2014 it was reported that 12 farmers in Vidarbha committed suicide in 72 hours. According to P. Sainath, between 1995 and 2013 Maharashtra had the highest numbers of Farmer suicides in the country: An unbelievable 60,750 farmer's committed suicide during this period. On average, 3,685 farmers in the state took their lives every year during 2004-13 and this meant over ten farmers' suicides every single day these past ten years in a row.

Although shaken by the news, people of Maharashtra seem to have become strangely used to the recurrent monotony of the situation. It has occupied TV debates and discussions, newspaper analysis, Parliamentary fights, editorial fights, etc., claiming the intellectual space in Maharashtra. And yet, we seem far away from any concrete solutions. One of the reasons is that Agrarian crisis in Vidarbha and Marathwada has too many facets: National agricultural

policies, Minimum Support Prices debacles, weak political leadership, lack of rational water policy, absence of irrigation, huge irrigation backlog, thirsty and expensive GM cotton, ever increasing cost of inputs like seeds, fertilizers and pesticides, diversion of irrigation water from farms to power plants & industries, bad crop insurance policies, hopeless revenue tools of arriving at farm losses (paisewari), arm twisting by middlemen and the debacle of bazar samitis, issues with household economic management by farmers, opportunistic lenders and opportunistic leaders and an indifferent society as a whole.

Suicide and mental disorders are major public health problems in India. According to the National Crimes Records Bureau, nearly 1,000 farmers ended their lives every year in the Vidarbha region since 2001, though several experts put the figure much higher, as many cases do not even get reported. The report also mentions that the causes of suicide are multi-faceted, like gender disadvantage, caste discrimination and debt.

However, the most important individual level determinant is mental disorder. By far, the most common mental disorders that contribute to this risk are stress and depression, which can be a result of a range of social and health factors, especially in rural communities.

The growing number of farmer suicide in Vidharba region has let several initiatives that are taken by state governments and central governments over the past few decades. In this direction even several civil society organizations have taken fair measures to tackle with this almost touching epidemic. One of the most significant step towards dealing with growing number of farmer suicide has been highlighted as development of concrete community mental health programs that can provide immediate and quick action resolution to the problem. While debates continue to rage on reforming the agricultural sector to improve the economic conditions of the farmer, there has not been any attempt to focus on the possible psychological problems arising out of economic stress that may be leading to suicides. Farm suicides are a reflection of an ailing rural economy. It also shows a state of hopelessness among farmers which make them so emotionally fragile that they are meekly taking their own lives. A field-based research study in the prestigious medical journal *The Lancet* (by Pandit et al) concludes, “Most Indians do not have community or support services for the prevention of suicide and have restricted access to care for mental illnesses associated with suicide, especially access to treatment for depression, which has been shown to reduce suicidal behaviors. The key focus of this paper is to explore the rising epidemic of farmer’s distress, agrarian crisis in Vidharba region of Maharashtra and the role played by community mental health programs in providing a base of relief in this concern. It also looks at the gaps and challenges met with in the way of these initiatives.

### **3. Community Child Personal Safety Programme: Learnings from The Classroom**

- **Dr. Poonam Sharma**

*Assistant Professor, AIBAS, AUM*

India has the world's largest number of Child Sexual Abuse cases: For every 155th minute a child, less than 16 years is raped, for every 13th hour child under 10, and one in every 10 children sexually abused at any point of time (Child line, 2014). . In India, since long we are living in collective societies in form of joint family and involved neighborhood and undoubted trust on teachers and adults when it comes to making decisions for our children. Though, in recent times this proposition is changing but still there is quite a number of family in joint structure and involved neighborhood. *World Health Organization (WHO) defines Child Sexual Abuse (CSA) as “the involvement of a child in sexual activity that he or she does not fully*

comprehend, is unable to give informed consent to, or for which the child is not developmentally prepared and cannot give consent, or that violates the laws or social taboos of society.

The threat from persons involve any type of harm may it be physical, sexual, emotional or psychological done to the child by adults. These adults can be family members or known and non-family members and strangers. Parents at their best try to keep their children away from such unpleasant and harm causing situations, but research and facts have shown that this is not enough. We everyday are coming across the news of missing child, child harmed by uncle and thereafter killed, teacher beaten the child and child got hospitalized, child drained in open manhole, child fell into bore well etc. But many times, the efforts of parents and caregiver alone cannot be enough; there can be lack of knowledge and awareness in them, they may not be well equipped to deal with any such situation and also may be undermining the occurrence of any such situation.

Therefore, it is extremely important for all of us to be aware on these safety issues in our community and being responsible citizens it is our duty to make are communities safe for our children and also, equip our children with the knowledge and skill to reduce the risk of any such harmful incident/s, situation/s and person/s. Consequences of CSA can vary from traumatic sexualization to Powerlessness and psychological impact may range from sexual identity confusion, lowered Self Esteem, Depression, Anxiety to criminal behaviour, substance abuse.

Given above scenario and considering the need of the hour Child Personal Safety Awareness Project: Making Safe Communities for Children was conceptualized and conducted in the year 2019. The project covered families from Mumbai, Navi Mumbai and Suburbs, with the aim to aware and equip children from 8 to 13 years on personal safety. As adult care givers; mainly parents and close family members, we cannot be always there to supervise children also the same is not recommended because ultimately a child has to learn to take care of self, age appropriately. To prepare the “personal safety sessions” Clinical practice guidelines for child sexual abuse developed by Child & Adolescent Mental Health Service Project Dept. of Child & Adolescent Psychiatry National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore were used. The project involved Postgraduate Psychology Students (N=65, F=61, M=4) of AIBAS, Amity University Mumbai, who were well oriented before conducting the sessions with the children. The students were open to refuse to undertake the project if they reported any type of inhibition to carry out the session with the children. The session consisted of safety from physical hazards and safety from persons (focusing on child sexual abuse). Mock sessions were conducted before students actually went to the field. Only those families were included where both the parents consented for the session. Group of two students visited home and each team had to cover two children. Of the total 65 students 53 students completed the project and 10 were not able to complete it because of various reason and two students did not undertook the project willingly and did another survey. One session took approximately 2hours which included, storytelling, quiz, body mapping and ChildLine video. In end parents and children feedback was taken. Also, teams were well oriented to undertake reporting in and facilitating counselling if any abuse case is reported. The Project highlighted importance of CSA awareness programme at community level and building competence of Psychology students to undertake awareness and skill building programme at community level especially with children. 82% of the students who completed it mentioned that CSA is an important area and must be conducted at larger scale. 88% said that they would like to do be part of the bigger

project. 29% of the students reported history of child sexual abuse of which 2% did not continue the project because of the same reason. In case of 75% of the students who reported CSA, perpetrator was a known person (family member, neighbor or teacher). Students were simultaneously offered counselling services in case they required. The project also attempted to explore the various factors which could lead to CSA and how the CSA incidents can be prevented from students' perspective. There was only one case reported amongst the children whom students conducted sessions and same was referred to the counselor. Parents were aware of the abuse and they also proceeded for legal aid in the reported case. Learnings of the project could be utilized for capacity building of students, community awareness and sensitization towards CSA and need for similar Programme at National level.

*Key words: Child Sexual Abuse, Personal Child Safety Programme, Counselling*

## **SYMPOSIUM- II**

# **Capacity Building, Gender and Public Health**

**1. Mental Health and Well Being of Women**

- **Prof. Nandini Diwan**

*Associate Professor and Former Head Department of Psychology, D. G. Ruparel College, Mumbai*

Mental health and well-being of women have been a topic of research for many years. Apart from some general factors which influence mental health, certain aspects peculiar to the socialization of women are important. The traditional socialization of women, especially in India, mainly focuses on their familial and home-maker role and emphasizes the cluster of 'soft-gentle' personality traits in them. A combination of - a high need for social approval, a derived identity instead of an autonomous identity, lower degree of 'strong-tough' personality traits, and financial and emotional dependence on others - make women more vulnerable to maladjustment, oppression and exploitation. Though there have been some positive changes in the socialization of women and men in recent years, the mass media (especially the most popular, accessible and available non-print media) continue to portray them in a stereotypical and regressive manner.

To enhance the mental health and well-being of women, progressive laws and social reforms are important. However, psychological interventions involving gender sensitization, and fostering a balanced, androgynous gender-role identity and flexible and egalitarian gender roles are more crucial. Such interventions will help in reducing *impairment* and increasing *empowerment*.

**2. Integration of Mental Health in Public Health Programmes**

- **Dr. Nilesh Gawde**

*National Project Director, Saksham Prerak, TISS*

India adopted three tier systems for delivery of health services which have evolved over past seven decades. National Health Programmes have delivered key public health interventions through the structure. Population control and malaria control were among the first to emerge. Over a period of time interventions emerged for prevention and control of infectious diseases. However, those for non-communicable diseases including mental health lagged behind. Mental health has now been addressed through two mechanisms. One is directly through national mental health programme and the other is through other national health programmes where mental health concerns specific to that programme have been addressed. The logic include right based and value based as well as driven by the public health goals. The models of mental healthcare include biomedical, psycho-social and ecological within these interventions. Key learning from these interventions are the following- decentralisation, deprofessionalisation, and community participation, mix of deficit-resilience models, addressing stigma, discrimination and psycho-social interventions. In near future, mental health is likely to be viewed as integral to overall health and as determinant and consequence to other health issues. The models of care within national health programmes are likely to evolve further but the progress is still at incipient stage.



**3. Towards Creating Gender Safe Communities: Intervening Prevention Program Against Sexual Harassment & Abuse**

- **Ms. Khushali Adhiya**

*Asst. Professor, Mithibhai College, Mumbai*

Healthy, sensitive and just members create a safe community. A healthy society is one where tolerance, respect and coexistence of all members prevails. Capitalism, consumerism, intolerance and distant power relations have unfortunately replaced the former values of healthy societies.

An alarming rise in harassment incidents, acid attacks, sexual abuses, molestation, abduction, rapes and murder have created a perilous and fearful society in India today. It is upsetting to note that an increasing number of adolescents and young adults, apparently receiving the best of education, are indulging in such inhuman activities. And this, thereby questions the shaky pillars of education systems today. Such social insecurity is perilous given the background that India is shortly to become the largest youth populated nation in the world. Furthermore, India has dropped to 112<sup>nd</sup> position in 2020 from 108<sup>th</sup> position (2018) in the gender gap index, as published by the World Economic Forum. As per the NCRB data (National Crime Report Bureau) and the analysis of NFHS 3(National Family Health Survey), 99.1% of sexual violence cases are unreported.

This data can be explained by the unhealthy, imbalanced, and unequal gender role socialization and male backlash to the rising economic self-sufficiency of women. While policies and legal provisions are made to empower women economically, there has been sheer ignorance to the consequences that follow this, as the originally monopolized 'alpha' position held by the males in our society is threatened and snatched from them. And therefore, the brutally angered backlash (in the form of abduction, rape and murder – including burning a victim alive), is hypothesized to be alter ego to a hurt, sad and erstwhile alpha community.

The legal machinery has proven to be a paper tiger and is often observed to be insensitive to the gender based violence. Persistent efforts by civil society organizations and NGOs have managed to create awareness but haven't been quite successful in curbing the menace, as reports pile on in the judiciary system. Since the roots of such a backlash is at the community level, it is only sensible to work at the grassroots. Efforts towards mending such unsafe communities should involve the very community from where the problem has emerged. It has therefore become imperative to not just focus on training women in martial arts or restricting their mobility and choices, but more importantly empowering males and their primary caregivers with information about a healthy sense of parenting, androgynous gender role development and beliefs that promote an interdependent dynamics of all genders in our 'human' society. A safe community would be the one where the future generation is sensitive, tolerant and supportive of empowerment, irrespective of gender or sex.

In order to accomplish the aim, a re-socialization program is launched: 'R.O.A.R' (Rise over Abusive Regime). An inter-disciplinary effort by the departments of Sociology and Psychology at Mithibai College of Arts, R.O.A.R is an inclusive program with multiple, yet basic objectives. (i) R.O.A.R seeks to identify the awareness about the forms of abuse (ii) It aims to spread awareness about recognizing and dealing with the varied forms of abuses in our society, and thereby encourage healthy community settings (iii) It aims to offer intervention strategies against the unhealthy abusive regimes in our human community. We aim at enabling safe

community settings for all genders, free from all forms of psychological, social, emotional, sexual or verbal abuses or harassment.

At its nascent stage, a pilot social experimental attempt, involving the young adults of our college is conducted. The agenda is to identify and spread awareness about recognition of unjust social behaviour like harassment and abuse and further on, to also identify if young adults know how to handle such situations when they arise. Pilot intervention findings reveal deeper, unrecognized human factors during such horrific incidents.

The further program is spread over multiple phases, involving farther outreach social experiments, authentic testimonies on social media to generate awareness, a survey on the understanding of abuse, workshops and seminars, healing and recovery sessions of survivors and re-socialization programs for the community at large. An approach towards awareness, sensitization and a deeper understanding of the right to consent, privacy and boundaries fuels this initiative. The program involves a core team of trained personnel, experts, students and local law enforcing authorities.

The expected outcome of this preventive and intervention initiative is to facilitate healing to the survivors and re-inculcate the values of justice, equality, empathy and the courage to take a not just a cognitive or affective, but a behavioural stand against any form of abuse to one's own self and/or the community at large.

## **SYMPOSIUM- III**

# **Workplace Well-being, Collaboration & National Policy**

**1. Law & Social Transformation - It's Effect on Mental Health**

- **Dr. Rajeshri Varhadi**

*Head of the Department of Law, University of Mumbai*

Law and society are intrinsically connected, they are interdependent on one another and changes in one, contours the development of the other. Social change modifies how people think and perceive social structures and that in turn influences the law that the legislation passes. Law is the reflection of the will and wish of the society. It is said, that if you want to study any society, you have to study the laws enacted by that society and you come to know whether the society is developed or not. Legal changes can be spear-headed by individuals or civil society movements. Social reformers like Raja Rammohan Roy and Swami Dayanand Saraswati lead the way to the passing of Legislations like the Dowry Prohibition Act 1961, The Prohibition of Child Marriage Act 2006 and the Sati (Prevention) Act 1987. In modern times, events like the Nirbhaya rape case lead to the legislature to pass stricter rape laws<sup>1</sup>. The rise in awareness of domestic violence cases resulted into passing of the Domestic Violence Act<sup>2</sup>. Similarly, Feminist movements gave the push for an amendment in the Hindu Succession Act<sup>3</sup>, to allow women equal right to inheritance.

Law is rooted in social institutions and in socio-economic networks. These social factors influence the course of law or the direction of legal change. This is the outcome of personal and social interactions which are variable and often unpredictable. At the same time, law may itself change social norms in various ways. For example, in India, Consumer Protection Act was passed in 1986 which has been reformed and known as Consumer Protection Act 2006. Thus it has been proved that laws are passed to accommodate the changes and requirement of the society.

The Judiciary too, plays a pivotal role in bringing about social change. Through its progressive judgements and innovative interpretation, Courts have brought along social changes. Judgements like the Vishaka<sup>4</sup> case, which paved the way for passing of the POSH Act<sup>5</sup>, judgements have led to upholding of the virtues enshrined in our Constitution, those of equality, liberty and morality.

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.<sup>6</sup>

Modern beneficial legislations like Juvenile Justice Act<sup>7</sup>, POCSO<sup>8</sup> and amendments Maternity Benefit Act<sup>9</sup>, also help in strengthening the public perception of Law and Society. Citizens in India will have mental peace, knowing that law is upholding and protecting of their rights. Indian citizens have a guarantee of preservation of Fundamental Rights<sup>10</sup> and any violation of

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<sup>1</sup> The Criminal Law (Amendment) Act, 2013

<sup>2</sup> Protection of Women from Domestic Violence Act, 2005.

<sup>3</sup> The Hindu succession (Amendment) Act, 2005.

<sup>4</sup> Vishaka v State of Rajasthan, (1997) 6 SCC 241

<sup>5</sup> Prevention of Sexual Harassment at Workplace (Prevention, Prohibition and Redressal) Act, 2013

<sup>6</sup> World Health Organization

<sup>7</sup> Juvenile Justice (Care and Protection) Act, 2015

<sup>8</sup> The Protection of Children from Sexual Offences Act, 2012

<sup>9</sup> The Maternity Benefit (Amendment) Act, 2012

<sup>10</sup> Art 32, Constitution of India, 1950

the same can be brought to question before the Honourable Apex Court of India. This protection provided to the people ensures their emotional wellbeing by securing them their rights, by knowing that any violation of their Fundamental Rights has a redressal.

A strong, legal system that is committed to the values of humanity also ensures mental health and well-being of its citizens by ensuring that their daily lives are facilitated by the laws and regulations set in place, as well as a benevolent and ethical judiciary that actively checks any incursions into the fundamental and legal rights of the citizens. It can be concluded by stating that effective law-making brings about better mental health and well-being of all its citizens. The ultimate goal of all laws is to bring about safety, peace and happiness of all that are bound by it and therefore, reasonable, enabling and effective laws make for happier, emotionally secure citizens.

**2. Revival and Reintegration of Community Living through Cooperative Housing Community Programs: An Exploratory Enquiry**

- **Dr. Rekha Wagani**

*Assistant Professor, AIBAS, AUM*

Modern world is witnessing a radical change in the family value systems. Various researchers are showing disintegration in the family system resulting a movement from more joint family systems to more nuclear family systems. This change is assumed as a biggest hurdle in the overall development of the child may be affecting mainly psychological, social, emotional and spiritual dimensions. It is assumed that these changing the value systems is creating endangering environment for new generation. Few research efforts were carried out to explore changing role of present community living and its role in reintegration of individual with community at larger level. The positive side of the same is missing in the present literature. In the present situation concept of cooperative housing community is changing and various changes at infra level may contributing in the overdevelopment of individual. Increasing various celebrations at community levels like national, sports and cultural event may helping in the process of reintegration and bridging the gap in the process. The present paper is an exploratory study aimed to explore the effect of various community level programs on the process of reintegration. The second objective is to find out that how these facilitates reintegration of the individual of all age groups in the current structure of cooperative housing society communities. The third objective is to explore that how such changes has brought positive mechanism through integration and cohesiveness. The present study uses the open-ended questionnaire to explore the perception of the people. The results of the study provide interesting insights about the process of reintegration. Various kind of different exposures and involvement at societal level enables kids and families to think in more open way. It creates conducive environment with less outer impositions on the individual and facilitating positive development of kids especially. The freedom to choose and interact with different people reduces the unnecessary negativities which was earlier reported as a result of joint family culture. The results of the study add a new dimension in today's community living. The paradigm shift can be seen in the present study which indicates evolution in community living standards and improved understanding about reintegration of community members in community living.

*Keywords: Community living, Reintegration, Cooperative Housing Societies, Disintegration of families*

**3. Organisational Factors and Workplace Well-Being**

- **Dr. Siddharth Soni**

*Assistant Professor, AIBAS, AUM*

Workplace Well-being relates to all aspects of working life, from the quality and safety of the physical environment, to how workers feel about their work, their working environment, the climate at work and work organization. Employee's well-being is a key factor in determining an organization's long-term effectiveness. Many studies show a direct link between perception regarding organizational factors and the general health and well-being at the workforce. Organizational commitment is one of the important components of well-being of the working personals at the workplace. Perceived organizational stressors were considered as organizational factors in the present study. A healthy banking system is essential for any economy striving to achieve good growth and yet remain stable in an increasingly global business environment. Banking all over the world is moving in a new direction, as the memories of global financial crisis are gradually fading. In today's global world, the employee-employer exchange relationship is vulnerable to many contextual and situational threats, such as layoffs, little or no job security, greater reliance on contractual workers and fewer opportunities for promotion, which make it very difficult for organizations to increase and sustain their employees' levels of identification. Consequently, employees are more likely to perceive the employer's psychological contract breach, which can subsequently decrease their organizational commitment. The present study examined the relationship between perceived organizational stressors namely work overload and role ambiguity, psychological contract breach, positive psychological factors such as hope and optimism and organizational commitment. Study also examined the mediating role of positive psychological factors such as hope and optimism on perceived organizational stressors and organizational commitment relationship. A total number of 285 (n=127) public and (n=158) private sector bank employees participated in the study. Participant's responses were measured by quantitative workload inventory, role ambiguity scale, psychological contract breach scale, psychological capital and organizational commitment scale. The data was statistically analysed through correlation, regression and mediation analysis. Research findings partially supported the hypothesized patterns of relationship between the variables in the study. It was reported that perceived organizational stressors such as work overload, role ambiguity and psychological contract breach were significantly negatively correlated with organizational commitment and positive psychological factors such as hope and optimism have potentially mediated the relationship between perceived organizational stressors and organizational commitment of working personals in public and private sector banks. The findings of the present study have significant implications for public and private sector banking organizations, which are trying to increase the commitment level of bank employees of both public and private sector bank employees through boosting their positive psychological factors in terms of hope, optimism that will help to facilitate the stress free environment for them. Public and private sector banks would benefit greatly by building the positive psychological factors among their employees.

*Key words: Perceived organizational stressors, Positive psychological factors, Organizational commitment, Bank Employees*

# **PLENARY SESSION I**

## **Creating Healthy and Safe Communities**

**1. Parental Acceptance and Rejection and Its Effect on Young Adults and Substance Abuse.**

- **Shammo Banerjee<sup>1</sup> & Dr. Lakhminder Singh<sup>2</sup>**

*1 – Student, AIBAS, AUM*

*2 - Assistant Professor, AIBAS, AUM*

The epidemic of substance abuse in young generation has assumed alarming dimensions in India. Changing cultural values, increasing economic stress and dwindling supportive bonds are leading to initiation into substance use. According to the World Health Organization (WHO) substance abuse is persistent or sporadic drug use inconsistent with or unrelated to acceptable medical practice.

Substance abuse in adolescents and young adults has seen an upward trend in the last 20 years. Adolescents and young adults have been delved into licit and illicit substances. Substances like alcohol and cigarettes are gateway substances for adolescents as they are legal substances readily available in the market for consumption. These gateway substances then leave these developing individuals vulnerable to fall into this vicious sinkhole which is substance abuse.

A substance generally refers to a drug, a medication, or a toxin. Substance / Drug abuse is the inappropriate use of a substance to alter or manipulate an individual's state of mind. The problem with this is that it is generally done in a way that is illegal or harmful to that individual. Higher rates of substance use are also associated with leading causing of death among youths: accidents, suicide, and violent crimes.

The growing use of substances young adults have skyrocketed massively in the past few decades and has been the cause of many suicides, accidental deaths and hospitalisation of the youth. The underlying causes as to which the youth turns to these substances are varied. These causes can be stress, anxiety, depression, unhealthy coping mechanisms, unreal expectations, lack of awareness and 'self-medication'. Substance use can not only affect the physical well-being of an individual but psychologically cripple them. The word 'abuse' is used throughout in this study refers to the repeated use of substances to the point that is detrimental to one's health. Parental acceptance and rejection may play a huge role in young adults using substances as it may pave their path either into substance use or away from it. The objective of this study is to find whether parental acceptance and rejection plays a part in substance use in young adults.

**2. Effect of QPR Gatekeeper Training for Suicide Prevention on Health Professionals.**

- **Papiya Saniyal**

*Research Scholar, Banasthali University*

Suicide is a global health alarm and recent efforts have put greater emphasis on early prevention. Medical illness specially depression is the utmost risk for suicide therefore mental health nursing staff who take care of physically ill patients are required to recognize people with high suicide risk and offer initial response. Nurses often not have educational training regarding suicide prevention. However, limited research has been made in this field. More research is needed. Therefore, the aim of the present study is to explore the efficacy of QPR gatekeeper training for suicide prevention on mental health nursing staff. 20 mental health nursing staff from Bhakti Vedanta Hospital and Research Institute will be taken. Changes in



knowledge and attitudes (self-efficacy) about intervening with suicidal individuals will be studied. Self-reported questionnaires at three points; pre, post and ten days after the intervention will be assessed. Thus the present study will show how QPR gatekeeper training significantly improves suicide prevention knowledge and attitude of mental health nursing staff to identify people with high suicide risk, and offer initial response which will help in reduction of suicide rate.

*Keywords: QPR gatekeeper training, suicide prevention, knowledge and attitude, mental health nursing staff.*

**3. A Comparative Study on Depression, Anxiety, Stress among High School Female Students of Science and Commerce Stream.**

- **Pathik Gheewala**  
*Student, AIBAS, AUM*

The study aimed to compare science and commerce stream high school female students' level of depression, anxiety and stress. This study was carried out in the city of Mehsana, Gujarat. 60 Participants were randomly selected from 4 different schools of the city. For the purpose of data collection DASS-42 (Depression, Anxiety, Stress Scales) questionnaire was used, where all the scales were administered on participants and scoring was done as per the manual. Data were analysed by t-test with the help of IBM SPSS Statistics. The study revealed that there exists significant difference between the level of anxiety among the female students of science and commerce, but no significant difference was found between the level of depression and stress among the female students of science and commerce.

*Key Words: Depression, Anxiety, Stress, High School, Female students, Mehsana*

**4. The Role of Environment in Determining Creativity of Children**

- **Preksha Rawal**  
*Student, AIBAS, AUM*

Creativity is the power of the human mind to create new contents by transforming relations and generating new correlates. Global creativity research has identified a number of environmental, situational and personal factors which affect an individual's ability to be creative. It was also identified that creative thinking can be enhanced by situating individuals in natural settings, i.e., the environment plays an important role in development of creativity.

The recent survey conducted in Indian schools to understand the current level of focus on creative thinking in school education and the need for it in student's lives as they prepare to join the workforce over the next decade found the following data;

- a) 100% of corporates believe creative thinking to be an important skill
- b) 59% of parents said that the present day education system is not fostering creative thinking among students and 50% of them believe that it's the school's responsibility to work on it.
- c) Over 50% of educators feel that the current education system is not geared towards fostering creativity, and 34% of them cite that lack of resources, tools & programs basically the learning environment despite the advancement of technology does not promote creativity and lastly, it was found that
- d) Only 10% of students are at their creative best in the classroom.

- e) In addition to this, the survey found that 96% parents and 94% corporates believe that schools need to make more efforts towards inculcating creative thinking among students. Parents and educators also agreed that students need to spend at least 20% more time honing creative thinking abilities in an academic year within the school system.
- f) The aim of this paper is to understand the role of environment in determining the creativity of children. An intensive review method was carried out to understand the role of environment in determining creativity of children. The articles which were published between 2012 and 2017 were included in this study.

The result of this review firstly suggests that there is a lack of awareness regarding the importance of developing creativity among children in school settings. Secondly, it was found that there is lack of resources to promote creativity and it's counterparts like divergent thinking, originality, curiosity, etc. A number of factors play a role in enhancing the creativity level of an individual in which environment plays an important role in both promoting and developing the creative aspects of an individual.

The implication of the paper is to spread awareness regarding the importance of developing creativity in children among teachers, parents, principal and other educators. Also, to incorporate these techniques in the current education system and build a creative classroom environment for children which helps enhance and bring out their creative abilities.

*Keywords: Creativity, Children, Environment, Development and Awareness*

**5. A Correlational Study Between the Use of Illicit Substances in Indian Adolescents and Its Associated Gender Differences, Coping Mechanisms, and Precipitating Factors**

- **Rachna Rakesh Sharma**  
*Student, AIBAS, AUM*

Adolescents are “biologically wired” to seek new experiences and take risks, as well as to carve out their own identity. Experimentation with illicit drugs and substances may fulfil all of these normal developmental drives, but in an unhealthy way that can have very serious long-term consequences. Many factors influence whether an adolescent tries drugs, including the availability of drugs within the neighbourhood, community, and school and whether the adolescent’s friends are using them. Easier accessibility and social norms of the 21<sup>st</sup> century have made it even easier for the youth to procure and indulge in substances such as party drugs.

There are many reasons adolescents continue to use these substances after brief introductions, including the desire for new experiences, an attempt to deal with problems or perform better in school, and simple peer pressure. In addition, peer acceptance with regard to use of illicit substances for recreational purposes has also led to an increased usage of dangerous substances by adolescents.

The constantly evolving relationship between college-going adolescents and their recreational and seemingly harmless substance use is one of concern, as even though the adverse side-effects of such malpractices are apparent, interventionary methods seem to have little success. The consequences of this usage are complex and depend not only on the frequency and quantity of use, but also on the substance and individual characteristics such as weight, gender, age,

genetics, and other comorbidities. There are also several psychosocial, cognitive, professional, and personal consequences to be suffered due to prolonged and unsupervised use.

A better understanding of the factors that give rise to substance use, and knowledge of coping mechanisms and how they differ among genders, would help provide a clearer assimilation of demographic variances (in terms of gender only, for the purpose of this study), and would help the development of appropriate interventional measures that will facilitate a reduction in substance abuse among individuals.

Thus, this research paper was actualized to clearly define and understand the concepts of substance abuse in the adolescent population in India. Furthermore, this research paper seeks to highlight the commonly associated triggers (precipitating factors) that lead to substance indulgence, and to explain the coping styles/mechanisms that increase the risk of substance use, with added focus on gender differences.

For this purpose, research will be carried out by examining all references relating to recreational substances and party drugs (specifically, Marijuana, Ecstasy, Morphine, and LSD) and its detrimental psychosocial and biological effects. The aforementioned references include peer-reviewed articles, original studies, and meta-analysis with no language restriction, published within a 25-year frame. The review of literature was conducted by the use of certified journal engines such as PubMed, ProQuest, Google Scholar, The Lancet, and similar databases.

For collection of data, equal numbers of both genders (75 male and 75 female college-going students who are self-admitted users of recreational substances/illicit drugs, between the ages of 18 to 25 years) will be administered a series of tests to assess and understand the frequency and intensity of their substance use, the precipitating factors that coax them to indulge in substance use, and the patterns of coping mechanisms they use on a regular basis. The collected data will be entered into Microsoft Excel and further analysed statistically using the SPSS 26 software and factor analysis.

Results will be presented in a graphical and tabular format as seen relevant, and gender differences will be highlighted.

**6. Research on the comparison of emotional intelligence between young adulthood and middle adulthood**

- **Twinkle Savla<sup>1</sup> & Ritu Yadav<sup>1</sup>**

*1 - Student, AIBAS, AUM*

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage one's own emotions in positive ways to relieve stress, communicate effectively, empathize with others, self-awareness, social deftness and the ability to delay gratification, to be optimistic in the face of adversity, overcome challenges and defuse conflict. The present research is a comparative study based on primary data collected on the age groups belonging to young adults and middle adults (stages given by Erik Erikson). The emotional intelligence of young adults and middle adults was compared and the results were concluded. While looking at the results, the middle adults seem to have higher emotional intelligence than the young adults. The reason for this could be having more life experience than the latter group. To improve emotional intelligence, one can empathize with others, practice ways to maintain positive attitudes, be motivated.

*Keywords: Emotional Intelligence, Intelligence, Empathy, Understanding, Management, Adaptability.*

**7. Relationship Between Internet Addiction, Self Esteem and Impulsive Behaviour in Youth: An Exploratory Study**

- **Abhishek Karishiddimath**  
*Student, AIBAS, AUM*

Introduction: Internet addiction infers the over usage of internet to such degree that our customary everyday presence breaks down. Toward the end it prompts to finish breakdown of our own and social relationship, work and rest standard and also our disposition and thinking capacity. Two important factors in IA is self-esteem and impulsive behaviour. Especially, it is assessed that there is a noteworthy connection between low self-esteem and IA. Objective: The objective of this paper is to understand the concept of Internet addiction, its relation with self-esteem and impulsive behaviour. The researcher intends to study individually the relation between internet addiction and self-esteem and the relation between internet addiction and impulsive behaviour. Methodology: The study was conducted by reviewing existing literature on Internet addiction in youth. Numerous studies related to internet addiction from all around the world were evaluated to understand the effect of internet addiction and if there exists a relationship between internet addiction, self-esteem and impulsivity. Findings: The findings of the study have supported the proposed relationship between the variables and in light of the results its social implications will be discussed.

**8. Perceived Role of Community in Quality of Life of The Elderly: A Phenomenological Approach**

- **Aishwarya Marathe<sup>1</sup> & Dr. Rekha Wagani<sup>2</sup>**  
*1 – Student, AIBAS, AUM*  
*2 - Assistant Professor, AIBAS, AUM*

Aging, a universal phenomenon with increased risk of disease, disability, lowered functional capacity and eventual death affecting every individual, family, community and society at large. Changing family equations, rising elderly population and severely limited old-age income support exposes them to socio-economic and healthcare policy challenges, which impacts their quality of life (QOL) in the long run. Quality of life of this group of population is a crucial concern which reflects health status, well-being and their vulnerability. Various researches highlight importance of community from a systems perspective, comprising different parts like medical, psychological, spiritual, social, religious representing specialized functions, and activities or interests each working within specific boundaries in meeting community needs and improving quality of life. Well-connected and interdependent sectors sharing responsibility for recognizing and resolving problems for enhancing its well-being are at the heart of a healthy community. This is evident, particularly in Indian scenario where individual value system highly depend on community and the society that we are part of which help us in enhancing our quality of living. However, limited research efforts are gone into enhancing quality of life of elderly in Indian setting. The present paper employs a phenomenological approach to understand the effect of community support and community system on quality of life of elderly in the age range of 65 and above. The present qualitative study uses a Semi-structured interview to understand and study the perceived community support and role of community systems in

quality of life. The result of the study provides captivating insights about community system and support

**9. Aggression and Anxiety Levels of Pet Owners and Non-Pet Owners**

- **Aman Dubey<sup>1</sup> & Ichcha Dubey<sup>1</sup>**

*1 – Student, AIBAS, AUM*

Agreeably, owning a pet has been positively thought of reducing the anxiety and aggressive behaviours and feelings of an individual regardless of age and gender. The objective of the research was to investigate whether there is any difference in the level of social anxiety and aggression between pet owners and non-pet owners, this was done using Buss and Perry (1992) Aggression Questionnaire and Multidimensional Anxiety questionnaire by William M. Reynolds, PhD. The sample size of the investigation is 60, with 30 are pet owners and 30 non pet owners, selected via snowball and random sampling. The importance of the research is to emphasise how important coexisting with animals is, as well as to highlight that our emotional and mental well-being is healthier when we are bonding with pets.

The independent variable of our research is whether or not our participant(s) are pet owners; the dependent variable is their levels of aggression and anxiety. After a literature review, it can be said that the relationship between the animals' presence and behaviour with the owner's emotional and mental well-being seems positive. Numerous animal assisted therapy research papers have proven that existence of pet in one's life helps reduce the anxiety and aggression levels in a significant manner (Bente Berget, 2011). Moreover, there might be a minor difference as such in the aggression levels and anxiety levels of non-pet owners which is partially supporting the hypothesis.

*Keywords: Aggression, Anxiety, Animal-Assisted Therapy, Coexistence.*

**10. A Study of The Relationship Between Parental Communication and Adolescent Well-Being**

- **Vismaya Kulkarni**

*Student, AIBAS, AUM*

This study aims to establish a relationship between parental communication and adolescent well-being. Adolescence is a transition phase. Adolescents under the influence of strong emotions, without the tools to regulate them, can be identified as dangerous. Throughout the past decade many cases of poor emotional regulation in adolescents have been documented, including school shootings, murders, and suicides. The quality of parent - child communication is often associated with children's behaviour. As studies prove, parental communication has a major effect on a child's psychological and emotional well-being. It is extremely important for the parental communication to be effective; parental communication is also responsible for shaping an individual's life and thought processes. Open and quality communication consists of free flowing of factual and emotional information, and the presence of positive relationship characteristics within the family such as support, affection, and appropriate boundaries. Communicating openly with children not only helps them understand the importance of it in their lives, but also most importantly portrays the hazardous effects of substance use. These studies conclude that parents play an important role in their children healthy development as they communicate their opinions and disquiets about substance use and expectations for appropriate behaviour directly to them. Various studies also suggest that an improvement in

the quality of communication between a child and a parent reduces the risk of poor academic achievement and low self-esteem among children. Parental communication also has an impact on the development of emotional regulation in adolescents.

The purpose of the study is to find the relationship between perceived parent-child communication and adolescent well-being. For the purpose of the test, data was collected from 30 males and 30 females aged between 16 and 19 years old, with the help of 'Riff's Scale of Well-Being' and 'Barnes and Olson Parent-Adolescent Communication Scale'. The findings were hypothesised to have a positive correlation and were consistent with the literature and furthered current literature, by discussing specific interventions therapists could utilize while working with clients in therapy, such as using therapy as a model for effective interactions.

*Keywords: Parental Communication, Adolescent, Well-Being*

### **11. Impact of Parenting Styles on Social Maturity of Adolescents**

- **Amisha Dusane<sup>1</sup>, R Gayathri<sup>1</sup>, Gayatri Joshi<sup>1</sup> & Manas Gandhi<sup>1</sup>**

*1 – Student, AIBAS, AUM*

Parents play a very important role in shaping the personality of their children, since their childhood, with their actions, their ideals and their principles. In this process, their parenting style affects the growth and development of a child in both personal and social aspects of their life. The way a parent behaves with their child provides a role model to the child's behaviour in the society from childhood to adulthood. As a result, their social maturity can be directly impacted by the respective parenting style.

Parenting Styles, as defined by Darling and Steinberg (1993), is "a constellation of parents' attitudes and behaviours towards children and an emotional climate in which the parents' behaviours are expressed."

Social Maturity, as defined by Lawrence and Jesudoss (2011), is "the process of appropriate attitude for personal, interpersonal and social adequacies of an individual which are essential for functioning effectively in the society."

The parenting style adopted by a parent can be influenced by variety of factors including, their past experiences, ethics, priorities, expectations of their child, the socio-economic structure, the family structure, the interpersonal relationship with the other members of the family, the society, the gender of the child etc.

A child's social maturity can be directly impacted by the respective parenting style. A child's the first position of inspiration is their parents and if parenting style is not nurturing enough or not compatible with what the child needs, it can have more negative impacts than the other factors that can cause such issues.

The parenting styles as identified by Diana Braumind are Authoritarian, Authoritative, Permissive and Neglectful.

The aim of this research paper is to study the impact of parenting styles on the social maturity of adolescents on the basis of their gender. This research paper will follow correlational analysis between the two variables, i.e., parenting styles and social maturity.

The null hypothesis in this research paper is that “there is an association between the two variables”

The subsequent alternate hypothesis is that “there is no association between the two variables”

In this research, along with the correlational analysis, the extent to which the gender of the child affects parenting style is also studied.

The research will be a quantitative research. For this research, 30 families living in an urban area will be selected randomly, out of which, 15 families would consist of a male child and the other 15 would have female child.

The Parenting Styles Four Factor Questionnaire (PS-FFQ) by Shyny T.Y. would be conducted on the parents and the Social Maturity Scale by Dr. Nalini Rao will be conducted on the child. The scoring of both the tests will be done and the value will be tabulated. Segregation in the groups will be made on the basis of gender.

The expected result is that the null hypothesis will be proven right and that significant difference will be seen in the parenting style experienced by children on the basis of gender.

The results of this research will provide better insight into the workings of parenting styles and the impact they have on a child with respect to their social maturity. After studying and understanding parenting styles, making parents aware about their style can actually make them realize the reasons behind their child’s behaviour. Parents can also get an insight about their child’s qualities and may understand the ways to improve them.

Child’s social interaction skills develop from the family itself and the results can make us understand what modifications can be done for the development of child’s potential.

The results can help other caregivers in the child’s life such as the teachers, relatives etc. notice certain socially immature behaviour exhibited by the child and advise the respective parents about the ill impact their parenting style can have on their child.

In a country like India especially, it has become important to analyse the kind of parenting style used in urban areas and the kind of impact it has as Indian families have been criticised to use a more dictatorship type of parenting style with their children. Making them aware of the impact such parenting style can have on the child will help improve the way of living for such children who might not develop as socially mature as their other peers.

**12. A Comparative Study on Family Environment of College Going Males and Females**

- **Amita Susan**

*Student, AIBAS, AUM*

United Nation, 1945 has defined family as. "The family is the natural and fundamental group unit of society and entitled to protection by society and state." The family environment "involves the circumstances and social climate conditions within families. Since every family includes different individuals in a different setting, each family environment is one of a kind and therefore the family environments could be different in many ways. Lack of parental involvement has been found to have a broad range of adverse outcomes for youth, including risk-taking behaviour and deviant peer relationships (Dishon, Nelson, & Bullock, 2004; Ehrlich, Dykas, & Cassidy, 2012). Many studies have been conducted in the past on family environment and its overall impact on individual's social life. One such study by Dr. Pramod Kumar & Rashmi Shukla found that students who rated higher on family environment were found to be good predictors of their interpersonal abilities and peer relationship. Though there are many research studies in this area, it is yet an important variable and needs our attention since, college students face lots of challenges dealing with them every day. The main objective of the topic was to find out the significant impact of family environment on collage going students. A total sample of 60 was taken out of which 30 were females and 30 males in the age range 18-25 participated in the study. Family environment scale developed by Dr. Harpreet Bhatia and Dr N.K. Chadha was used for the study. The dimensions of the scale are cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization, and control. The gender difference is being studied in this research paper.

*Keywords: family environment, males and females, college students*

**13. Effects of Crowding on The Mental Health of Individuals**

- **Anika Sharma<sup>1</sup>, Merigala Rhema Blessie<sup>1</sup>, Reet Saxena<sup>1</sup> & Sreelakshmi A S<sup>1</sup>**

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The investigation of the consequences of crowding on mental health continues to be a controversy laden area of research with many findings and theories. With the burgeoning population, crowding is a potential source of stress and other factor that have a detrimental effect on the mental health of an individual, especially in the country like India which ranks second only to China in the world in terms of population with a population density of 459.6 people per square kilometre. The purpose of this study was to investigate the relationship between crowded lifestyle conditions and mental health. It included a comparative analysis of the aggregate data in the studies about crowding and overpopulation and correlating it with indicators of mental health in individuals such as anxiety, depression, stress levels, frustration, aggressive behaviour, restlessness, etc. The psychological repercussions of crowding in India have been studied by several Indian psychologists in many Indian cities such as Allahabad, Ahmedabad, Pune, Varanasi and Jaipur as well as some rural areas of Rajasthan. Some of these research analyses of crowding have been conducted in the laboratory, but many more have been undertaken in routine settings such as households, offices, traffic, public transport (for example, auto rickshaw, local trains, buses, etc.), locations of public gatherings (such as cinema halls, malls), places of religious significance (such as famous temples, mosques, churches), etc.



The design of the study comprises a review of a number of studies focusing on the phenomenon of overcrowding in human population and studies investigating factors for poor mental health and attempts to correlate the two. The review identifies nearly 25 studies that cover, directly or indirectly, the impact of overcrowding on the mental health of General Adults, Adolescents, and Children.

The findings of this study indicate that the definition of crowding differs from person to person, based on their perception because of individual differences in their cultural, social, personal and psychological viewpoints. Crowding stress was most frequently experienced public settings rather than homes. Furthermore, stress increases proportionately with the extent that crowding is perceived as a status rather than a state in adolescents, especially. As a result of the diverse range of types of evidence and their similar results, it is possible to conclude that there is a definite relationship between overcrowding and general adult mental health. There is also recent evidence of a relationship between overcrowding and children's mental health.

*Key words: Crowding, Mental health*

#### **14. A Study of Issues Faced by Old Men**

- **Apurva Vijay Shivanagi**  
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As we know there are 60% people in the world who are in old age. The old age is an integral part of human life. It is evening of life, an unavoidable unwelcome and problem-ridden phase of life. Problems of aging usually appear the after age of 65 years. But it is really interesting to note everybody wants to live a long life, but not to be old. It is ironical that however undesirable the old age, it is bound to come in life. A man is compelled to go through the pains and pleasures of this age like the other phases of life before making an exit from this mortal world.

An elder people are full of experiences and even though experiences are of immense help to the younger generation, he is taken as an unwanted burden. The person himself is caught in a terrible feeling of redundancy. Thinking of old age visions of loneliness and neglect emerge in mind. The picture becomes all the more awesome with the failing health and illness. A sense of despair glooms over all his pleasant feelings.

Though it is true that no stage of life has its ever-smooth sailing and every stage has its attendant problems, those of old age are more difficult and insurmountable because the physical strength and mental capability required to cope up with the adverse situation of life are immensely reduced. The situation becomes all the more difficult when one finds himself/herself left alone without anyone to attend him.

Objectives of the study:

Generation Gap-

This phrase is often used when we speak about communication problems between parents and children. The study focusses on upon heredet5 main problems:

Physiological problems: this is a period of physical decline. The physical condition depends partly hereditary constitution, the manner of living and environment factors. Vicissitudes of

living, faulty diet, malnutrition, infectious, intoxicants, gluttony, inadequate rest, emotional stress, overwork, endocrine disorders and environmental conditions like heat and cold are some of the common secondary causes of physical decline. The senior citizens are more prone to accident because of their slow reaction to dangers resulting in malfunctioning of the sense organs and declining mental abilities, the capacity to work decreases.

Psychological problems: mental disorders are very much susceptible to psychotic depressions. The two major psychotic disorders of older people are senile dementia (associated with cerebral atrophy and degeneration) and psychosis with cerebral arterio sclerosis (associated with either blocking or ruptures in the cerebral arteries. It has been observed that these two disorders account for approximately 80% of the psychotic disorders among elderly people in the civilized societies.

Emotional Problems:

Decline in mental ability makes them dependent. They no longer have trust in their own ability or judgements but still they want to tighten their grip over the younger ones. They want to get involved in all family matters and business issues. Due to generation gap the youngsters do not pay attention to their suggestion and advice. Loss of spouse during old age is another hazard. Death of a spouse creates a feeling of loneliness and isolation. The negligence and indifferent attitude of the family members towards the older people creates more emotional problems. These emotional problems may end up with depression.

Social Problems: Senior Citizens suffer social losses greatly with age. Their social life is narrowed down by loss of work associated, death of relatives, friends, spouse and weak health restricts their participation in social activities. The home becomes the Centre of their social life which gets confined to the interpersonal relationship with the family members. Due to loss of most of the social roles they once performed, they are likely to be lonely and isolated severe chronic health problem enable them to become socially isolated which results in loneliness and depression.

Financial problem: retirement from service usually results in loss of income and the pensions that the elderly receive are usually inadequate to meet the cost of living which is always on the rise. With the reduced income they are reversed from the state of 'Chief Bread winner to a mere dependent' though they spend their provident fund on marriages of children, acquiring new property, education of children and family maintenance. The diagnosis and treatment of their disease created more financial problem for old age.

This is a period deterioration and social alienation in some cases, loss of spouse, friends, jobs, property, etc. for this study, population ranging from age 55 above were focused.

Result of the study:

The study shows that senior citizens are actually facing these problems but ranges vary from one individual to another. Apart from any other problem these people are more prone to face emotional problems and the conflicts than any other problem.

### Conclusion

The study emphasizes on the fact that senior citizens suffer emotional problems more as due to the loss of spouse, friends, some family problems, etc. family problems like not living with their children bothers them a lot.

### Discussion:

To have emotional problems at last end up with depression and nausea. This may lead to promoting mental disorders like amnesia, schizophrenia, etc. People who are not leaving with their children tend to have more social problems.

### Future Implements:

- New generation should have orientation program so that, they would get an idea of what problems their parents or grandparents are suffering from?
- When parents are upbringing their children, they should inculcate proper ethics and values in the children as children follow their parents more.
- There should be the mandatory subject in every course like 'Adulthood and Aging' so that people would know the scientific reason behind the behavior of senior citizens.

### **15. A Study of Relationship Between Socio-Economic Status and Subjective Well Being Among Young Adults**

- **Ashish Kumar Gajbhiye**  
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Socio-economic status (SES) is defined as the social class or standard of an individual. It is usually measured by the composite factors of education, income, and occupation. Baker (2017) defined socio-economic status as the overall household income, wealth of the overall household, or subjective SES. The term Subjective Well-being (SWB) is defined as an individual's personal perception of affective reactions (positive or negative) and cognitive judgments.

Subjective well-being is very essential for the mental health of an individual, group of individual, community, or an organization. Socio-economic status, which represents a certain group of people who are classified on the basis of financial, occupational, and also educational related terms, is reasonably important to SWB. Diener et al., (1993) and Inglehart (1990) associate SES and SWB that increase or decrease in income does not and/or had no long term effect on SWB. But, Nettle (2011) showed that higher socio-economic groups are more satisfied with life and have higher level of perceived personal control of their lives.

Objective of the study: Present study aims to find out how socio-economic status (SES) affects subjective well-being (SWB) among young adults. It will also relate on how high or low SES effects on SWB among young adults. For this purpose, a survey of 50 individuals has been done. For assessing SWB, Ryff's Psychological well-being scale has been used for this study and for assessing SES, it has been covered in the demographic details of the participant.

The favourable results of this study can be that high economic class leads to high SWB or it can be that low economic class leads to low SWB, whereas, middle economic class can have their explanatory reasons which may or may not tend to show variation on SWB. Another,

outcome can be related on an on-going debate which is about money and well-being can be associated with this survey. The findings of the study will be illustrated in the research paper.

**16. Psychology and Law: A Case Study (Juvenile Delinquency)**

- **Aswani Priyanka Jagdish<sup>1</sup> & Utkarsh Nayan<sup>1</sup>**

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Law and Psychology are two different fields, but have a lot in common. Psychology means to understand and explain human behaviour, while law means to regulate human behaviour. Legal Psychology involves psychological research of the law, legal institutions, and people who come into contact with the law. Together, Legal Psychology and Forensic Psychology form the topic more generally recognized as "Psychology and Law". "Juvenile Delinquency, is an act of participating in unlawful behaviour as minors." (Juveniles, i.e. individuals younger than the statutory age of majority). It is a serious offence and it is detrimental for the social order in any country. "A Juvenile Delinquent in the United States is a person who is typically below 18 (17 in Georgia, New York, Michigan, Missouri, North Carolina, New Hampshire, Texas, and Wisconsin) years of age and commits an act that otherwise would have been charged as a crime if they were an adult. Depending on the type and severity of the offence committed, it is possible for people under 18 to be charged and treated as adults." A legal system is necessary for the proper functioning of a society since it tries to solve ample number of problems existing in the society. Though some legal authorities do not consider psychology as a discipline relevant to law, it is relevant as law incorporates the theories of behaviour. The legal rules and procedures reflect the basic assumptions of human nature. "The science of psychology exists in a state of tension with the legal system in many ways." (Ogloff & Finkelman, 1999). Fundamentally, the goals and processes of investigation in psychology differ substantially from those of investigation in the law. Researchers examine data from many fields/correlational studies, experiments and draw tentative probabilistic conclusions. The law searches for an answer that is, at least offensive according to the laws and beyond a reasonable doubt. In the legal realm, it is helpful in determining the veracity of witnesses, mental status of a criminal while committing the crime and above all, what punishment should be given to a person while keeping in mind his/her psychological frame of mind. Psychology to some extent, sees a criminal as a person having a mental disorder and therefore suggests that such persons should not be punished and should rather be medically treated. Hence, there are many pros and cons of psychology under legal studies for which it is sometimes appreciated and other times criticised. The main purpose of this research is to look at increasing the involvement of juveniles in crimes and psychological causes of Juvenile Delinquency. "The Juvenile Justice Bill, 2014 was passed by the Parliament in December, 2015 and it became the Juvenile Justice Act, 2015." We studied various types of crimes committed by juveniles (aged 0year - 18 years). The cases showed, connection of laws and psychological aspects while committing a crime & giving the judgement.

*Keywords: Legal Psychology, Forensic Psychology, Juvenile Delinquency, Juvenile Justice.*

**17. A study on Mental Health Awareness**

- **Deeanj Hinduja<sup>1</sup> & Alefia Malhuboy<sup>1</sup>**

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Research has also shown that globally, approximately 20% of the adults have Mental Health Problems, and low and middle-income countries have only one psychiatrist for every 1 to 4 million people. The common myths in developing and developed countries are that the Mental Health problems are not curable, caused by personal weakness, according to research. There are a few studies which have measured mental health literacy in the Indian context. One study found mental health literacy among adolescents to be very low, i.e. depression was identified by 29.04% and schizophrenia/psychosis was recognized only by 1.31%. Stigma was noted to be present in help-seeking.

The WHO has defined sustainable development goals and elaborated the impact of mental illnesses and suicide on them. The suicide rate in India in 2015 at 15.7/100,000 is higher than the regional average of 12.9 and the global average of 10.6. Suicide is the leading cause of death among those aged 15–29 in India. There remains a massive unaddressed need within the population. Task-shifting to non-specialist community health workers has been recommended as an effective strategy for delivery of efficacious treatments in low-resource settings. Given the dire shortage in numbers of psychiatrists, psychologists, psychiatric nurses, and social workers; piggy-backing on primary care systems and employing innovative force-multipliers are future courses of action.

This current scenario of India was the main inspiration behind this research. For patterns or commonalities between age and patterns of thinking will be drawn using the data collected. The questions revolve around several sub themes such as self-awareness of an individual regarding their own emotions, with special focus on negative emotions. The research is done through a questionnaire on Google forms. The questions revolve around several sub themes, one of them being self-awareness of an individual regarding their own emotions, with special focus on negative emotions. High awareness of one's own emotions indicates good Emotional intelligence. The theme of coping mechanisms employed by an individual is also explored. This includes if they take the help of a social support system such as friends or family for coping with situations in their daily life or they do it alone. The hypothesis is that if an individual is more aware of his/her emotions, then they are likely to have some coping mechanisms for themselves. A very important and key theme of this questionnaire is therapy and people's views or opinions about it. There are various factors examined under this. There are questions regarding an individual's openness regarding going to therapy as well as sharing about it if they do go. The hypothesis is that if an individual is comfortable with going to therapy for their mental health, then they will be open to sharing it. There is also a hypothesis that an individual would be more comfortable with sharing with that they go to therapy with their friends and family compared to their colleagues, bosses or teachers.

The questionnaire also asks about whether they would recommend professional help for another individual's mental health. The hypothesis is that a large number of people will say that they themselves do not need professional help with their mental health, but at the same time, recommend other people to get professional help for their own mental health. There are also questions which ask about individual's thoughts about getting mental illnesses themselves.

The sampling method used for this research is snowball sampling. The questionnaire was sent to a few people and all of them were told to send the questionnaire ahead to as many people as they could. This was helpful in getting a large sample as well as a diverse sample. The sample acquired is n=293. The different age groups are: Under 18, 19-30, 31-50 and above 50. Patterns between different age groups and responses will be sought. The questionnaire is filled by both males as well as females making the conclusions derived from this survey fairly generalizable. The questionnaire is being filled in the individual's comfortable environment which increases the chance of the answers received to be honest, thus making the data and the conclusions derived more reliable. The data has not been statistically analyzed yet.

*Keywords: Mental health, age differences, awareness, difference in views, coping mechanisms, therapy, mental health professional, pattern of thinking, mental health, self-awareness*

### **18. Significance of Appropriate Diagnoses and Intervention in Cases with Psychological Disturbances**

- **Dr Purnima Thacker**

*Assistant Professor, AIBAS, AUM*

Psychological health could get affected by all human related businesses. Family background, social happenings, economic status, child rearing practices, natural calamities, personality, physical illness, unfulfilled desires and wants. It becomes laborious as well as time consuming task to find out the real causes behind a particular suffering and all these disturbances are exhibited through behaviour so the psychologist have to observe the whole behaviour of his client, observe the causes and arrive at the proper diagnosis and apply appropriate remedy and intervention strategies. Psychological methods and tests help in finding diagnosis so psychologist can render help to the client. All clinicians are aware of the importance of reaching the correct diagnosis. It is impressed on every medical student and trainee from all the medical fields. Diagnosis is more important than ever before because the patient has so much to lose when there is a misdiagnosis. With this views cases of childhood, adolescence and adult suffering from mental conflicts and diseases are discussed utilizing appropriate psychodiagnostic tools and therapeutic techniques.

### **19. A Comparison of Rorschach Characteristics of Patients with Psychotic Disorders and Non-Patients**

- **Nazema m. Sagi<sup>1</sup>, Jacob K John<sup>2</sup> & Dr. Tarini Mohil<sup>2</sup>**

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*2 – Assistant Professor, AIBAS, AUM*

The research aims to compare the Rorschach data of patients with psychotic disorders and non-patients in the community in an Indian population. Method: The Rorschach Inkblot Method will be administered on the inpatients and outpatients presenting with psychotic disorders and on non-patients. The diagnostic criteria from ICD-10 DCR will be used for diagnosis of mental disorders. Results: After the Rorschach Inkblot Method is administered, the coding will be done for each protocol and a comparison will be done of the Rorschach scores and indices of the two groups. The statistical analysis will be done using mean, standard deviation, frequencies, t-test, and chi-square.

*Keywords: Rorschach, psychosis, psychotic disorder*

**20. A study of period poverty and socio-psycho impact of poor menstrual hygiene management**

- **Dr. Jaya Jethwani<sup>1</sup> & Kumari Roopali Tripathi<sup>2</sup>**

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*2 – Student, AIBAS, AUM*

Menstrual cycle is an important indicator of women's reproductive health. However, menstruation has a different pattern and different stigma in every community, which might not be well understood by Indian society from decades.

Menarche is one of the markers of puberty and therefore can be considered as an important event in the life. Studies suggested that menarche tends to appear earlier in life as the sanitary, nutrition and economic conditions of a community improves. For most females, it occurs between at the age of 10 to 16 however it shows a remarkable range of variations. Indian community and especially rural areas is still very rigid to periods. India is a developing country but still we are facing period poverty. There are crores of women who is not having sanitary pads to use, they are still serving like period is a cause.

Objective:

- The primary objective was to describe rural area women menstrual hygiene management (MHM) practices and estimate the prevalence of inadequate MHM.
- To assess the relative contribution of aspect of MHM to health, work and psycho-social outcomes.

Design: Secondary analysis of survey data collected as part of the final follow-ups.

Setting: Rural area of Bhatan village district Raigarh.

Participants: 50 menstruating women, age 18-35.

Primary and secondary outcomes:

The prevalence of inadequate MHM, consistent with the concept, definition was estimated using dimensions of absorbent used, frequency of absorbent changes, washing and drying procedures and privacy. Self-reported health, work and engagement and psycho-social (shame, insecurity, embarrassment) outcomes hypothesized to result poor MHM were assessed as primary outcomes. Outcomes were measured through English survey. Loaded on notepad and administered verbally in local Marathi language.

Result:

After the research we came to know that 90% of women use old clothes or plastic during their periods, they are still not familiar with the sanitary pads and if they are, they can't afford it and due to regular use of this old clothes and plastic they are facing hygiene related problems like itching, irritation and pain in their intimate part during menstruation.

Future implementation:

Government should eliminate tax and reduce the cost of sanitary pads and they should also provide menstrual hygiene product free of cost in schools, prisons, homeless shelters and public restrooms. It should be treated and supplied like toilet papers, soap and water and women

working in NGO should provide proper information to all women out there about menstrual hygiene and use of sanitary pad instead of old clothes, plastic and the women who can't afford it they get it for free, only by acknowledging this tragic reality can we take the steps and ensure that we need to dismantle this problem and ensure that all women has access to the period products.

*Key words: menstrual cycle, menstruation hygiene management, period poverty.*

**21. A Comparison of Personality Traits among Relapsed and Abstinent Opioid Dependents**

- **Dr. Lakhminder Singh**

*Assistant Professor, AIBAS, AUM*

The present study was an attempt to find out the difference between abstinent and relapsed opioid dependents on Personality traits. The total 200 male participants were included in the study who were opioid dependents, out of which 100 participants were abstinent and 100 participants were relapsed opioid dependents, who were selected randomly for this study from the various Government and Private Rehabilitation Centres of Punjab. NEO-Five Factor Inventory (Costa & McCrae, 1992) was used to collect the data and scoring was done as per the manual. Means, Standard Deviations and t-ratios were calculated to determine the differences between the two groups. The findings of the study revealed that there is a significant difference between the two groups on Personality, with the relapsed opioid dependent group scoring higher on neuroticism, in comparison to the abstinent opioid dependent group, whereas abstinent opioid dependents were significantly higher on extroversion and consciousness as compared to relapsed opioid dependents. The findings clearly reveal that to increase abstinence among the opioid dependants, the treatment and rehabilitation services should focus on enhancing the extroversion and consciousness among the drug addicts.

**22. Exploring Relationship Between Spiritual Well Being and Quality of Life Among Care Givers Of Patients With Cancer: A Systematic Review**

- **Mrunmayi Adwarkar<sup>1</sup> & Dr. Lissy George<sup>2</sup>**

*1 – Student, AIBAS, AUM*

*2 – Associate Professor, AIBAS, AUM*

Understanding the needs of caregivers of patients with cancer is necessary to provide with comprehensive psychosocial care. The purpose of this systematic review was to synthesize the literature on relationship spiritual well-being and quality of life experienced by caregivers of cancer patients. We conducted a qualitative analysis of the literature of the peer-reviewed articles ranging from 2010 to 2019 using the keywords spiritual well-being, quality of life, cancer caregivers. Searched databases included PubMed, Research gate, ProQuest, Academic Search Premier, Psych INFO, Psych Articles. Initial searches revealed a total of 22 possibly applicable articles. Exclusion criteria included those that were not published within the time range, case studies, and/or that were not peer-reviewed.

*Keywords: Spiritual well-being, quality of life, caregiver, cancer caregivers*



**23. Depression, Anxiety and Stress Among Board Students**

- **Fatma Sheikh Saji<sup>1</sup>, Simran Shankar<sup>1</sup> & Riya Rai<sup>1</sup>**  
*1 – Student, AIBAS, AUM*

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Depression is a mental health disorder characterised by persistently sad mood or loss of interest in activities, causing significant impairment in daily life. Stress is the dynamic relationship between an individual and the environment in which a stimulus disturbs an individual's homeostasis, causing unpleasant emotive responses. It has been hypothesised that female students will experience increased symptoms of anxiety, depression and stress, in comparison to male students, before examinations. And, male students will experience decreased symptoms of anxiety, depression and stress, in comparison to female students, before examinations. DASS 21 (Depression, Anxiety and Stress Scale) has been used as the tool, which is a 21 item questionnaire including 3 sub scales - depression, anxiety and stress. The sample for this study includes 50 students from India, mainly from Delhi, Goa, Kerala, Gujarat and Maharashtra. The mean age of the participants is 18. To analyse data collected from participants, One Way Anova method has been used. After collection and evaluation of results, the findings were partially supported according to the hypothesis in question, i.e. depression, anxiety and stress levels were found to be higher in female than male students.

*Keyword: Stress, Anxiety, Depression, Gender*

**24. Coping Mechanisms Used Due to Dating Violence Among College Students: An Exploratory Enquiry**

- **Freyana Shinde<sup>1</sup> & Dr.Rekha Wagani<sup>2</sup>**  
*1-Research Scholar, AIBAS, AUM*  
*2 – Assistant Professor, AIBAS, AUM*

In India, the patriarchal society plays a very big role in maintaining crimes perpetrated against women. Several studies have looked at the cultural context in India that support crimes against women. The patriarchal society in India functions within the framework of a legal and political system that is accepting of domestic violence under the pretext of traditions and family values. There are various NGO's and organizations working for such women with physical scars but there is lack of facilities for those with emotional scars. Psychological abuse, is a form of abuse, characterized by a person subjecting or exposing another person to behaviour that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder. There is much is known about domestic violence and wife assault in the Indian context, there is almost no information or effort in the direction of prevention and education in the realm of dating violence While India is advancing technologically, creating new opportunities for its youth, there is no simultaneous effort being made to protect its youth from risks of urbanization and cultural shifts. The young adults of India today are joining the global economy. However, there is no system put in place to educate and nurture their social and cultural evolution. The present paper is an exploratory study aimed to explore the coping mechanisms used by women who have been victims of psychological pre-marital abuse. It attempts to emphasize on the need for program development for such individuals. The results of the study show a broad range of coping mechanisms used.

*Key words: emotional abuse, college students, dating, Indian setting*

**25. Received Community Involvement for Improving Wellbeing of Cancer Patients-  
A Qualitative Inquiry**

- **Aleya Sanyal**

*Research Scholar, Banasthali Vidyapith*

In recognition of the growing burden of cancer a search of remarkable scientific literature found that community is the forum which provides not only a social tool for primary motivation but also creates interdependence, which forms holistic environments. People with different capacities merge to bring possibility for quick responses, and thus, bring forth creativeness which is multiplied rather than channelled. In most of the studies, the researchers unfold the essence of the community. Whereby, people working together with shared responsibility to help to shape up the unique character of each person according to the needs of the hour. Past research studies showed that the announcement of cancer to the patients and family is very painful. This is led by the reactions of the immediate community members. These reactions of community are powerful and can affect the psychological and social aspects of the patients and family members. These are dependent on many factors like culture, worldviews, value systems, knowledge, social standards and also literacy levels. These factors bring the complex reactions and indirectly play a key role in the well-being of the patients and family members. It's very difficult to cover such complex factors however; personal experiences of the patients and family members can present a real picture of the community. Keeping this in mind, the current study is aimed to understand the perceived role of community and degree of involvement in relation with well-being of cancer patients and family members. For this purpose a semi-structured interview with open-ended question technique is adopted. A total of 10 participants were interviewed. Phenomenological analysis was done to analyse the data. The study examined the unique contributions of cancer patients as they are the live-examples for the community. Their spiritual practices, healthy life-style and harmonious relationships have tremendous effects in prolonging the life. The results suggest that they need not only protection but also more positive emotions to inculcate. The assistance of more supportive organizations, improved health-care systems with updated knowledge with multi-media programs may add more explicit predictions to promote health awareness on cancer at community level. The implications offer health communication practitioners and health policy maker's valid strategic information which could be utilized to generate or to design and develop information related to cancer. Additionally, they are contributing insights in the reduction of the disease. People have very negative attitude towards this disease. This study also intended to contribute comprehensive information that could be used connecting cancer patients with the community, a key to filling the patient-to-community gap that exists for this vulnerable group of population.

*Keywords: Cancer, involvement, community, well-being*

**26. Aggression and Adjustment in Children with Specific Learning Disabilities**

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Specific learning disability is a group of disorders characterized by difficulties in learning basic academic skills. The skills most often affected in reading, writing, listening, speaking, reasoning and doing math. Research during the past two decades has demonstrated that children

with learning disability face many psychological challenges and experience emotional and behavioural problems. Frustration tolerance is the ability to withstand obstacles and stressful situation. Children with learning disability had low tolerance for frustration and less adaptive assertiveness and had more overall class room behavioural problems and less personal and social competence in a variety of areas as rated by teachers. In general, social skill deficits include difficulties interacting with people in an appropriate fashion.

**Aim and Objective:** The study aims to compare aggression and adjustment in children with specific learning disabilities.

#### Method

**Design:** This cross sectional study was conducted in various private schools in Raipur.

**Sample:** The present study comprised of 100 adolescents in the age group of 14 to 18 years. Adolescents who scored SPM score falling between 25<sup>th</sup> to 75<sup>th</sup> percentile, Adolescents marked as 'unlikely' on all three areas; reading, writing and mathematics of learning disability diagnostic inventory (Adolescents without learning difficulties group) and Adolescents marked as 'possibly' or 'likely' on one or more areas; reading, writing and mathematics of learning disability diagnostic inventory (Adolescents with learning difficulties group) were selected. Adolescents with any physical or mental disability were excluded

#### Measures:

- Socio demographic datasheet
- Standard Progressive Matrices: The test is designed to provide a reliable estimate of person's capacity to think clearly and reason by analogy. Raven's Standard progressive matrices designed for the age group 11 to 65.
- Rosenzweig Picture frustration Study-Indian Adaptation: It is a controlled projective technique, intended primarily to measure reassurance to frustrating situations.
- Learning Disabilities Diagnostic Inventory: The LDDI is an assessment device designed for use with individuals in Grade 3 through 12 to identify specific learning disabilities in one or more six area-listening, speaking, reading, writing, mathematics and reasoning.
- Adjustment Inventory for school students by A.K.P.Sinha: The Inventory is used to find out general adjustment status of school students (age group 14 to 18 years) in three areas: Emotional, Social and Educational

**Procedure:** Students from class 9<sup>th</sup> and 10<sup>th</sup> were screened using Standard Progressive Matrices. Adolescents with percentile score between 25 to 75<sup>th</sup> percentile and willing to participate were included in the study. Ratings were obtained from class teacher using learning disability diagnostic inventory for participants. Adolescents rated as 'unlikely' to have problem in all the three areas of reading, writing and mathematics were selected till the required number of 50 children was met. Similarly, Adolescents rated by school teacher as 'likely' or 'possibly' likelihood in any one or more area of reading, writing and mathematics were selected. Informed consent was obtained from school authority. Study sample were given adjustment inventory and Rosenzweig picture frustration study.

**Statistical analysis:** The data were collected, coded and subjected to statistical analysis.

**Results:** There is significant difference in the adjustment in emotional and educational area among adolescents with and without learning disabilities. Mean score of adolescents with

learning disabilities is higher than adolescents without learning problems in emotional and educational area. Adolescent with learning difficulties have lower adjustment in emotional and educational area as compared to adolescents without learning difficulties. There is a significant difference in category of obstacle dominance area, Extragression, Introggression of Rosenzweig picture frustration study. They are less likely to be obsessed by the barrier causing frustration rather they tend to react instantaneously by either showing blame or hostility to others or self. There is negative correlation between obstacle dominance category of Rosenzweig picture frustration study and emotional, educational adjustment. Adolescents' poor on emotional adjustment are more likely to blame or are hostile towards others.

Conclusion: Overall results findings suggest Adolescents with learning disabilities differ in their emotional and educational adjustment from Adolescents without learning disabilities. On Rosenzweig picture frustration study there is difference in the frustration tolerance of adolescence with and without learning disabilities in term of handling the frustrating situation.

*Key Words: Aggression; Adjustment; Specific Learning Disabilities.*

**27. The Impact of Global Climate Change on The Psychological State and Well Being In India: A Critical Review**

- **Jaspreet Kaur Bhatia**

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Climate change affects nearly 1.2 billion individuals in India. The analysis has established the link between psychological state and global climate change. The extreme weather conditions due to the global climate change may result within the mental health conditions such as post-traumatic stress disorder (PTSD), major depressive disorder (MDD), anxiety, depression, complicated grief, survivor guilt, vicarious trauma, recovery fatigue, substance abuse, and suicidal ideation. This paper aims to work out the impact of global climate change on the psychological state and wellbeing of the Indian population. The three main objectives covered in this paper are the relation global climate change and psychological state, Direct and Indirect Impact of climate change and Potential mediators and moderators of climate change impact. Climate change is as much as psychological phenomena as it are biophysical.

Based on the accessible analysis on the subject of global climate change and psychological state, the review was done. The literature from governmental organization, National Disaster Management Plan, United Nations Development Programme (UNDP), World Health organization (WHO) was also reviewed in the development of this paper. The information was analysed by comparing different research papers. There is an indirect link between psychological state and global climate change. The extreme weather conditions have become more frequent which can result to adverse mental conditions to the people exposed to it. The direct impact includes various psychological ailments for both short and long duration due to the exposure to the climate change; attachment to the place and environmental distress. Environmental distress such as rising of sea level and forest fire usually results in the relocation of settlement and habitat with can affect the mental health. The indirect impact includes range of emotions, anxiety and worry regarding future and depressive emotions such as Guilt, Despair and Grief. The potential mediators and moderators of climate change impact include Media Representation; Vulnerability and Resilience; Social and Cognitive factors. The mediators are an important determinant of climate change impact as not everyone is primary victim of climate change.

This review on the impact of global climate change on psychological state and wellbeing in India shows that there is least analysis thorough with relevancy to India. The World Health Organization estimates that India will suffer economic losses amounting to a staggering 1.03 trillion dollars from mental health conditions between 2012 and 2030. The result of the research can be used to fill the existing gap of required knowledge, which can be used in the allocation of existing resources and improving the competency in addressing the climate change related impact in India.

**28. A Study on Empathy And Mindfulness in Singers**

- **Joel Mathew Jose<sup>1</sup> & Dr. Rekha Wagani<sup>2</sup>**

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Music is an art form and cultural activity whose medium is sound organized in time. And Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. And Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment, which one can develop through the practice of meditation and through other training.

This research is concerned with the relationship and connection with music, empathy and mindfulness in singers. As how the music preferences change the person's level of empathy and mindfulness. This paper mainly focuses on three topics: 1. how empathy is being affected by the preference of music, 2. how music and mindfulness is connected, and 3. how behaviours of a person is being affected by different types of music. Findings of this paper highlight music as an important construct that influences empathy, mindfulness and behaviour. This research paper also provides a further insight as to why people listen to music and how it has a role in different levels of empathy and mindfulness in people's lives and connection with the levels of aggression in both males and females.

*Key words: Music, Empathy, Mindfulness, Emotions, Behaviour*

**29. Resilience as A Preventive Measure in Suicide**

- **Malhar Deshmukh<sup>1</sup> & Ojas Kulkarni<sup>1</sup>**

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As WHO mentioned the suicidal rates is high that is 1 person dies per 40 seconds and In India, the official suicide rate for 2015 published by the National Crime Records Bureau (NCRB) of India was 10.6 per 100 000 population. Taking this into consideration WHO call for strategies in national health and educational programs. The current status of preventive measures especially in India is that the intervention and preventive programs are there for people "at risk" or are very last minute based which is at tertiary level, there is no prevention program available before that. The purpose of this review is to comprehend studies related to suicides and sources of resilience which can be helpful in developing models for the 'capacity building' in adolescents at primary level that can be helpful in preventing suicides.

For this review paper, literature on resilience and sources of resilience, suicide data review papers, different training models for resilience, present preventive measures in suicide

prevention and models that are developed on resilience for suicide prevention is reviewed, and from this short listed research papers are taken into account.

The targeted population for this study is adolescents as researches showed that the Being an adolescent can be challenging. The rates of suicide have greatly increased among youth, and youth are now the group which is at highest risk in one-third of the developed and developing countries. Unfortunately, for today's youth, the traditional struggles inherent to adolescence are exacerbated by a growing parade of issues from dating violence to cyber-bullying, from substance abuse to struggling with sexual identity, from academic pressures to family stress. And even more unfortunate, our youth seem to be increasingly lacking in the ability to cope with all of these stressors. Resilience is often defined as "the ability to adapt and recover from adversity or incidences of change that arise in life. The sources of resilience are self-acceptance, personal growth, and purpose in life, environmental mastery and autonomy. Resilience has caused many individual to cope with their stressors easily and hence if the resilience can be taught it can help to reduce the suicidal rates.

According to martin Seligman the key component or source for resilience is 'optimism' and according to him training can be provided to develop 'optimism' which in turn will help people to cope with life stressors and trauma and cause growth. There are other studies also which tried to use sources or components of resilience to develop a prevention model for suicide. The drawback of such developed models as review shows is that it has certain limitations as some of the components which it includes is not feasible to develop or have no control over it. For instance the amount of love and caring one receives and the other drawback is the models that are developed are not from India and there is limited study available regarding this when it comes to India.

The trauma and stressors are cause of suicidal ideation or suicidal deaths; if the sources of resilience can provide growth then it can be incorporated into prevention and intervention programs for suicides that can be done as capacity building between adolescents which can develop resources in them to fight the stressors and trauma and can be helpful in reducing suicides. The discussions and conclusions will be there in the final report.

*Keywords: resilience, suicides, suicide preventive models, training models in resilience, capacity building.*

### **30. Factors Motivating Resilience in Adolescents**

- **Muskaan Gupta**

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In an ever-more connected world, no organism or entity can retain a competitive position and survive disruptions independent of strength and power. It takes courage to face this over-achieving and challenging world. This raises a question in the factor that motivates resilience in the adolescents of this generation. Resilience is the ability to return to the originality or the reality after difficult experiences. The present study is a secondary research based on review of literature that attempts to study how resilience is persevered in adolescents. It aims to study the biological, physical, environmental, social and psychological aspects that affect and play a role in providing an individual with the strength to conquer obstacles and difficulties. While looking at the results, the adolescents seem to show more resilience with the help of psychological factors due to their different coping mechanisms with social support playing a

major factor. However, most of the results are found to be consistent with previous studies. Implications of this study relate to the exposure to external factors and the power of one's inner strength.

*Keywords: Resilience, adaptability, coping mechanisms, adolescence*

**31. Concept of Happy Old Age Among Early And Middle-Aged Adults Concept Of Happy Old Age Among Early And Middle-Aged Adults**

- **Meera Pandurang Limaye<sup>1</sup> & Dr. Poonam Sharma<sup>2</sup>**

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The human life is ever changing from birth to death and ageing is a natural process which is followed by several changes. The process of ageing is dynamic. Since 2015, advances in medicines and different technologies, life expectancy has increased from 65 yrs. to 79 yrs. But perceptions about old age remain unchanged. In US nearly 30,000 people participated in the study and expressed that the middle age starts at 30 years. According to the National Policy of Older persons, 1999, Old age is the age of 60 years or above. A person who is of age between 45 years to 55 years of age old adults. (As per United Nations older middle age is from 45 years to 64 years). According to the findings, as we grow old, the perception of old age also changes with the age. People perceive older adulthood, as a negative experience and wish to avoid, as it is very painful to accept to be old. But adults have lived enriching life and feel happy than young adult. On asking young adults in their 30 -40 years of age, expressed that they wish to live up to 90 years. (William Chopik, Rayan Bremmer, David Johnson: Age difference in age Perceptions and Developmental Transitions, *Frontiers of Psychology*, 2018; DOI: 103389/fpsyg.2018.00067) In another study by International Research Team has found a process to measure the ageing process and based on the findings of this young adult population is growing three times faster than others. (Hebrew University of Jerusalem, 2015) The study was conducted with young adults in the age group 26 – 38 years. The study revealed that their biological age is much more than 20 years than their chronological age. People are aging faster.

Happiness is a feeling of pleasure and positivity and this feeling motivates individual to go ahead in life and to reach the goal. According to the dictionary meaning, 'the person is said to be happy when someone feels good, proud, relieved or satisfied about something.'

Present paper attempts to understand the views of young and middle-aged adults about happy old age. As both young and middle aged (30 to 45 yrs.) adults, are in transition to late adult hood. Every day we experience ageing, while ageing, everyone does not feel that they are getting old. On understanding views of early/young and middle aged people, a comprehensive model can be made, which will include facilities and services required by elderly people to be happy and active to lead an active, happy and meaningful old age. These changes will be incorporated with present facilities and services. This will be based on their felt needs. The study, published in *Frontiers in Psychology*, is the largest investigation to date of age perceptions, with 502,548 internet respondents ranging in age from 10 to 89. A key finding study: People's perception of old age changes as they age. Essentially, the older we get, the younger we feel. "I think the most interesting finding of this study is that our perceptions of aging aren't static — they change as we change ourselves," Chopik said. "What you consider to be old changes as you become old yourself."

**32. Stress Levels Associated with Parenting**

- **Meera Raghunathan<sup>1</sup>, Dhanashree Moorthy<sup>1</sup>, Muskan Shamdasani<sup>1</sup> & Nidhi Mishra<sup>1</sup>**

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The aim of this research paper is to study the Stress levels associated with parenting and using it to make a comparison between the parents of adolescents and parents of children between the age group of 1 to 12.

According to the World Health Organisation (WHO), “Mental Health is a state of well-being in which the individual realises 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.” Community plays an important role in building an individual up in order to attain his full potential.

Community mental health can be defined as the interactions exchanged between the individuals of a community and how it affects their overall well-being.

Parents play an important role in the development and maintenance of a healthy community. Their habits, attitudes, beliefs, prejudices and actions are vital forces in determining the quality of the community health at two different settings, one at their own level and one at their children's. The process of parenting has an influence on the cognitive, emotional and socio-cognitive state of the parent as well as that of the child. A vast majority of any community comprises of parents and hence they have an impact on the society as a whole both directly and indirectly.

Parenting is the process of raising children and providing them with nourishment, care, education and protection in order to ensure their healthy development from birth through adulthood. In India especially, there is a major emphasis on the role of parenting at an individualistic level as well as at a societal level. There is a dependence that is inculcated towards the parents even as the child grows well into their teenage years edging on adulthood. During these teenage years, parents are going through their own adjustments and adaptations; they are also growing and changing, grappling with forces in their lives brought on by their children entering this new stage.

Stress is an inevitable aspect of human life that affects people differently (Lazarus & Folkman 1984) and some parenting stress is considered normal and functional for all parents. Past research indicates that parenting stress could be related to poor parenting and problems in child adjustment.

This study tries to highlight the amount of stress that different stages of a child's development can bring on to the parent as a whole.

To substantiate this research, the Parenting Stress Index-4 Short Form was used on two groups of 70 samples each of parents of adolescents and parents with children from infancy till adolescence. The PSI- 4 SF is considered a valid and reliable measure when used with parents of typically developing children.



This research brings about an awareness about the importance of parent's mental health as they guide the future generations. This could be done through removing the stigma towards seeking help for mental health and setting up affordable mental health care centres. A future implication of this research could be to facilitate upcoming studies and encourage development of intervention methods that guide parents to adapt and manage their life through the developmental stages of their children.

The findings of this study will be discussed in this research paper.

*Key words: stress, parenting, community mental health, PSI-4 SF, adolescents, children.*

**33. Effectiveness of Mindfulness- Based Cognitive Therapy for Alcohol Use Disorders: A Systematic Review**

- **Lele P.A.<sup>1</sup>, Bagul Chinmayee<sup>1</sup>, Wadhwa A<sup>1</sup>. & John J.K.<sup>1</sup>**

*1 – Student, AIBAS, AUM*

**Introduction:** Research indicates that the use of psychoactive substances exists in all the population groups, and that there are wide variations in extent and prevalence of use across different genders and between various substances. In India, alcohol is the most common psychoactive substance used by Indians. Mindfulness-Based Cognitive Therapy (MBCT) is increasingly being suggested as a therapeutic approach for patients with diagnoses of substance use disorders.

**Methodology:** The aim of the present work is to systematically review the findings about the efficacy of MBCT for patients diagnosed with alcohol use disorders. A literature search was undertaken using electronic databases and references of retrieved articles resulting in 15 studies meeting inclusion criteria for review. The search included articles written in English published up to June 2019.

**Results:** Main findings include the following: 1) lower rates of substance use were reported in those who received MBCT as compared to those receiving treatment as usual, 2) MBCT participants demonstrated a greater decrease in craving, and a significant increase in acceptance and acting with awareness, 3) Mindfulness training holds promise as an alternative treatment for stress-precipitated relapse among patients with alcohol dependence and other vulnerable members of the society and 4) Following the MBCT sessions, the patients demonstrated decreased levels of severity of depression, anxiety, stress, craving and documented relapse triggers as the degree of mindfulness increased. Results call into question the theoretical underpinnings of mindfulness, highlighting the necessity for further research.

*Keywords: mindfulness, MBCT, mindfulness training, alcohol use, dependence.*

**34. Role of Religion in Suicide Ideation and Suicide Attempts: A Systematic Review**

- **Murmu b. M.<sup>1</sup>, John J. K.<sup>1</sup> & Dr. Rekha Wagani<sup>2</sup>**  
1 – Student, AIBAS, AUM  
2 – Assistant Professor, AIBAS, AUM

The relationship between religion and suicide has been largely explored and the findings have been inconsistent as to the role of religion in suicide behaviour. The aim of the present review of literature was to explore the role of religion in suicide ideation and suicide attempts. The keywords Religion, Suicide Ideations and Suicide attempts were used to search studies from electronic database. Studies included in the review were between the years 2010-2020. It was found that religion can be a protective factor in suicide ideation and attempts among specific population. It was also found that particular dimensions of religion could be a risk factor especially among psychiatric patients. Importance of exploring the role of religious schema in suicide ideation and attempts as future research direction is also discussed. Keywords: Religion, Suicide ideations, Suicide attempts, Religious schema.

**35. An Analysis of An Individual's Self Esteem and Social Intelligence**

- **Muskan Sharma**  
Student, AIBAS, AUM

The aim of this research is to investigate the relationship between Self-Esteem and Social Intelligence in youth.

Self-esteem is conceived as one's judgment of private worth or value and refers to the evaluative component of the "Self" which develops from the negotiation between the "Perceived Self" and the "Ideal Self". It represents a pivotal aspect of a person's experience and quality of life. An adequate level of self-esteem may be a good predictor of one's general well-being and degree of adaptation to the social context and protects against psycho-social risks.

Self-esteem is an aspect of self-concept, which is assumed to mediate all behavioural choices. When individuals view themselves positively, they tend to feel confident and worthy. Thus, positive self-evaluation tends to motivate individuals to do well in dealing with others, including those who have different cultural backgrounds.

Humans are cultural beings and, as they interact, so do their cultures—in workplaces, in neighbourhoods, and in colleges. To be successful and live harmoniously, individuals need to become effective intercultural communicators in order to overcome cultural barriers that they encounter in their lives. However, before people are able to become effective intercultural communicators, they need to be interested in other cultures, be sensitive to cultural differences, and show respect for others' cultures.

Marlowe (1986) defined social intelligence as "the ability to know the emotions, thoughts, and behaviours of persons, including oneself, in interpersonal situations and to act appropriately upon that understanding."

Since the event of positive self-esteem increases the capacity to treat people with respect, benevolence, and goodwill, thus favouring rich interpersonal relationships and avoiding destructive

Ones. An individual with high self-esteem not only appreciates oneself but also others, he endeavours to make a constructive difference in other people's lives.

#### Objective

This study aims to investigate and examine the relationship between self-esteem and social intelligence.

Undergraduate students (N-30) will be tested on both a scale of self-esteem and social intelligence. The prediction is to establish a positive relationship between the variables.

#### Methodology

##### 1. Participants-

Participants included 30 undergraduate student volunteers (15 females, 15 males).

The population is made standardised, by equally distributing the sample size as per the age group. This research is considering the age group from 18 years to 22 years, where 6 participants, 3 being males and 3 females will be taken for each age from 18-22 years.

##### 2. Materials-

1. Self-esteem will be measured by an online test; Rosenberg Self Esteem Scale (<https://openpsychometrics.org/tests/RSE.php>) that consists of 10 statements, and has a 4 point Likert scale.

2. Social Intelligence will be measured using a reusable booklet of SIS-CG by Dr. N.K Chadha and Dr. Usha Ganesan.

(English version)

The SIS-CG booklet comprises of about 66 questions. These questions are divided in 5 different parts. Each statement has 3 options.

##### 3. Study Method-

The study method that will be used in this study will be a correlational research method to obtain the required results.

##### 4. Procedure-

At an initial meeting, participants will be given informed consent. After the consent, further instructions will be given, in order to proceed with the two tests.

Both the tests will be conducted on the same day on each participant. The procedure will be mentioned in detail in the research paper.

##### 5. Results-

The results will be obtained and calculated using statistical methods and will be added to the research paper later.

**36. The Influence of Empathy and Self Esteem on Pro Social Behaviour**

- **Natasha Sejpal**

*Student, AIBAS, AUM*

Studying the core reasons behind pro-social behaviour carries major economic and social consequences. Prosocial behaviour plays a major role on an individual's social self and his relationships with the external world and also has an impact on the individual's personal and internal factors. Prosocial behaviour may be described as behaviour like donating a large sum of money to an organisation, volunteering for a party during election times, cleaning beaches, or donating blood. Millions of people, every year, dedicate time, effort, and financial resources to voluntary pro-social activities which have a large impact on the economic status of the country as well as various organisations.

Considering all these factors mentioned above, it is important to understand and study the various motives and reasons that causes such behaviour in humans. In this study an attempt has been made to understand the influence of two motivating factors (empathy and self-esteem) on pro-social behaviour.

Empathy, defined as the ability to experience the world from the other's point of view, is believed to play an important role in motivating acts to meet the needs of others, as in prosocial behaviour (Batson, Eklund, Chermok, Hoyt, & Ortiz, 2007). The purpose of this study is to replicate and extend past work that highlights empathy's role in prosocial behaviour.

Self-esteem is one's own thoughts and beliefs towards themselves. It is the evaluation of their own worth. Self-esteem is a heavy contributing factor towards various behaviours that humans express out in their day to day lives, hence it is necessary to study whether the self-esteem of an individual impacts their pro-social behaviour and if so then to what extent.

There is very less literature and research done to study the relationship of pro-social behaviour and self-esteem. In theoretical terms an individual with higher self-esteem is more likely to engage in pro-social behaviour, but due to lack in evidence and enough research it is yet to be established. The current study will help in bridging this gap in evidence.

This study will help to understand the relationship of pro-social behaviour with empathy and self-esteem. In order to do so, the data was collected on a sample group of 100 people (50 males and 50 females) from age group 18-70 years old. Rosenberg self-esteem scale was used to measure the self-esteem of the participants, Pro-socialness for adult's scale is used to measure the pro-socialness of an individual and the Toronto empathy questionnaire was used to measure the empathy of the participants. All three tests are Likert-scale tests with high validity and reliability scores. For analysing the data, Pearson correlation method was used to understand the hypothesized relationship between the variables under study. It was found that there was a significant correlation between self-esteem and pro-social behaviour and a significant positive correlation between empathy and pro-social behaviour. People with higher levels of empathy were more likely to be pro-social in nature. Where is at was observed that people with lower self-esteem were more likely to behave in a pro-social manner. Therefore, the study will provide an idea that how empathy and self-esteem plays role in determining the pro social behaviour.

*Key words: Self Esteem, Empathy, Pro Social Behaviour*

**37. Psychological effects of cyber victimization: a review study**

- **Dr. Deepti Puranik**

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In this Information Age, which is also known as Computer age, Digital Age or New Media Age, human beings are glued to internet and social media. According to the Oberlo, currently there are 3.5 billion social media daily active users which equates to 45 % of total population. It has been observed that with 269 million Indian users, India is currently leading globally on Facebook and many other applications such as Tik Tok, Instagram, etc. When such is the large number of social media users, users are also easy targets for cyber victimization. According to IGI Global, Cyber Victimization refers to the process of victimizing others using information and communication technologies. The victims of cyber victimization need not be only human beings but also government or private organizations. However, what needs to be the focus of this entire cyber victimization is the fact that individuals are not even aware of being attack and the motives behind their attacks. According to Agustina (2015), “Digital architectures generate an atmosphere of anonymity that protects, promotes and nourishes new methods of attack against people and institutions.” Cyber world is a dark place as it gives too much of scope for anonymity, as the perpetrator can attack their victims not just by remaining anonymous but also can cause psychological damage to the victim than what could be ever imagine. Psychological effects of bullying are well known but psychological effects of cyber bullying is beyond our imagination. According to studies on cyber victimization and mental health, some identified psychological effects of cyber victimization are depression, anxiety, loneliness, shame, guilt, etc. The objective of this research paper to understand and explore the various psychological issues which individuals have to face when attacked in cyber space by reviewing various research papers and the findings of the same are discussed in this paper.

*Keywords: Cyber victimization, mental health, psychological effects.*

**38. Role of Background characteristics as an agent of meme: An exploratory inquiry.**

- **Deepak Kumar Kalher<sup>1</sup> & Dr. Rekha Wagani<sup>2</sup>**

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The study investigated relationship between information processing systems and analysis of various types of memes. Information processing as described by APA, is the flow of information through the human nervous system, involving the operation of perceptual systems, memory stores, decision processes, and response mechanisms. The branch of cognitive psychology dealing with information processing is focused on comprehending and explaining these operations. This study focuses on the information processing model described in the Cognitive-Experiential Self-Theory explained by Seymour Epstein. According to the theory there are two information processing system in humans. They are, “experiential system” and “rational system”. The first part of the study is focused on spotting a prevalent trend of Information Processing System among young adults. The second part of the study is focused on two basic elements of all the communities which are gender and religion and how hate content is being spread through memes. Community safety is accomplished through providing holistic growth opportunities to all the people within the social and physical environment. Reduction and prevention of crime is important part of regulating and maintaining community safety but uniting the people is also equally important. There are enough evidences to prove that existence of polarities in the community has led to damages affecting all walks of life.

Anti-social elements have used and continue to use various mediums to increase polarity in communities. These mediums have evolved over time. One such medium being used by anti-social elements is meme. Memes have swiftly become an essential part of mainstream media. With their power to draw attention quickly and to convey messages instantly, memes continue to spread their influence on people, especially on the youth. Rise in the usage of memes has led to the evolution of various categories of memes. One such category of memes is dank memes. Dank memes consist of unpleasant humor targeting particular race, community, gender, age group, sexuality etc. Main objectives of this study are: 1. to see how young adults respond to dank memes on religion and gender discrimination. 2. How dank memes are being used to spread hate and discriminatory messages on religion and gender. The present research followed an exploratory research design based on questionnaire method. The study took place at Amity University Mumbai (AUM) during the even semester of 2020. The research was conducted on 103 university students selected using purposive sampling since the sample was selected based on some characteristics. Ages of the participants ranged from 18 to 30 years. The results of the study are discussed in the results section, which give new insights regarding the meme culture.

*Keywords: Information processing, Memes, Dank Memes*

**39. A Comparative Study on Difficulties in Emotion Regulation between Recently Abstinent Alcoholics and Social Drinkers.**

- **Nehal Pimpalkhare<sup>1</sup>, Anumita Joshi<sup>1</sup>, Sadaf Ambreen Saiyad<sup>1</sup>, Dr. Lissy George<sup>2</sup>**

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A review of literature suggests that early abstinence from Chronic Alcohol Dependence is associated with increased emotional sensitivity. The present study aimed to compare males who are diagnosed of alcohol dependence with those who are social drinkers on their ability to regulate emotions in the Indian context. The sample consists of 80 individuals (N= 40 diagnosed of alcohol dependence, N= 40 social drinkers) between the age group of 18 years to 55 years. The sample was collected from Pune which is a major city of Maharashtra. Difficulties in Emotion Regulation Scale (DERS) was used to assess the ability to regulate emotions. General Health Questionnaire (GHQ) was used for screening and Alcohol Use Disorders Identification Test (AUDIT) was administered for assessing the severity of alcohol consumption. Independent t test was used to analyse the means of the two groups. Results are discussed in details.

*Keywords: emotional regulation, recently abstinent alcoholics, social drinkers*

**40. A study of social anxiety in young adults**

- **Kodali Parinitha<sup>1</sup>, Merlin Biju Mathew<sup>1</sup>, Shruti Shetty<sup>1</sup>**

*1 – Student, AIBAS, AUM*

As we all know, social anxiety has always been an essential area of discussion emerging among researchers regarding the level of anxiety or fear a person suffers. This is a very important topic related to the growth of an individual. Society is an important part of an individual's life and social anxiety is an obvious factor. Social anxiety is the fear of social situations that involve interaction with other people. One could simply say that social anxiety is the fear and anxiety of being negatively judged and evaluated by other people. According to the US National Comorbidity Survey, social anxiety has a 12 month prevalence rate of 6.8% making it the third most common mental health disorder in the United States. In India social anxiety disorder is a serious mental health problem with an incidence of 2.79% and prevalence of 1.97%. The present study attempts to examine the effects of social anxiety in young adults, by conducting a survey through questionnaire on the scales; the level of fear they experience while doing a performance task, the level of avoidance they show on performance tasks, the level of fear they experience while doing generalized tasks and the level of avoidance they exhibit while doing generalized tasks. Community Mental Health is a decentralized pattern of mental health mental health care or other services for people with mental illnesses. Mental health includes our emotional, psychological as well as our social well-being. Physical health is very important for an individual to be healthy but mental health is also equally significant. Social anxiety is one of the most common problems, people are facing in mental health issues.

This survey was designed by using the Leibowitz Social Anxiety scale [LSAS] developed by Dr. Michael R. Leibowitz, the most widely used clinician administered scale for social phobia study. A total number of 41 participants participated in the survey which included 33 females, 6 males and 2 others (gender not specified). This is a localized survey with participants from the age group of 17 to 21 years. The main effects are focused on the level of anxiety the individuals experience in public and generalized settings. The conclusions were drawn from the survey where most of the students have varying levels of anxiety and some have no fear and avoidance scales for both performance based and non- performance based tasks. High level of avoidance was shown for a few situations like becoming someone's acquaintance for purpose of romantic relationships. Non- performance based tasks like speaking on telephone in public, eating have shown less anxiety for both fear and avoidance. Performance tasks varied with respect to the amount of performance level. Tasks like drinking with others showed avoidance of 34.1%. In the end it can be concluded that all the participants have different perceptions regarding performance and generalized tasks and based on the situations their level of anxiety differed.

*Keywords: Social Anxiety, Community Mental health, Stress level in students.*

**41. Social Anxiety as a predictor of Psychological Wellbeing of University Students of Mumbai.**

**- Prarthana Devi<sup>1</sup>, Lakshmi Nair<sup>1</sup> & Jeel Patel<sup>1</sup>**

*1 – Student, AIBAS, AUM*

This paper deals with *Social Anxiety* of University students of Mumbai of Maharashtra which is mentioned as a predictor of the *Psychological Wellbeing*. By opting the survey method the researchers randomly selected 60 University students from colleges of Mumbai, Maharashtra. The research was mainly done to study the association between social anxiety and psychological wellbeing from which method of correlation was opted.

The concept of psychological wellbeing is deeply rooted in the understanding of human life growth mentally and spiritually. Having proper psychological wellbeing will ensure sound and balanced state of both mental as well as physical health. Today's era lags the concept of psychological wellbeing which is highly important to experience the eudemonic concept of happiness as the individuals now are becoming more materialistic and success oriented which surely isn't a bad idea but also makes happiness a goal oriented concept rather than something that individuals need to inculcate in their life.

World Health Organization refers wellbeing as a positive state instead of a neutral state and it frames health as a positive aspiration. However wellbeing is considered outside the medical model since the absence or presence is not a diagnosis factor.

Anxiety Disorders include disorders that share features of excessive fear and anxiety and related behavioral disturbances. Fear is the emotional response to real or perceived imminent threat, whereas anxiety is anticipation of future threat. In social anxiety disorder (social phobia), the individual is fearful or anxious about or avoidant of social interactions and situations that involve the possibility of being scrutinized. These include social interactions such as meeting unfamiliar people, situations in which the individual may be observed eating or drinking, and situations in which the individual performs in front of others. The cognitive ideation is of being negatively evaluated by others, by being embarrassed, humiliated, or rejected, or offending others. (DSM-5).

This paper deals with social anxiety of the university students of Mumbai, Maharashtra which is mentioned as a predictor of their psychological wellbeing by opting the survey method, the researchers randomly selected 60 university students from colleges of Mumbai, Maharashtra. To see the statistical differences in gender the sample was therefore divided into 30 male and 30 female. To carry the study forward, method of survey was used by using two assessment scales to check the variables Social Anxiety and Wellbeing. Social Anxiety Scale developed by Dr. Michael R. Leibowitz was used to see the social anxiety among the university students. The scale consists of 24 items which measures Social Anxiety in 4 different levels, Moderate Social Phobia, Marked social Phobia, Severe Social Phobia and Very Severe Social Phobia. In order to see the association of Social Anxiety with Wellbeing another scale was used to assess the level of psychological wellbeing on the same sample. Ryff's Psychological Wellbeing Scale (PWB) was used to see the wellbeing. The scale consists of 42 items which measures wellbeing in 6 dimensions which are Autonomy, Environmental Mastery, Personal relations with others, self-acceptance, personal growth and purpose in life.



To see the association between both the variables the method of correlation and quantitative research was opted to know what relationship persists between the variables. The social anxiety is a phenomenon that is currently prevailing in the society especially among the adults which can have major impact on an individual's life. The study was done to see how social anxiety can have its impact wellbeing as it determines how positive one's life will be. The main implication of the study was to search for a way to enhance the wellbeing of adult life. The university students when are exposed to social setting suddenly it becomes difficult for them to cope due to which their social anxiety increases. The main attempt was to see how social anxiety has an impact on one's wellbeing.

*Keywords: Social Anxiety, Psychological Wellbeing, University Students.*

#### **42. Prognostic foresight of delinquent behaviour—A Narrative Review**

- **Praveen Prem**

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Here is presented a narrative review wherein potential has been developed to foresee and avoid violent criminal offences before they take place. The aim is to address the subtyping of violent behaviour in psychiatric disorders, and to relate the subtypes to treatment. Published treatment guidelines and most pharmacological and epidemiological literature on violence in psychiatric disorders treat overt physical aggression as a homogeneous phenomenon. However presence of psychiatric disorders are common in prisoners worldwide, but whether they are risk factors for reoffending is still unknown; absolute and relative risks of violence are increased in patients with psychotic disorders, but the contribution of triggers for violent acts to these risks, as said earlier, is uncertain as of present availabilities. There are more than 10 million prisoners worldwide, and the prevalence of all investigated psychiatric or mental disorders is higher therein than general population comparisons. Prisoners are also at increased risk of all-cause mortality, suicide, self-harm, violence, and victimization and research has outlined some modifiable risk factors. Although expert opinion has asserted that there is an increased risk of violence in individuals with psychiatric disorders, there is substantial heterogeneity between studies reporting risk of violence, and uncertainty over the causes of this heterogeneity.

Here is undertaken a narrative review of over 17 studies, that report on associations between criminalities like violent crimes, reoffending, and homicide and schizophrenia along with other psychiatric disorder, aimed to determine rates and examine risk factors for these outcomes. This article investigates epidemiologic evidence concerning risk of delinquency (violence) to psychiatric disorders, in contrast to public perceptions of the dangerousness of mentally ill individuals; and later evaluates effectiveness of policies and laws designed to prevent firearms injury and mortality associated with serious mental illnesses and substance use disorders.

We shall systematically review studies of mortality following release from prison and examine possible demographic and methodological factors associating with variation in mortality rates. The average mean result of each study concluded with male prisoners usually showing that certain psychiatric disorders like PTSD, depression, and schizophrenia are being associated with a substantially increased hazard of violent reoffending that shows etiological heterogeneity. Because these disorders are prevalent and mostly treatable, improvements to prison mental health services with familial, sociodemographic, and individual factors could counteract the cycle of reoffending and improve both public health and safety. National violence prevention (targeted) strategies and psychosocial interventions like clinical prediction

rules should consider the role of prison health, substance abuse and other multiple vulnerabilities; this is to prevent violence, and to mitigate its consequences in marginalized communities. It must be to improve in such by policymaking at their interface based on epidemiologic data. Trauma-informed approaches for correctional programs and scalable treatments in prisons would require further consideration.

*Keywords: Crime, violence, psychiatric disorders, prediction, criminal law, offense, re-offense, schizophrenia, PTSD, depression, suicide, homicide, law, prognosis, delinquency, prison, health, mortality, mental health, stress.*

#### **43. Benefits of Meditation and pranayama**

- **Rashi Golani<sup>1</sup>, Shyamli Tiwari<sup>1</sup> & Prerna Kamble<sup>1</sup>**

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Meditation is a practice of focused concentration where an individual uses multiple techniques such as mindfulness, progressive relaxation, breath awareness and chanting meditation. All of these benefit an individual in one way or another. Pranayama on the other hand is the control of breath. 'Pran' is breath / vital energy in the body which is responsible for life or life force, moreover 'aayma' means control hence it is called 'Pranayama- the control of breath'. Meditation and yoga isn't a short-term prescription because it has to be practiced every day to see an authentic outcome. The implementation of these practices helps us gain wisdom and makes us recognize and respond to reality in a constructive way over the impulsive habits. The objective of this study was to comprehend the various profits of these practices and how they can help on a community level. For this study we utilized certain literature catalogues, using keywords such as meditation, pranayama, psychology to provide a complete, exhaustive summary of current evidence relevant to the objective. This included data extracted from various journals, articles, university blogs that were specifically dedicated towards the exposition of these topics. The inclusion criteria for this review were studies that were published since 2016 including studies predominantly focused on pranayama, meditation and some blended studies, whereas some studies were excluded regarding health vlogs, general survey etc. The study was built after reviewing 82 citation. According to the vast literature review explored there are endless numbers of perks of these practices if implemented holistically. Some of the common trends observed in these reviews include management of stress, anxiety, anger, mood along with enhancement of social cohesion, concentration, spatial awareness, verbal memory along with physical health and general well-being.

*Keywords: Pranayama, Meditation, Benefits.*

#### **44. Understanding generational shifts in the definition of self in Indian cultural context**

- **Rashmi Pandey**

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In the last few decades, measuring and understanding the cultural differences in the self and other aspects of personality has become the central focus of many researchers across the world. It has not been an easy pursuit, in part because of the various ways that culture can be represented. Many cross-cultural researchers have operationalized culture by focusing on the cultural-level distinction between individualism and collectivism. At the individual level, the associated concepts of independent and interdependent self-construal have been emphasized.

Therefore individualism-collectivism constructs has been widely used as a theoretical framework for understanding cultural differences in cognition, emotion, motivation, and behavior and self-construal's. Independent Self-Construal and Interdependent Self Construal are considered to be the individual-level mediators of cultural individualism and collectivism. The popular view holds that India, which has had a long history of collectivism, is slowly transforming into an individualistic nation. It is a common belief that Indian youths who are believed to be highly fascinated by western culture and their lifestyle have slowly started to drift towards western culture leaving behind age old traditional values of Indian culture. These youth have now in turn started to influence their family members to dump old traditions and embrace modernity. As a result of the following transformations it becomes important to quantitatively measure this change in self-construal to understand the future trends and its effect on the lifestyle, consumer behavior etc. at the individual level and community relations and growth at the societal level.

Following the concepts of independent and interdependent self-construal introduced by Markus and Kitayama, this study aims at understanding the generational shift in the definition of self in the cultural context of India. The purpose of the study stems from current political and social events like lifting of section 377 of IPC, protests of Indian youth against CAA, CAB etc. which has portrayed increasing individuality, free expression of one's opinions, liberal views and changing values in the Indian youth. The process of the study involved assessing two generations, which are generation X i.e. the individuals who were born between the years 1965-1979 and generation Z i.e. individuals who were born between 1995 and 2015, on the extent to which they define independently or interdependently with others. The assessment was carried out using the 30 item Self Construal Scale, by Theodore M. Singelis published in the year 1994, as the research tool. It measures the strength of an individual's self-construal by giving scores on the two subscales of independent self-construal and interdependent self-construal. It was hypothesized that generation Z will have higher score on independent subscale than generation X and that the scores on interdependent subscales would be lower than the generation X.. The sampling frame included the students and their parents living in an urban setup with a total sample size of 72 individuals, where 36 individuals belonged to generation X and 36 were from generation Z selected using convenience sampling technique. Demographic details of the participants like age, gender, area of settlement, family structure, religion and type of culture was also collected to further help in the understanding and interpretation of the results. The study used a comparative quantitative research design and the data collected was analyzed using SPSS where Shapiro-Wilk test statistics was used to test the normality of the data collected and independent sample t-test statistics were used to compare the scores.

The findings indicated that the scores on independent subscale and interdependent subscale were normally distributed, as assessed by Shapiro-Wilk test ( $p > 0.05$ ) and there was homogeneity of variance as assessed by Levene's test for equality of variance ( $p = .964$  for interdependent subscale,  $p = .245$  for independent subscale). The results of the independent sample t-test showed that there was no significance difference in the independent self-construal and interdependent self-construal of generation X and generation Z. The study further discusses the possible reasons for lack of any change in self-construal on the basis of extensive review of literature such as compelling and urgent personal needs and goals in conflict with the interests of family, friends or society led to a mix of individualist and collectivist behaviour and intentions. The study also discusses the limitations and future trends which will help our industries, work life and even give certain tangible solutions, that are generalizable to a large population, may come out of it.

*Key words: Individualism, Collectivism, Culture, Independent self-construal, Interdependent self-construal, Generation X, Generation Z.*

**45. Meaning in Life and Mental Health: A Systematic review.**

- **Reon John Michael**  
*Student, AIBAS, AUM*

Observing our surroundings, we see a various individuals getting into the trap of addiction by indulging in various substance abuse and activities, passionless teachers and students, apathy, hatred among communities and suicide incidents. Does this occur because of fulfillment i.e. the individuals lack meaning in their lives? Existing literature also highlight the importance of existential aspects and its relation to mental health, therefore finding meaning and purpose of one's life significant. The unconscious persuasion of shallow feelings or goals to escape the existential dread makes a person unfulfilled in life, this in turn can make the person more neurotic which then leads to unstable mental health and behavior. Then it leads to the question, how important role does meaning in life play on an individual's mental health and behavior? The question stems from an existential perspective on psychopathology (and consequently psychotherapy). To answer this overarching question and to highlight the significance of meaning in life in an individual, studies and reviews are being carried on various existing literature about existential attitudes in relation to mental health and behavior. Furthermore, the interplay of humanistic approach and the overlapping of philosophy and psychology marks the outline of the paper to explain its perspective on meaning of life in relation to health Psychology. The results determined significant correlation between mental health, behavior and meaning in life, also absence of it. Additionally, the trait curiosity was also focused on as it had various important correlations to existential attitudes in an individual.

*Keywords: Meaning in life, Health Psychology, Existentialism, Behavior, Mental Health, Psychopathology*

**46. Effect of family size on happiness.**

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Happiness is a range of positive emotions, including joy, pride, contentment, and gratitude. It can also refer to the feeling of subjective well-being that makes one's life meaningful and satisfactory. Familial bonds certainly can have an influence on your well-being, as they are the primary and first group of people we socialize with in our lives.

Studies have often showed that individuals with positive and supportive family members around them have good mental health. In this study it has been hypothesized that people will be significantly happier in nuclear families instead of joint families. And, people will most likely be less happy in joint families than nuclear according to current situation wherein people love independent atmosphere. In order to effectively assess and quantitatively measure an individual's level of happiness, the Oxford Happiness Questionnaire has been used, which was developed by Michael Argyle and Peter Hills at Oxford University. It is a 29-item questionnaire which includes a uniform six-point Likert scale. The range of options available are 1 (strongly disagree), 2 (moderately disagree), 3 (slightly disagree), 4 (slightly agree), 5 (moderately agree) and 6 (strongly agree). Participants will be instructed to choose the appropriate response that describes their feelings best.

A sample of 60 participants was selected randomly. The age of participants ranged from 16-58 years of age. The mean age of the participants is 28 years old.

The sampling method used was random sampling, as each individual is chosen randomly and entirely by chance, such that each individual has the same probability of being chosen at any stage during the sampling process.

Statistical package for the Social Sciences (SPSS) has been used in order to effectively analyze the data collected from participants. ANOVA was applied to the scores obtained from the questionnaire in order to determine any statistically significant differences between the groups. After collection and evaluation of results, the findings were partially supported according to the hypothesis in question, i.e. people were found to be significantly happier in nuclear family settings instead of joint. But the people living in joint families are found to be more social and more helpful at the times of emergency and any sort of crisis.

*Keywords: Subjective well-being; Oxford Happiness Inventory; Oxford Happiness Questionnaire; Measurement of well-being; Happiness*

**47. A study into the effect of long-term internet blockade on the mental health of people in Kashmir.**

- **Saima Ali**  
*Student, AIBAS, AUM*

Evolution of our social structure has been keenly influenced by use of technology in the last century, the hotspots of technological use have performed far better in metrics of evaluation than those regions that suffered from non-use of technology. Isolation often creates heightened sensitivity to social threats spurred by predator evasion tactics and feeling of being lonely in the societal spectrum of the country. On the internet, a block or a ban is technical measure intended to restrict access to information or resources. Recently the internet blockade has been reported as the longest internet ban in democracy. A total of 382 cases of internet blockades have been reported across India and 180 of them have been reported from the erstwhile state of Jammu & Kashmir which accounts for 47% of all blockades in the country. The most recent internet shutdown in the state lasted over 180 days and the region has consistently seen such long spells of internet blockade. The longest spell of internet blockade outside of Jammu & Kashmir was in Darjeeling during the Gorkhaland protests of 2017 when internet was blocked in the region for a hundred days. It is also quite evident from the spans and frequency of blockades that the trend is on the upswing and becoming more common. The Indian government partially revoked its internet shutdown within Jammu and Kashmir over the weekend, allowing people in the union territory to regain the internet access to around 300 websites. This investigation was conducted with the aim of highlighting the situation of citizens in Kashmir valley due to internet blocked and what were the consequences of the earlier ban on the internet resources. This investigation was done by reviewing the theoretical and some empirical research articles related to internet blockade in Kashmir. Research reports and empirical articles published in reputed journals related to internet blocked in Kashmir were reviewed. As the present study was aiming to understand the effects of internet blocked on psychological as well as social aspects of the people of Jammu and Kashmir especially the valley. It was observed that Internet ban may take an unprecedented toll on Business, Education, Tourism, and also may have some effect on Mental and Physical health. Therefore

by reviewing the articles and reports related to the internet blockade in Kashmir valley it can be concluded that the internet ban for some time could be appreciated but extension of ban on internet service for prolonged time may have led to psychological and social disturbances which cannot be denied on the bases of the reports and the article that have been published on internet blockade in Kashmir.

*Key words: internet, blockade, isolation, social threats.*

**48. Learned Optimism: Comparative study between Adolescents and Young Adults**

- **Samrat Deb<sup>1</sup>, Shamika Singh<sup>1</sup>, Yashvi Manani<sup>1</sup>.**

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**Purpose:** In the research paper, an attempt was made to determine the level of learned optimism in Young Adults (21-25 years) and Adolescents (15-20 years). According to a study learned optimism techniques were found to significantly reduce depression in a class of college freshmen. (Seligman & Buchanan, 1997). Past studies have shown the implication of learned optimism on individual's quality of living and its influences on their mental health. Hence, through this study an attempt has been made to compare the levels of Learned Optimism between Young Adults and Adolescents. The Sample comprised of Adolescents and Young Adults because in these age groups they get exposed to different situations like being away from the family, aspiring for different careers, complicated living situations and due to such varied problems they have to earn a living or be the supportive member of the family which majorly influences their optimism level, and the maximum population comprises of these age groups.

**Methodology/ Design:** It was a quantitative study, with a Sample Size of 100 (50 Adolescents & 50 Young Adults). The research study was done using a questionnaire method using Learned Optimism scale, PCDLOS Scale (Pethe, Chaudhari, Dhar and Dhar, 1971). The results of the comparative study were calculated and analyzed with the help of T-test. The findings and their implications have been discussed further. The research helped to determine the age group which reflected lower levels of learned optimism.

**Research Application:** This study can provide a basis for further research in terms of identifying the various factors that could contribute to the different levels of learned optimism in the two age groups. This study can be helpful in research in different domains of psychology such as positive psychology, health psychology and for intervention purposes.

*Key Words: Learned Optimism, Learned Optimism Scale (PCDLOS), Positive Psychology, Quality of Life, Young Adults, Adolescents*

**49. Relationship between Personality Factors and Interpersonal Communication Competence among Youth**

- **Saumya Dhiman<sup>1</sup> & Dr. Tanvi Vijay<sup>2</sup>**

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Human beings are often described as social animals, where a significant part of their life is spent on social interactions. The communication which takes place face to face between individuals is often classified as intimate and private, and is considered to be interpersonal communication. It is an interdisciplinary concept involving linguistics, social psychology and sociology. Interpersonal communication is a dynamic process influenced by various dispositions like situational and interpersonal factors that tend to affect this active interpersonal communication process. Personality traits which are used to describe oneself and acquaintances are frequently elucidated as enduring characteristics in daily life. They are crucial to numerous aspects of human life; job performance, aptitude, communication and so on. These personality traits are repeatedly expressed in everyday life of an individual through behaviour and communication. The role of these enduring characteristics cannot be separated from the construct of interpersonal communication. Villaume and Boudie (2007), state that curiosity and interest among research scholars to search personality traits in relation to communication stand existent since decades. A profound interest in the relationship between the two, thus, can be gauged from the previous researches. Unfortunately, despite profound interest existing between the two concepts, limited studies focus on their correlation and moreover, even fewer studies are available outside of west. The aim of the current study is to examine the effects of personality in the domain of interpersonal communication among the youth in the age group of 18 to 25 years. To achieve the goal of this study Interpersonal Communication Inventory and Big Five Inventory, both of which are self-report measures, were employed. Interpersonal Communication Inventory designed to provide insights into a person's communication strengths and potential areas for development in addition to providing an overall score on interpersonal communication competence. The domains of ICI include important factors affecting communication with other individuals, they are- 1) sending out clear messages, 2) listening, 3) giving and getting feedback and 4) handling emotional interactions. Whereas Big Five Inventory consists of 44 items designed to evaluate the personality traits in accordance with OCEAN Model of personality developed by Costa and McCrae in 1980's. The domains of Big Five Inventory are- 1) openness to experience, 2) conscientiousness, 3) agreeableness, 4) extraversion and 5) neuroticism. Out of these five, for the purpose of this study, only two dimensions were considered, neuroticism and openness to experience. The two questionnaires were distributed to the sample population falling in the age group of 18-25 years with knowledge and comprehension of English language. Both the inventories were found to have high validity and reliability. The objectives of the study were to establish whether openness to experience has any relation with the overall ICI scores obtained and to determine the relationship between neuroticism and Handling Emotional Interactions dimension of ICI. The scores obtained on both the scales were analysed using correlational statistics and the results were discussed.

*Key words- Personality, Interpersonal communication, Big Five and Interpersonal Communication Inventory, Neuroticism.*

**50. Concept of Marriage Differences across Age**

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Mental health can be defined as the 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. In the earlier times mental health was subject to negative judgments and stigmatization, younger and older adults represent distinct cohorts with different life experiences and exposures to mental health issues, their perceptions of and attitudes toward mental health and service utilization varied.

There are various aspects that contribute to different mental health problems one such being marriage. Marriage is a social commitment with multiple emotional, social, religious spiritual and occupational demands. Marriage is an important institution in human society and particularly so in Eastern countries, including India. In India, it is almost compulsory for every individual to marry and “settle down.” Not being married is considered a stigma, particularly in case of women. The decisions made by the elderly are accorded with greater significance than the individual. The structure of the family being more or less authoritarian leaves minimal space for independent choices and decisions or actions, even in matters of prime concern to the individual personal life of an individual, such as marriage. There are strong differences in opinions in terms of cultural norms between the young and elderly. There are a lot of difference in attitudes, values, behaviour patterns and aspirations between youths and their parents. This type of difference is not of recent origin but the magnitude of the difference is greater today due to impact of modernization in India.

Even today most of the major decisions and personal choices of individuals are put into action after the approval of the family members (basically elders). The internal and external family decisions are taken by the family member for each other’s benefits. This reflects that the parent/relative's choice, on selection of life partner is still preferred. This brings about a tremendous cultural and social pressure on an individual. The spread of urbanization, literacy and industrialization have brought about distinctive psycho-social changes in the personality structure of the individuals, therefore today we find more conflict between modernized and traditional sections of the society.

The present paper is a secondary research paper and the study was conducted by reviewing the existing literature on how marriage as an aspect plays a role in community mental health and generation gap that exist between parents and adult-children and its effects on the individual’s behaviour. The various factors that were found to influence an individual’s mental health in marriage are; the age of marriage, divorce, getting re-married, forced marriage, birth of a child, an abortion or miscarriage, economic stress, migration, episodes of illness, major career changes and any situation that involves a significant change in marital role can precipitate stressful periods in a relationship.

*Keywords: Marriage, Generation Gap, Youth, Parents, Family relations, mental health.*



**51. A comparative study of personality correlates of patients with obsessive compulsive disorder and healthy controls**

- **Shravya S. Devadhar<sup>1</sup>, Vaishali Tyagi<sup>1</sup> & Dr. Lissy George<sup>2</sup>**

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Personality factors have been documented in literature to play a role in onset and maintenance of Obsessive-Compulsive Disorder. In western studies, the relationship has been widely studied. However, in the Indian population there has been limited literature that has focused on building the personality profile of patients with OCD. The current study aims to understand the personality correlates of OCD. The data was collected from 30 patients with OCD and 30 healthy controls, matched on age, sex and education. Yale-Brown Obsessive Compulsive Scale was used for screening patients with OCD and the Mini International Personality Item Pool (Mini IPIP) was administered to both groups.

*Key words: Personality traits, Obsessive Compulsive Disorder*

**52. Exploratory study on the influencing factors of Stockholm syndrome**

- **Simran Kaur Uppal**

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Stockholm syndrome is a psychological response wherein a captive begins to identify closely with his or her captors, as well with their agenda and demands. Psychologists who have studied the syndrome believe that the bond is initially created when a captor threatens a captive's life, deliberates, and then chooses to not kill the captive. The hostage's relief at the removal of the death warning is transposed into feelings of gratitude toward the captor for giving him or her life. The survival instinct is at the heart of the Stockholm syndrome. Victims live in enforced dependence and interpret rare or small acts of kindness in the midst of horrible conditions as good treatment. They often become hyper-vigilant of the needs and demands of their captors, making psychological links between the hostage's happiness and their own.

This paper analyses the existing literature review of studies done on the similar topic.

Stockholm syndrome is a rare condition and that may explain why the research surrounding it is so sparse. Furthermore, influences and the factors affecting Stockholm Syndrome has been briefly outlined in this paper, where how external as well as internal factors contribute towards development of this Syndrome and how it influences the behaviour of an individual/captive, even after the incident. The method used to collect data for this study is mostly Qualitative, by using The Stockholm Syndrome Scale By Graham (1994) and also by taking Case History from woman working in prostitutions and NGO's that help in the protection and rescue of prostitutes or sexually trafficked women and children.

*Keywords: Stockholm syndrome, factors affecting, rare phenomenon, Stockholm Syndrome Scale (Graham, 1994)*

**53. A Study of Relationship between mindful self-care and subjective well-being in the urban community.**

- **Sneha Chatterjee**

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Rapid increase of population cause urbanization. The population in the urban community faces unique challenges and the fast-paced lifestyle are associated with higher rates of most mental health problems compared to rural areas. One of the key factors which contribute to this is the erosion of protective factors. Steady and intentional practice of mindful self-care is seen as protective by preventing the onset of mental health symptoms, job/school burnout, and improving work and school productivity.

Self-care is defined as the daily process of being aware of and attending to one's basic physiological and emotional needs including the shaping of one's daily routine, relationships, and environment as needed to promote self-care (Cook-Cottone, C. P, & Guyker, W. M. , 2018). Mindful self-care adds the component of mindful awareness i.e. the act of being keenly aware and purposefully present in the undertaken task. Subjective well-being can be defined as a person's cognitive and affective evaluations of his or her life. It refers to how people experience and evaluate their lives and specific domains and activities in their lives.

A pilot study was conducted with college students and working professionals, to explore the extent one engages in self-care, general subjective well-being in the urban population and understand the relationship between the two variables.

*Methodology*

The study sample consisted of 150 adults, 75 students and 75 working professionals from various fields, in Mumbai and Navi Mumbai. Self-report method using the following instruments were used to obtain data: Mindful self-care was measured through The Mindful Self-Care Scale (MSCS, 2018), a 33-item scale that measures the self-reported frequency of mindful self-care behaviour and assess interventions that serve to improve self-care. Measurement of subjective well-being was obtained using Subjective Well-Being Inventory by Nagpal and Sell (1992). It is a self-report questionnaire consisting of 40 items designed to measure an individual's mental status regarding overall feeling about life.

*Results*

The results indicate a large number of people do mindfully engage in self-care. On average, college students engage in higher self-care practices than working professionals. The average score for mindful self-care was 121 out of 165 and average well-being score for the population was 84.18 out of 120. The mean score for Indian population was 90.8 when norms were created for the test suggesting an overall decline in well-being. Pearson correlation coefficient  $r = 0.529$  suggested a moderate positive correlation between mindful self-care and subjective well-being.

*Conclusion*

The results indicate that there is some positive correlation and with the general average decline of well-being amongst the Indian urban population, this study indicates the growing need for greater self-care practices and interventions to improve one's well-being. Through creating awareness and inculcating self-care behaviour into one's lifestyle, through time, it can have

significant positive effect on well-being of individuals and as a result, improved well-being in the community.

*Key words: Mindful, self-care, subjective well-being*

#### **54. Social Media and Identity Formation among Adolescents – A Review**

- **Sritama Ghosh**

*Student, AIBAS, AUM*

The objective of the paper was to study and examine the impact of social media on identity formation in adolescents. This paper aimed to study the impact of social media and its further effect on adolescent's mental health.

Adolescence is the transition phase for growth and development that occurs between childhood and adulthood. Any individual between the age 12 and 20 is considered as an adolescent. At this stage they go through various biological and psychosocial changes and disturbances. Some researchers found that these changes have been exaggerated to a high extent and that the maturation process is peaceful, whereas some found it as an intense and stressful development stage in an individual's life. One of the challenging phases that adolescents go through is exploring their identity. Though identity is a very complex concept to explain in simple word, various researchers had tried to explain Identity. Identity is said to be one's integrated self-concept that involved sexual orientation, a set of ideas and values, and career direction with respect to both personal and social self. Erickson explained in his theory of psycho-social development that individuals, who fail to form a sense of identity between the ages 12 to 18 years, suffered from a state of role confusion or identity crisis. Identity is affected by various factors around an individual such as gender, socio-economic status, caste, culture, family environment, school environment, peer environment, etc. Since, today's adolescents are growing up with social media; it is now also been considered as factor that might also has a role in identity formation and various researches are being done on it. Hence, this study was initiated to examine both positive and negative impact of social media on identity formation. The paper additionally aims to examine effect of social media on adolescent's mental health. For this purpose, various articles and scientific journals related to the topic were referred and analyzed. Numerous theories and studies on the subject, from all over the world, have been evaluated to understand the impact of the social media on identity formation. The findings of these studies have been used to draw inferences on which the current research paper is based on. This paper also gives precautionary ways to lessen the effect of social media on mental health.

*Keywords: social media, identity formation, identity crisis, mental health.*

#### **55. Relationship Between Emotional Intelligence and Self Esteem Among University Students**

- **Suchitra Rampelli<sup>1</sup>, Nilanjan Mallick<sup>1</sup>, Syeda Ruuhe<sup>1</sup>, Gurleen Ahluwalia<sup>1</sup>**

*1 – Student, AIBAS, AUM*

The purpose of this study is to find the relationship between Emotional Intelligence and Self Esteem among university students. Emotional intelligence refers to the capability of a person to manage and control his or her emotions and possess the ability to control the emotions of others as well. Self-esteem is a positive or negative orientation toward oneself; an overall

evaluation of one's worth or value. This study examined the scale of Self Esteem and Emotional Intelligence of 60 students in which 30 were girls and 30 were boys. The age range of the participants was 17-23 years old. The data was collected through random sampling. The participants were from Amity University Mumbai. The Emotional Intelligence scale by Dr. Ekta Sharma (2011) and Self Esteem scale by Cooper Smith (1987) was administered on all the participants. The scales and subscales were interpreted individually and then evaluated together, 25 items used in Cooper Smith's Self Esteem Inventory Adult Form (CSEI) and 5 scales and subscales in Emotional Intelligence Scale. The data obtained was analysed statistically by correlational method and it revealed that there is a significant relationship between Emotional Intelligence and Self Esteem. The results showed that people with high Emotional Intelligence had high Self Esteem.

**56. Understanding and Need for Psycho- education among parents of at Risk adolescents.**

- **Sukanya Biswas<sup>1</sup> & Dr. Poonam Sharma<sup>2</sup>**

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Background: Our society is seeing an influx of disruptive behaviors amongst adolescents in form of aggression, rebelliousness, resentment, social withdrawal, low self-esteem, and anxiety, and low frustration tolerance, lack of self-confidence, poor social skills and poor academic performance. The emotional and behavioral problems often co-occur, in adolescents putting them at risk of inhibited psychological growth and a threat to society. Adolescence is marked by heightened risk-taking, reward seeking, and impulsive behavior. Experimenting and risk-taking are part of adolescent life and play a role in adolescent development. Taking risks helps adolescents establish their identities and learn from their successes as well as their failures.

Parents can help adolescents by encouraging them to take the positive steps that strengthen them and lessen chances for negative behavior. Research has shown that effective parenting and adaptive family interactions can play a pivotal role in protecting adolescents from negative influences whereas inadequate parenting skills and maladaptive family interactions can contribute to the evolution of emotional and behavioral problems (Vuchinich, Bank and Patterson, 1992; Dishion, Nelson and Bullock, 2004).

While raging hormones, struggle for independence, peer pressure, identity crises etc. are creating havoc in the lives of adolescents, today's parents are also faced with a wide range of challenges such as how to monitor the child, their peer group, how much freedom to grant, what kind of discipline is effective, how to prevent the child's value system from being corrupted. With the enormous change in the societal fabric, the ways to discipline and educate the child have also seen a sea change. No longer is "wielding the stick" considered an appropriate way of handling a child. The modern day adolescents do not wish to be the victims of authority and can only be managed through reason. But parents today are not very clear as to how to tackle these attitudinal changes and are vacillating between stringent and flexible ways of dealing with their children.

Thus, the researcher feels an urgent need on part of school counselors to address these risky behavioral and emotional issues, with an aim to develop a psycho educational intervention

module for parents of at risk adolescents. The intervention intends to educate the parents about the ways of handling their adolescents to reduce issues and optimize their functioning in society. Such interventions have positive impact on parenting skills in terms of adequate communication and motivational skills for resolving conflicts, setting rules, contracting, supervising, consistent disciplining and solving atypical problems of adolescents.

Often all it takes is parents' willingness to make a small investment of time and effort in some cases as little as a workshop over a period of few weeks to learn skills, to prevent and equip themselves to deal better with their adolescence. After counseling parents of adolescents with risky behaviour and researching the literature, the researcher recognizes the importance to provide psycho-educational intervention to the parents of vulnerable adolescents. In order to develop the psycho educational intervention programs, it was necessary to identify parenting understanding and their needs.

**Methods:** The Parents need assessment survey was conducted using key elements for the aforementioned programs to provide a structure for assessing and responding to the support needs of parents. The survey questionnaire consisted of 3 sections to assess a) demographic details b) Parent's knowledge and c) Parents training needs. A total sample of 100 parents of adolescent children of both gender who were studying in grade 8, 9, and 10 within the age range from 14 to 16 years were taken from the total population of 513 from Pawar Public School, Pune. Data collected was analyzed using the SPSS 20.

**Results:** The findings indicate that 89% parents agree that there is a need for such parenting workshops and 90% parents agreed that they would be interested in attending the psycho educational intervention. They also expressed their views on the open ended questions regarding the challenges adolescents face like academic, peer pressure, emotional challenges etc. and reported parent child conflict, behavioral issues, social media and phone addiction as their own challenges dealing with their adolescent child. Majority of the parents reported that in the parents psycho-education program they would like to include parenting skills, improve parent child relationship, understand and deal effectively with their adolescents and help them academically. 96% of the parents agreed that adolescences are a critical age than any other age group and 95% parents agreed that children are at risk during adolescence stage. Information was also collected from parents to find out what they see as needs for parenting education and support.

**Conclusion:** Consideration of these issues of at risk adolescence will help to ensure that parents with different needs and capacities receive the most appropriate support.

**Keywords:** Need assessment, psycho education, parenting, at risk adolescents

### **57. Identifying safer sex practices in young adults**

- **Swapnil Bhopi<sup>1</sup>, Manju Goswami<sup>1</sup>, Dr. Poonam Sharma<sup>2</sup>, Jacob K John<sup>2</sup>**

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Good sexual health is a part of overall physical, mental and social well-being. Sex education have been one of the highly controversial issues in Indian society. If people are unaware of sexual health needs (information about risks, vulnerabilities, access to good sexual health care etc.); they may get deprived of the knowledge needed to make crucial choices about their own body and required practices and hence, the future.

A range of safe-sex practices are commonly recommended by sexual health educators and public health agencies. Many of these practices can reduce (but not completely eliminate) risk of transmitting or acquiring STIs. Though there has been an improvement in the instances of sexually transmitted diseases; these is a need to check the level of awareness and practices which are been done to ensure about the future consequences.

**Data and Methods:** We attempt to understand the knowledge and understanding about Safer sex practices in young adults by analysing the data from different educational institutes in Mumbai and Raigad districts of Maharashtra. The sample size will be 50 and we shall administer the Safer Sex Behaviour Questionnaire (SSBQ).

**Results:** The data will be analysed basis the cut off of the said rating scale. Statistical analysis will be made based on the specific domains of the scale.

**Implications:** Findings of the study will help to plan further studies and interventions with the young adults.

*Keywords: Safer sex practice, Young adults.*

**58. Mob Lynching: A Study on the Role of Social Media in Inciting Vigilante Justice**

- **Tanya Karen Rodrigues<sup>1</sup>, Alma Shaikh<sup>1</sup> & Priyanka Shetty<sup>1</sup>**

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Mob lynching can be defined as a premeditated extrajudicial killing by a group. It is most often used to characterize informal public executions by a mob in order to punish an alleged transgressor, convicted transgressor, or to intimidate a group. It can also be an extreme form of informal group social control, and it is often conducted with the display of a public spectacle for maximum intimidation.

In recent years, a number of incidents across India have triggered the phenomenon of mob justice which results due to the presence of an incompetent justice system to address human rights violations. Mob justice results when the citizens no longer trust legal and security authorities to properly deal with the suspected criminals. Social media has been a breeding ground to further allow the mobilization of such groups fighting for justice when they feel that justice wouldn't be served to them through the legal system. There have been approximately 56 cases of mob lynching reported through WhatsApp alone, which have resulted in the death of 46 people and 43 people have been critically injured, the main cause being the spread of fake news.

The purpose of this study was to provide a systematic review of the existing evidence-based literature on mob justice in India as well as to gather public opinion regarding mob justice under different circumstances. It is expected that the study will provide legal practitioners and the public about the implications of mob justice and enable them to take action accordingly.

In this qualitative study, we conducted interviews on students from Amity University Mumbai, ranging from 18-25 years of age. It was found that a majority of the students were aware of the

phenomenon, but were not acquainted with the terminology of 'mob lynching' or 'mob justice', or acquainted with widely publicized incidents that took place in India over the past few years.

A limitation of the study is that the sample contains college educated students coming from middle to upper-middle class socio-economic status, thus excluding the opinions of individuals belonging to more varied backgrounds. From the data collected, opinions regarding whether there should be accountability for the actions of the mob members, varied according to the particular situation/case. All of the interviewees said that they generally do not forward messages containing content that they believed would incite violence and would not be inclined to do so in the future as well.

**59. The role of sexual knowledge and sexual self-concept on Dhat Syndrome: A Systematic Review**

- **Tithi Haria<sup>1</sup> & Dr. Lissy George<sup>2</sup>**

1 – Student, AIBAS, AUM

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Dhat syndrome is a culture bound syndrome characterized by preoccupation with semen loss and attribution of physical and psychological symptoms to the same. In the sexual realm, an individual's beliefs, attitudes and perceptions about himself/herself are important components of who he/she is and serve as both precedents and subsequent of sexual behaviour and sexual related dysfunctions. The purpose of this paper was to carry out a systematic review on the role of sexual knowledge and sexual self-concept on Dhat syndrome. A review of the literature published in the last two decades was conducted using the key words Dhat syndrome or sexual knowledge or sexual self-concept. The studies were taken from electronic database such as PubMed, Research Gate, Academia, Psych Net, Science Direct, Psych INFO, etc. Majority of the studies reveal that misconception associated with sex and sexuality are very common in Dhat syndrome and that sexual behaviour was significantly related to a more positive sexual self-concept. Depressive and anxiety symptoms were common symptoms found, including weakness, fatigability, disturbed sleep, multiple somatic complaints and sexual dysfunction. Further research is needed to improve our understanding of this condition so as to properly diagnose and treat patients from other cultures, who may report symptoms that are influenced by their beliefs, culture, or place of origin.

*Keywords: Dhat syndrome, Sexual Knowledge, Sexual Self-concept*

**60. Yoga and well-being in elderly**

- **Vaibhavi Mane<sup>1</sup> & Shruti Shirawalkar<sup>1</sup>**

1 – Student, AIBAS, AUM

Yoga is considered as an effective comprehensive approach to maintenance and promotion of psychological health and has been demonstrated to support many dimensions of psychological wellbeing, from everyday stress to anxiety, depression and coping with health challenges in older adults. Yoga is found to be more effective when it is consciously and systematically integrated into an individual's overall self-care and medical care program. Upon review of existing literature on effects of yoga on psychological health in older adults, physical health deterioration leading to psychological instability is also identified. How psychological health affects the physical health is also studied.

*Keywords: Yoga, older adults, psychological health, wellbeing.*

**61. A Study To Understand The Relationship Between Social Media Usage and ADHD**

- **Yashaswini Devanathan<sup>1</sup> & Visha Patel<sup>1</sup>**

*1 – Student, AIBAS, AUM*

ADHD is Attention Deficit Hyper Activity Disorder. It is classified as Medical Condition. A person said to suffer from ADHD shows difficulty in paying attention, sitting still and Self-control. Some classic symptoms of ADHD are Fidgetiness, Interrupting, Lack of Focus, and Trouble following Instructions to name a few.

The signs and symptoms of ADHD start showing in childhood and these symptoms are also found in adolescence and adulthood. Researches state that ADHD is caused by genetic and environmental factors.

Social Media: Oxford Dictionary refers to social media as websites and applications that enable users to create and share content or to participate in social networking.

Current Scenario: Social media has become an integral part of millions of people across the globe. Some popular social media are WhatsApp, Facebook, Instagram, Twitter, and Snapchat to name a few. Some of them have been found to be addictive in nature. Many young adults and adolescents are found to spend a lot of time on some of these social media platforms (Facebook for instance). Studies carried out across different countries, across young adults and adolescence age cohorts show that ADHD intensifies social media usage and social media usage aggravates ADHD symptoms. The reason for this is the instant gratification that social media offers. The internet has influenced the adolescents and young adults in a way that this age group has lost the quality called patience, controlling emotions, and focus.

The study was conducted with the aim to understand the relationship between Social Media usage and ADHD.

The objectives of this study were

To understand prevalence of ADHD among adolescents and young adults,

To understand the manifestations of ADHD among adolescents and young adults

To study ADHD-Social Media interface among adolescents and young adults

Research Methodology: This work is a secondary-data-based work, relying very heavily on research papers published on the subject. Review of 10 research papers were carried out for collecting information.

Rationale of the study: It is not only physical well-being, but also mental well-being that is important for a person to be considered healthy. People have limited awareness about signs and symptoms that reflect the mental state of well-being. Under such conditions, social media and the way people use it can be used to understand any underlying psychological conditions.

Details and Description of articles review:

- More researches are being conducted in “Addictive Technological Behaviour”. Researches show that there is a strong association between addictive technologies and psychiatric disorders. There are two prominent types of addictive technology,



namely Social Media and Video games. “Correlations between symptoms of addictive technology use and mental disorder symptoms were all positive and significant.”

- “Internet addiction, also described as pathological Internet use, is conceptualized by an individual's inability to control his or her use of the Internet, which eventually causes marked distress and/or functional impairment”
- “ADHD symptoms, both in inattention and hyperactivity–impulsivity domains, had significant positive correlations with the degree of Internet addiction. The Internet
- Addiction group had greater ADHD symptoms compared with the non-addiction group.”

Studies show that children and adolescents were not comfortable doing tasks that required focus and attention. Such respondents indulged in watching television, video games and internet surfing.

- There is clear evidence that the symptoms of ADHD interfere with, or reduce the quality of, social, school, or work functioning.

The symptoms are not better explained by another mental disorder (such as a mood disorder, anxiety disorder, dissociative disorder, or a personality disorder). The symptoms do not happen only during the course of schizophrenia or another psychotic disorder.

On the basis of the literature reviewed it was found that there is a strong relationship between ADHD and Social Media addiction.

#### Conclusion

Through systematic review of articles, it can be concluded that all sections of the population were prone to Social Media addiction. Children, adolescents and young adults were prone to social media addiction. Since social media offered ‘instant gratification’ respondents with ADHD found the medium more comfortable and more gratifying. Using social media did not require longer period of sustained attention.

Therefore, it is concluded that social media addiction reflects the underlying ADHD symptoms in an individual.

#### Implications

The study provides an idea that by observing the social media usage pattern and style by an individual, psychologists can understand the prevalence of ADHD among the given subjects.

*Keywords: ADHD, Social Media, Mental well-being*

#### **62. Smartphone Addiction and its Relationship with Personality Traits**

- **Aastha Kothari<sup>1</sup> & Dr. Lakhminder Singh<sup>2</sup>**

*1 – Student, AIBAS, AUM*

*2- Assistant Professor, AIBAS, AUM*

The usage of smartphone is observed to be rising rapidly due to its easy access, making it one of the prevailing behavioral addictions of this generation. The personality traits of the users certainly have a role to play and the degree of each underlying trait present determines

behaviour across situations. The study investigated the relationship between smartphone addiction and personality traits. The sample consisted of 60 females ranging between 18-25 years of age that were obtained using random sampling method. The tests used were Smartphone Addiction Scale- Short Version (SAS-SV) by Kwon, Kim et al., 2013 and NEO Five Factor Inventory (NEO FFI), by Costa and McCrae (2004). The scores were calculated as per the manual and the analysis of scores were done using t-test run via SPSS. The results obtained are discussed in this paper.

**63. Self-stigma (internalized stigma) and perceived social support in the persons diagnosed with depression and anxiety disorder**

- **Abhilasha Thakur<sup>1</sup> & Dr. Sovani<sup>2</sup>**

*1—Student, AIBAS, AUM*

*2—Professor, SNDT UNI*

**Introduction:** Stigma is a Greek word that in its original referred to a type of marking or tattoo that was cut or burned into skin of criminals, slaves in order to visually identify them as blemished persons. Self-stigma (Internalized stigma) is one of the forms of stigma which is mostly found in mentally ill persons. Self-stigma is defined as the individuals that may internalize or form beliefs about the value of seeking mental health services through the labels and perceptions of others and adopt them as their own. On the other hand social support refers to the physical and emotional comfort given to us by our family, friends or co-workers and others, perceived social support a part of social supports aids mentally ill person to recover from any mental illness. Perceived support refers to a recipient's subjective judgment that providers will offer (or have offered) effective help during times of need.

**Methodology:** The aim of the study was to measure the level of self-stigma and perceived social support present in the person diagnosed with depression and anxiety disorder. This research was conducted by Ex post facto design for collecting and analysing data. The tools used were; Internalized stigma of mental illness (ISMI) is designed to measure the subjective experience of stigma, with six subscales having in total 29 Likert items. The second tool used was Multidimensional Scale for Perceived Social Support (MPSS) is a brief research tool designed to measure perception of support from 3 sources; Family, Friends & significant others. The scale is comprised of 12 items with 4 items for each subtest. The sample size used for this study was 50 (25) persons diagnosed with depression and (25) persons diagnosed with anxiety. The age range of this population was 25-50 selected through purposive sampling.

**Results:** In the results no differences were found in the level of self-stigma and perceived social support in the person diagnosed with depression and anxiety disorder.

**64. Personal growth: hope for new life.**

- **Anshu Shaji<sup>1</sup> & Bhumika Prajapati<sup>1</sup>**

*1-Student, Banasthali Vidyapith*

“The bravest thing I have ever did was continuing my life when I wanted to die” – Anonymous

A hope for new life for us refers to a place or situation where a person gets another chance to live a fulfilling and effective life. According to WHO around 7.5% Indians suffer from some kind of mental disorders. We often forget that the people we call as mentally ill are like us in

every aspect and it's just the situations in their life which leads them to certain disorders or mental illness. In recent times it has been observed that major mental disorders are being experienced by youngsters, which is increasing day by day at an alarming rate. The most common factors which lead to disorders are unhealthy family and social environment, wrong peer group, social media influence, past experiences, etc.

In this research paper we intend to assess the traumatic experiences, anxiety and depression which is common in today's world, where every person that we meet either had depression/anxiety or is currently suffering from depression and how people cope with the problems and the techniques they apply for their personal and mental well-being. It is commonly seen that disorders affect the other functioning of the body which is mental to be healthy, we also assessed how traumatic experiences, anxiety and depression affects ones sleeping habits, eating habits and socializing skills and what kind of coping skills people prefer to heal themselves and make their life a little better and happy. In this paper we focused on the coping methods that people use on their personal level when then cannot either afford a professional help or are not willing to get professional help due the negative social stigma about professional mental help. In this paper we showed that how one gets affected by traumatic experiences, depression and anxiety and how with the help of family, friends the people with traumatic experiences, anxiety and depression can fight with their inner turmoil and struggle. We took a survey among the youth to understand the general perception on traumatic experiences, depression and anxiety, how one can live their normal and satisfied life and how the perception about mental health is changing with the changing times.

In this paper, We took *two variables*- firstly, the *effect of traumatic experiences, depression and anxiety on sleeping patterns, eating patterns and socializing skills* and secondly, *what are the coping mechanisms that people use to get back their normal routines or life back which does not involve getting professional help* on the age group of 18-35 years; The coping patterns which we tested involves defense mechanisms like projection, intellectualization, displacement, humor, denial and other mechanisms were self-care, music, removal of toxic people from life, having a close group of friends/family, perusing hobbies, self-talk or understanding the self, researching about the problem and implementing the solutions in life and lastly motivation.

*Key words: Traumatic experiences; Depression; Anxiety; Coping mechanisms; Defense mechanisms; Personal growth*

### **65. Effect of Social Competence and Self-consciousness on Emotional Control among Adolescents**

- **Dr. Santosh Meena**

*Invited Speaker, Banasthali Vidyapith*

The struggle of an adolescent is for identity formation. As it is the period of physical, cognitive, social, emotional and interpersonal changes. They face various problems due to these changes and become very self-conscious. Emotional control is one's ability to manage emotions in different situations. The people who are good in emotional control remain cool under pressure. It is important to have emotional access and the ability to talk about feelings in adolescence when periods of emotional changes are common. In this study, focus is on adolescence as they deal with these issues a lot. An understanding of development, maintenance and enhancement of social competence is useful in determining how to help and protect adolescence from

negative influences and assist them in reaching their optimal potential. Keeping this in mind objective of the study is to examine the effect of social competence and self-consciousness on emotional control of adolescents. A sample of 189 female students of Banasthali University was taken, in the age range of 17-19 years. Sampling was done by random sampling technique. Standardized psychological tools were employed in the study. 2x2 Factorial design was used. Data was analyzed by ANOVA. Results of the study show that social competence and self-consciousness significantly affect emotional control of adolescents.

*Key words: social-competence, self-consciousness, emotional control, adolescents.*

**66. Exploring relationship between Body image and Parent-child bond :A systematic review**

- **Ayushi Srivastava**

*Research Scholar, Manav Rachna*

Parents play an important role in a person's life, they are closest to us in our immediate surrounding and are the first people we get to know. Hence, they shape our personality and how we see the world. This study explores how the bond between the parent and child can have an impact on how one see themselves or you can say that it studies the links between one's dynamics with parents and one's body image. The key question of this paper is approached by what is called a systematic review, which is to analyze and summaries all the quality research with similar objectives, in order to get more unbiased.

# **PLENARY SESSION II**

**67. Generational Differences Regarding Paranormal Beliefs**

- Alefia Malubhoy<sup>1</sup> & Deeanj Hinduja<sup>1</sup>

1 – Student, AIBAS, AUM

The present study aims to measure the generational difference, between Generation X (born between 1965 to 1980) and Generation Z (born between 1995 to 2010) regarding paranormal beliefs, including superstitions, religious constructs, and non-scientific beliefs both. It was hypothesized that there would be a significant difference between the attitudes of the two generations regarding paranormal beliefs.

Referring to the Paranormal Belief Scale (Rice, 2003), as well as its revisions (Tobayck, 2004; Sen and Yesilyurt 2014), several questions were developed to measure the level of paranormal beliefs in people. Most often, the sub-scales reflect a major dimension of the supernatural, such as witchcraft, superstition, and precognition. However, for the purpose of this study, Tobacyk and Milford's (1983) three criteria of paranormality were taken to assign degrees of belief to the variable. Thus, paranormal beliefs were measured across three sub-scales: (1) Metaphysical, for beliefs that cannot be proven or disproven; (2) Improbable Paranormal, for those that can only be explained after bending the laws of science and (3) Unrealizable, for beliefs that go against basic laws of reality. Items from each scale were alternated in the administration of the scale. Most items on the Metaphysical sub-scales relate to the common beliefs of religion, as well as associated concepts of death and afterlife- things that have no real evidence but cannot be scientifically proven either. Items on the Improbable Paranormal sub-scale describes events that are usually attributed to conspiracy theories and hoaxes, such as aliens, ghosts, or psychics. Happenings that can be disproven using common sense and logic constitute the Unrealizable sub-scale, including statements about black magic, mind-control, and superstitions. The participants can respond on a three-point scale, with options being 'believe', 'maybe', and 'do not believe', with one point scored for 'believe', two for 'maybe', and three for 'do not believe'. There are no negative items for reverse scoring. The higher the score, the more is the participant's belief in the paranormal. Thus, the highest score possible is 51, while the lowest is 17.

The survey was sent out through Google Forms, thus snowball sampling was used to collect data on the population. The link was sent to a few people split evenly between the two generations, who in turn sent it further to others, and so on. The sample size being aimed for is roughly 150 participants, with 75 from each generation at the very least.

*Keywords: Parapsychology, Paranormal Beliefs, Generational Differences, Superstition, Transpersonal Psychology*

**68. A study to examine the effect of language on thought**

- Amartya Mishra<sup>1</sup>, Meghna<sup>1</sup>, Waizul Haque<sup>1</sup>, Sil Richik<sup>1</sup>

1—Student, AIBAS, AUM

Language is very much tied to our cultural and personal identity & In that case language becomes a touchstone for cultural heritage and identity. The language that we choose to use is often the language closest to our heart. Language functions as a filter of perception, memory, and attention. Whenever we construct or interpret a linguistic statement, we need to focus on specific aspects of the situation that the statement describes. Interestingly, some brain imaging facilities are now allowing us to examine these effects from a neurobiological perspective.

Different languages focus the attention of their speakers on different aspects of the environment either physical or cultural. The linguistic relativity thesis says that the language you speak broadly affects or even determines the way you experience the world, from the way you perceive it, to the way to categorize it, to the way you cognize it. This radical thesis is often associated with the early-to-mid 20th century linguistic anthropologists Eric Sapir and Benjamin Whorf, and sometimes called the Sapir-Whorf thesis. Sapir and Whorf thought that this idea of the relationship between an objective reality and language is a mere illusion. Their thought was essentially that people around the world speak different languages, with difference structural features (grammar, syntax) and different vocabularies (lexicon), and this influences the conceptual system that they bring to each and every experience of the world.

Body language is also a part of language, which helps other people in the society identify an individual from others. In order to maintain respectful social standards in the society, a person is responsible in developing a self-identity that is unique from the others. Language is a key for everyone, a key that would aid in conforming to new society and new people.

In many parts of the world today, people are increasingly adopting English as a first or second language for economic reasons. The trouble is, choosing not to speak your 'native' language can feel like a betrayal of your own cultural heritage and identity. Each language gives us the key to a whole new different world and unique viewpoint.

This paper explores different psycholinguistic theories that report on results from research conducted on effect of languages of human thought process. Interview & case study method was used in this study and the data was analysed using qualitative analysis. Findings of this study indicates – Though language affects thought and originates from thought but language is not thought.

#### **69. Multicultural Personality Characteristics: A Comparative Study of Hostelites and Non-Hostelites**

- **Madhumati Mulik<sup>1</sup> & Dr. Gautam Gawali<sup>2</sup>**

*1-Research Scholar, AIBAS, AUM*

*2- Director, AIBAS, AUM*

Multiculturalism is the coexistence of community of two or more different cultures. It is product of globalization and migration. It is universal declaration that cultural diversity is as necessary for human kind as biodiversity is for nature. It is necessary to stay within multicultural society structure in order to tolerate social diversity, to respect each other's cultural values and to sustain their existence. Human behavior is important factor in this process. Kurt Lewin has stated that human behavior is a function of the person in their environment Human behavior =F (P, E). Environment plays important role in human behavior, according to nature-nurture theory different type of environments build different personalities. To understand multicultural behavior need to focus on individual as well as environmental factors. This paper is an attempt to understand the multicultural personality Characteristics of Hostelites and non Hostelites College going young adults.

The data were collected by using purposive sampling from 60 college going students, 30 Hostelites and 30 non Hostelites. Their age range was between 18 - 25 years. For data collection Multicultural personality Questionnaire was used. Data were treated by using adequate statistics it was found that there is difference between multicultural personality characteristics of Hostelites and non Hostelites.

**70. Narcissism and multiculturalism: A comparative study of the youth.**

**-Sanchi Agarwal<sup>1</sup> & Dr. Gautam Gawali<sup>2</sup>**

*1 – Research Scholar, AIBAS, AUM*

*2- Director, AIBAS, AUM*

The present research compares the relationship between narcissism and multiculturalism. Narcissistic personality is one of its kind where the individual has inflated self-love, they have grandiose image of the self. It involves a pattern of self-centered, egotistical thinking and behavior, low on empathy and consideration for others. They also have undue need for admiration. On the other hand multiculturalism describes a society where individuals from various cultures live together. It is the acceptance of various cultures along with that of the self. It has been documented through available literature that there is a negative correlation between narcissism and multiculturalism and hence the current study attempts to understand the relationship between the both and hypothesizes that there is a negative correlation between the same. The scale used for measuring narcissism was Narcissistic Personality Inventory (NPI) which consisted of 40 double paired statements. To measure multiculturalism the scale used was Multicultural Personality Questionnaire – Short Form (MPQ-SF) which consisted of 40 statements sub-classified into 5 domains, Cultural empathy, flexibility, social initiative, emotional stability and open-mindedness. The various domains of the MPQ-SF assist in providing the results of the same. The sample consisted of the youths aged between 18-25yrs. The results of the study were discussed in the light of the findings.

*Keywords: Narcissism, Multiculturalism, Cultural empathy, Social initiative, Emotional stability, Flexibility, Open-mindedness*

**71. The Indian Mythology And Human Behaviour**

**- Hari Prasad Pendor**

*Student, AIBAS, AUM*

Hindu spiritual teachings give a variety of methods after studying different aspects on the behaviour of individual, mainly yoga. In yoga, there are different tricks of expression of mysterious power when the mind is fully in control. The truth reveals itself, mentally being removed from strong feelings and emotions. The quality can be trained in various ways through yoga since every human being has the capability to develop according to his own nature, temperature and quality. In psychology terms the human minds are grouped in active, meditative of their quality.

On the bases of the Indian culture and drama of the epics I have gone through proper information about Indian mythology. Being with sadhus and sanyasis and listening to there philosophies on different types of dramas in epics and different practices, I have found the contribution of the yogis, maharaj and guru in giving proper knowledge of the Vedas and Vedic science, how mythology is being a part of routine life of every individual of the person unknowingly, how the sapatharushis and yogis make their contribution to human habitation and how human behaviour changes though a sadhanas. The Sapatharushi's explanation of the Veda's have contributed to literature and have established the connection between the guru shishya parampara and the three dimensional character of the yogis which has been explained in this text

The essentiality of the gurus to the spiritual development of the Indian traditions is divided into cateogies. Each of the spatula rushi are gone to an individual characteristics and knowledge



obstetrics paediatrics gynaecology are already has been written from the sapatharushis. they have gone already with them physical nature, the rushi convert their physical nature in such kind of an personality. Were they don't have an amount to think they did most need in intelligence all the psychical nature converts parts of human behaviour. Them the process of ancient method they made in to regular press of human behaviour. The spiritual behaviour.

#### The Pyscho- spirituality

The spirituality is not disparity it a diven. On the base of spiritual master the mind and body relation can be analysis through observe ring the human behaviour, relation and spiritual. As that much advanced science to useful for the world. Different guru and yogis given their philosophy on the base of Vedas and what make them a super speciality in natural phenomenon and inexorable. To natural phenomena. The way of observation of the yogis in artha to parmartha. There variety of expression- sadhana, spiritual journey is need not to be effect full need to be sensible. how gurus and yogis control there one is self-prevention and along being bond less is constantly push out that which you don't want to do so yogis are been goes in different aspects. Accumulation and desire sadhna is to breaking boundaries, the thought and emotion if you are identify with limited things around you than created unnecessary task between to forces.

#### Conclusion

The spiritual master and yogi who is contribute to the all group of the people and the affect for public welfare. The human behaviour be in a peaceful manner and constantly they have been in their mortal state and so a guru is essential for spirituality. development of his disciple's required Qualification of the religious masters to be understood higher psychology or spirituality relation the human behaviour. Must be fully illumined fruit through ethical. Practical stillness when every human behaviour as arias higher realization the mind becomes completely colourless. Our mind converts itself into a disciple like different imparting knowledge to the disciple only because his is intension is love for him in psychological term. There are a transference though them and through the spiritual process. the spirituality is not about any religion it is an process of the conscious ,and that which human behaviour is has independent to act anything which they have to act or we can say drama.spriliuality in any religion tell that human existence to bee three dimension.

*Keywords- spirituality, yogi, sanyasi, culture*

#### **72. Cognitive jealousy**

- **Aanchal Jain<sup>2</sup>, Sudha Rathore<sup>1</sup>, Aayushi Patni Jain<sup>1</sup>, Arushi Khurana<sup>1</sup>, Aayushi Shekhawat<sup>1</sup>, Kuvalaya Jain<sup>1</sup>, Aayushi Jhalani<sup>2</sup>**

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It is easier to fall in love than to grow in love. Falling in love requires yielding to the excitement of an involuntary infatuation. Contrary to this, it is difficult to keep the spark uptight growing up in love. It is evident from the review that girls and boys have different ways of expressing love. Women are found to be more expressive in showing emotions be it love, attachment or jealousy. Girls are found to be more engaged in the act of spying, stalking their social media accounts etc. According to the review, it has been observed that love is often confused with

habit, with love comes jealousy and attachment. Keeping in mind, the prevalence of the relationship trends among the college students and inconsistency of their relationship, it is important to identify the factors which affect the relationship as well as the breakups. In the following study we have undertaken three variables that might affect the romantic relationships among young adults i.e. Love, jealousy and attachment.

Jealousy is a negative cognitive, emotional or behavioural reaction triggered by a valued partner's actual or anticipated interest in, or relationship with, another person who is regarded as an interloper whereas attachment is a deep and enduring emotional bond that connects one person to another across time and space. Attachment does not have to be reciprocal. One person may have an attachment to an individual which is not shared. On the other hand love can be called a deep feeling of affection and care that involves intimacy, commitment and passion, that nourishes like air, food, water, words and touch and has a behavioural, physiological and biochemical signature.

A sample of 100 college going students (50 boys & 50 girls) between the age range of 18-23 years was selected. Quantitative method of research was employed and data was collected through Sternberg Triangular Love Scale by Sternberg (1986), Adult Attachment Scale by Hazen and Shaver (1987) and Multidimensional Jealousy Scale by Pfeiffer and Wong (1989). Statistical analysis techniques employed were mean, standard deviation and independent sample t test. Results obtained indicate that cognitive jealousy is found more in females than men whereas behavioural jealousy is found more in males than in females; anxious attachment is found more in females than in males; commitment and intimacy are found more in females than in males.

*Key words: Jealousy, attachment, love, infidelity, self-worth*

### **73. Increasing Efficiency and Productivity of Educational Community by introducing a four day week schedule**

**- Aayush Kumar Jha<sup>1</sup> & Muskan Singh<sup>1</sup>**

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A four-day week, or a compressed work schedule, is an arrangement where a college or school has its teaching, non-teaching staff and students work or attend school/ college over the course of four days per week rather than the more customary five. Well-being is a complex, multidimensional construct that cannot be properly measured by a sole indicator in a single domain (Borgonovi and Pál, 2016) Educational Community - This term typically refers to the various individuals, groups, businesses and institutions that are invested in the welfare and vitality of an educational institution.

The various dimensions that are covered in the study are: The Psychological dimension of students' well-being includes students' sense of purpose in life, self-awareness, affective states and emotional strength. Psychological well-being is supported by self-esteem, motivation, resilience, self-efficacy, hope and optimism; it is hindered by anxiety, stress, depression and distorted views of the self and others. The Social dimension of students' well-being refers to the quality of their social lives. It includes students' relationships with their family, their peers and their teachers, and students' feelings about their social life in and outside of school or college. The main measure of students' social well-being is their self-reported sense of belonging at school/ college. The Physical dimension of students' well-being refers to students'

health and the adoption of a healthy lifestyle (Statham and Chase, 2010). Our study does not measure students' health status as such. However, it provides self-reported information on how much physical activity students engage in on regular college days.

The Need of Study arises due to the following reasons: Mental Health - This study emphasizes on the improvement of Mental Health of Students, Teachers and Non - Teaching Staff. The outline of the study helps in creating a better study, work environment by reducing the number of functional school/ college days, thereby, reducing the mental stress and exhaustion caused due to the existing 5 day a week college/ school routine. Physical Health - This study emphasizes on the need of sparing time for physical health and using the one extra day of the week which we get to improve the student and teachers engagement in physical activities. Social well-being- This study emphasizes on the betterment of Social Bonds and Relationships within the college/ school environment as well as personal lives of individuals. A 5 day schedule causes a monotonous routine thereby affecting the emotional state of individual because of exhaustion which leads to strained inter personal relationships. Environmental Well-being - This study highlights the devastating effect of 5 day working on the environment. The fuel consumption, the electricity consumption, the water consumption, stationary consumption, in totality the overall resource consumption and the various kinds of pollution caused can be reduced by not continuing the 5- day working schedule. Increased Work/Job and Co-curricular Opportunities as the 5 day working schedule does not leave much time for students, teachers and non-teaching staff to explore more work opportunities and also leaves very less time for an individual to indulge in Co-curricular, leisure and recreational activities. This arrangement can be a part of flexible working hours, and is sometimes used to cut costs. Our study emphasizes on the benefits of the same.

*Key Words - Four day work schedule, Educational Community, Community Mental Health, Well-being*

#### **74. Awareness about Mental Health among Secondary School Teachers**

- **Aayushi Tailor<sup>1</sup>, Praachint Kour<sup>1</sup>, Rutuja Bankhele<sup>1</sup>**

*1-Student, AIBAS, AUM*

Adolescence is an important phase in one's development as hormonal changes start taking place which affects their cognition, behaviour and emotions. Some adolescents successfully cope with the difficulties during this transition, whereas, others cannot cope due to which they start facing psychological problems. Factors such as academic failure, bullying, social rejection, and social isolation may trigger the adolescent to take extreme steps such as suicide. Due to the increasing number of adolescents suffering from mental health problems, the school plays a crucial role in developing and promoting mental wellbeing. Other than promoting and providing mental health facilities in the school, the awareness of the teacher is also important for early identification and intervention of mental health symptoms. Since teachers can be the first ones to identify a problem, they are expected to acknowledge the parent or guardian of the child, so that the child can access the facilities to help or manage mental health problems, therefore schools, through teachers can also help in destigmatizing mental health issues that are suffered by a lot of students. Some of the most common mental health disorders among adolescents that the teachers must be aware of are anxiety disorders, depression, ADHD, autism spectrum disorder and eating disorders.

The objective of this study was to find the awareness among the teachers teaching in higher secondary. The major focus is to study the comparison between the level of mental health awareness in government schools and private schools. 30 secondary school teachers were included in the study, in which 15 secondary school teachers belonged to government schools and the other 15 secondary school teachers were from private schools. The qualitative data was collected using cluster sampling - that included a questionnaire and one on one interviews with the subjects about mental health awareness. The questionnaire included subjective as well as objective questions regarding general awareness of mental health disorders and laws in India, whereas, the one on one interview included situational based questions on the approach of the teacher on noticing certain signs and symptoms. The questionnaire also sought to find out whether the law regarding mental health in schools was being implemented or not. A difference could be seen in the awareness on mental health among government school teachers and private school teachers.

*Keywords: mental health, secondary school teachers, adolescents and awareness*

### **75. Incompetency's of advanced psychology students**

- **Arbaz Miyaji<sup>1</sup> & Devanshi Jadhav<sup>1</sup>**

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The purpose of this paper is to put some light on advance students who may have some particular problems in therapy/counseling sessions with clients once start practicing. Skovholt and Ronnestad first formulated 8 stages of a therapist/counselor development, which were Conventional helper, Transition to professional training, Imitation, Conditional autonomy, Exploration, Integration and individuation and integrity but later they collapsed the eight stages into six which were the 1. Lay helper phase, 2. The beginning student phase, 3. The advance student phase, 4. The novice professional phase, 5. The experienced professional phase and 6. The senior professional phase (Ronnestad & Skovholt, 2003).

The students who would work as counselor/therapist in their coming/near future are referred to as advance students... Advance students lay their foundation and function at a basic level as professional helpers. Even though individuals, in the initial phase of development experience considerable vulnerability and insecurity, they continue to actively seek confirmatory feedback from supervisors and peers. This gives them validation as well as confidence to being experienced and better counsellors/therapists. Advanced students function in an in-between space: in between vulnerability and confidence (Trotter-Mathison, 2010).

The number of students opting for psychology as a subject to become counselors/therapists is increasing every day. The requirement for more therapists and counsellors in India is seen to rise. Hence it is significant to identify and carry out the necessary interventions required. In this quantitative survey study, we sought to understand the problems of advance students in 3 domains 1) Theoretical Knowledge, 2) Skills, 3) Self.

Theories are very important for counselling professionals. Theories give a framework for integrity between understanding, interpretation and, ultimately, action. Integrity and consistency are important in order to achieve goals in the most effective and efficient way. Theory serves as a road map to advance students and counsellor. Advance students when go

for counselling theory can provide them with appropriate directions and helps ensure that it will be effective. Theory is very important for case formulation and conceptualization. Action taken in counselling sessions must be spontaneous under that may be new, complicated. Identifying and formulating a client's problem on the basis of theory is what makes a counsellor/therapist/professional different from an advice giver/lay counsellor (Lofrisco, 2013).

Being mindful and having complete awareness of self is an important quality counselor must have. If a counselor is able to self-reflect or introspect, it enables the counselor to develop personal awareness. This awareness is useful to identify and remain physically and emotionally detached from the relationship they are developing with clients. It aids in forming healthy boundaries in the therapeutic relationship. Counselors may face personal challenges like biases, their own thoughts, feelings, personal strengths, weaknesses and limitations as they work with the clients. With exploration over a time period, self-awareness grows. Techniques to access information about self and not letting it affect the therapeutic relationship is an art that can be learnt. A good counsellor is supposed to demonstrate a thorough understanding of the process in counselling. There are some key personal qualities which a good counsellor should possess, which will make the therapeutic alliance they have with their clients more effective. Interpersonal skills, active listening, reflection, the challenge of beliefs and attitude and ability to question are personal skills can help a counsellor build a successful career. An interest in self-development and self-awareness makes sure that counsellor/therapist continues to develop their counselling skills, also with expanding their own knowledge of themselves.

A counsellor/therapist can also utilize other important skills within a therapeutic alliance which could include motivational skills, good planning, re-orientation skills, and organizational ability. Each counsellor/therapist has their own qualities, unique ability and skills which they can bring into counseling relationship with client, and make sure their clients feel supported and safe.

Survey research design has been used in this research as the aim was to know participant's attitude, behavior towards counseling during and before the counselling session. Survey helps identify important beliefs and attitudes of individuals.

Sampling is a significant part of the study. It refers to selecting and analysing responses of a representative portion of the population. The geographical location of the sample for this study is India. Snowball sampling technique was used because the study is specific to only participants who are advance students in psychology. The sample consists of 15 males and 60 females.

Questionnaire was developed with the help of literature, for collection of the data. It is an 18 item scale which was divided into 3 domains; 1) Theoretical Knowledge, 2) Skills, 3) Self.

The below figure represents that advance students have low scores in Theoretical Knowledge and Skills Domains.

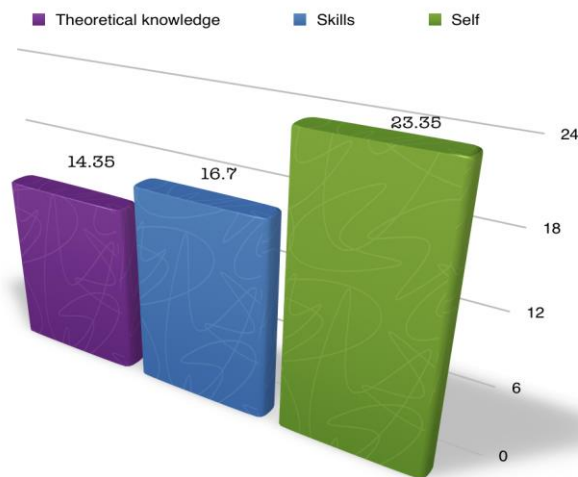


Figure 1

*Keywords- advance students, counsellor, therapist, theoretical knowledge, skills*

**76. A study on financial behaviour and psychological wellbeing in the current decade.**

- Celeste Barros<sup>1</sup>, Santhoshi Bhadri<sup>1</sup>

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Financial psychology is a new field that integrates psychology with financial management. It's a different way to look at financial and emotional well-being and to process beliefs, emotions and behaviors related to money.

Traditional financial planning has focused on understanding client goals, developing a plan to attain those goals, and then implementing the plan. It has not focused on the reasons for those goals or any personal impediments to the action plan outside of financial resources. For this reason, the study of the relationship between personal finance and mental health has gained increased attention within the past decade. More mental health professionals are treating financial disorders and more financial planners are being equipped with psychological tools to help facilitate the financial planning process.

The review paper aims to understand the psychological motivations behind the individual's action or inactions, the cause of the problem before a recommendation in financially related matters. It illuminates about how various factors like childhood socio economic status, money scripts and psychological factors, like personality traits, locus of control, childhood and parenting, influence an individual's financial decisions and how those decisions affect one's mental health and lifestyle. The paper further describes a study of financial psychology of high earners. The psychology of financial decisions has been explained by various theories in this paper like the theory of relative deprivation and cognitive dissonance theory. This paper also evaluates the need for financial psychology in an individual's life to increase satisfaction. It explains what influences an individual's choices in financially related matters.

Once we look into the various factors that influence an individual's financial behavior, the role of financial therapy is further explained. In financial therapy, financial psychologists help clients understand that most financial decisions are governed by what they think, feel, and believe about money and how those beliefs are affecting their everyday financial decisions. By analyzing people's behavior, financial psychology reveals the psychological barriers that affect their financial decisions. Consequently, it provides insight into people's actions, which can help everyone be more financially aware. The review paper also enlightens the authors' evaluation of the research and briefly describes their own analysis and opinions. Finally, the paper mentions few simple and easy techniques/ methods that we came up with to improve an individual's financial decision making.

**77. Parental influence on adolescent's career choices and their vocational commitment**

- **Shubhangi Bhagawati**

*1 – Student, AIBAS, AUM*

The purpose of this research was to examine the relationship between vocational commitment and parental influence on adolescent's career choices. The period of adolescence have been considered since it has been explored as a critical period in terms of the transitions and developments that occur in one's life and their constant struggle to establish their identity and independence in the society. Also, choosing a career is considered to be one of the most difficult and crucial choices that adolescents have to face at their age, since it can either open up the possibilities of success or close the door of opportunities. Among many factors that can have an effect on adolescent's career decisions, the influence of parents have been explored in this paper, as they are considered to be the ones with whom we have direct day to day correspondence since childhood and are mostly involved in some or the other decisions in our life. They are identified as the critical force- powerful and direct in their children's career decisions. Hence it is necessary to gain some insight on this relationship.

For this, a relationship between parental influence on adolescent's career choices and their satisfaction (vocational commitment) with their career choices have been explored. To meet the objectives of the research, the following question was examined: Is there a significant correlation between perceptions of parental influence on their career choices and their vocational commitment.

From the research question, the hypothesis had been formulated. It was hypothesized that there would be an inverse relationship between adolescent's perceptions of parental influence and their vocational commitment.

The research was conducted as a pilot study on a population of 50 students, of age group between 15-18 years. For this, a Perceived Parental Influence Scale, consisting of 15 items was used to assess respondents' perceptions of parental influence on career decisions on a 5-point Likert scale. Also, a sub-scale from the Iowa Student Development Inventory: Vocational Commitment Scale, of 15 items, which functionalize Chickering and Reisser's theory of student development, was used to assess students' vocational commitment, again on a 5-point Likert scale.

Results indicate that a negative correlation exists between perceived parental influence and vocational commitment. It thus pinpoints to the fact that adolescent's do perceive their parents to have an influence on their career decisions.

The paper in the end tries to put forward the idea on how parents and career counsellors can work individually as well as together by using the strength of the influence of parents upon adolescent's to provide more effective career development techniques.

*Keywords: parental influence, adolescent's career choices, perceived parental influence, and vocational commitment*

### **78. Cultural Stigma and Efficiency of Mental Healthcare Act in India**

- **Vaibhavi Gupta**

*Student, Banasthali Vidyapith*

*"It is an odd paradox that a society, which can now speak openly and unabashedly about topics that were once unspeakable, still remains largely silent when it comes to mental illness"*

-Glenn Close

With modernization, which include advancement in technology, intense competition in each and every field which results in struggles throughout the journey of life and lack of quality socialization with family and peers, an epidemic has arisen where there is a rapid increase in deteriorating mental health. People are suffering from severe mood disorders, anxiety disorders, depression and suicidal tendencies which take its basic roots from genetic makeup, unhealthy and traumatic family environment, pre-conceived societal and cultural norms and stigmas, peer pressure, academic and work pressure, harmful social media influence and other traumatic life events. A report by the World Health Organization (WHO) revealed that 7.5 per cent of the Indian population suffers from some form of mental disorder and by 2020, roughly 20 per cent of India are likely to suffer from mental illnesses. The National Mental Health Survey 2015-16 states that nearly 15% Indian adults need active intervention for one or more mental health issues and one in 20 Indians suffers from depression and out of 800,000 people who die by suicide every year, 135,000 (17%) of them are Indians.

Mental Healthcare Act, 2017 was an initiation to eradicate ignorance regarding mental health and to provide help to the people in need. The act not only decriminalized suicide but also came up with various changes and improvement in the system, few of these aspects are discussed in the paper. But 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. People who acknowledge the need to get help are succumbed to hurdles likes fear of judgment by their own family, friends and other people they come across in their day to day lives, lack of resources and financial instability.

This paper intends to assess and evaluate how cultural and social stigma affects one's life and how efficient the Mental Healthcare Act, 2017 is till date. An objective type questionnaire was prepared which consists of items regarding cultural, social and other factors like family relations, peer groups, work and school environment, affecting our mental wellbeing and few items regarding awareness and effectiveness of the Mental Healthcare Act. The questionnaire has been surveyed on 100 voluntarily participants of three age groups, teenagers, adults and



elderly of different cultures across India. The responses and demographics are graphically represented and compared along with where the act does and does not fail. The purpose of this survey is to bring out effectiveness and drawbacks of Mental Healthcare Act and measuring our attitude towards our as well other's mental wellbeing. The results indicate how culture influences one's path of mental health. This test was conducted for the first time so it doesn't have validity and reliability. This paper also intends to provide solutions to avoid as well as cope up with mental disorders and emotional turmoil at a basic and humanistic level, as well as it is an initiative to create more awareness amongst people.

Keywords: *Mental Healthcare Act; Culture; Mental Health; Norms; Stigma; Disorders*

**79. Lifelong learning in small scale industries of south Assam: an explorative study**

- **Shubham Kumar Paul**

*1 – Student, AIBAS, AUM*

Lifelong learning is an increasingly important phenomenon in society today. The label of 'lifelong learning' is becoming more prevalent in pronouncements of policy and in the rhetoric of practice. Whether or not it is formally recognized, lifelong learning in some shape or form is occurring every day in formal educational contexts as well as in more informal and incidental situations. There are researches supporting lifelong learning to community well-being and could lead to job satisfaction and optimum work performance in industries. The objective of the study is to explore about knowledge attitude and perceptions about Lifelong learning among small scale industry managers. For this purpose a total of 15 managers representing different kind of small scale industries in the area Dhubri district of South Assam were interviewed. The interviews were analysed using content analysis. The results presented a big picture of the present status of lifelong learning. It was found a lack awareness about this concept is there which is in turn created a feeling of hopelessness about the any kind of further learning in their life as well as in the life of the employees working in these industries. The results were shocking and indicates a huge gap in the implication of the lifelong learning and present scenario in small scale industries. The positive steps in this regard can really open the avenues in the life of these workers which can directly affect the quality and quantity of production. For the study to take place, a semi- structured interview was framed and 15 managers and owners of different small-scale industries were interviewed keeping the basic parameters in mind. The industries included were brick industry, candle industry, soybean industry, and tiles industry steel furniture producing industry.

Keywords:

*Lifelong learning: Lifelong learning refers to the acquisition of knowledge, abilities and skills by using all systems of education (formal, non-formal and informal) in the lifespan of an individual for socio-economic, cultural and political emancipation leading to the holistic development of the community.*

*Small Scale Industries: Small scale industries are those industries in which the manufacturing, production and rendering of services are done on a small or micro scale. These industries make a one-time investment in machinery, plants, and industries, but it does not exceed Rs 1 Crore.*

**80. Influence of gender on college adjustment**

- **Nishit Nandal<sup>1</sup>, Shreetama Goswami<sup>1</sup> & Divisha Bhayani<sup>1</sup>**

*1- Student, AIBAS, AUM*

To fulfill the aims, a sample was collected and analyzed which consisted of a total of 60 students, out of which 30 were male (50%) and 30 were female (50%). The age range for the participants was 18-23. The subjects were students of Amity University Mumbai and were selected by the method of simple random sampling assuming that the extraneous variables would cancel out each other. The measurement tool used in data collection is College Adjustment Scale developed by William D Anton, PhD and James R Reed, PhD. This scale consists of 108 items distributed on nine dimensions; namely Anxiety, Depression, Suicidal Ideation, Substance Abuse, Self Esteem, Interpersonal Problems, Family Problems, Academic Problems and Career Problems. Mean score for each dimension was also calculated to infer an average subject's level of adjustment with respect to that dimension. T test was used to analyze the data for influence of gender on the level of adjustment with respect to each subscale, separately. The results of the study indicate that most of the males are well adjusted in college than their female counterparts in social contexts.

**81. Community Mental Health: The Friendship Bench.**

- **Reshma Jiwani**

*1 – Student, AIBAS, AUM*

In a society that is on its way towards the individualistic path, there is a need to pull ourselves back on the path of Community living. In the days of yore, it stood us through the tests of time. There was community support for all occasions big and small. Marriages, deaths, births, religious occasions, celebrating festivals, pickle making or just sitting and talking in the evenings after prayers. Children of the neighborhood played together and men and women had their own groups of similar ages to speak with. There was sharing and caring, advising and support for all kinds of issues.

Urbanization, nuclear families and technology has changed the whole scenario, now people live faster, busier and isolated lives. This has given rise to mental health issues in all age groups. India has a large young population and they are undergoing many mental health issues. We also have a large number of suicide cases in India, many related to not achieving educational goals. A large portion of our population is young.

According to the World Health Organization (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”

Mental Health Disorders contribute to a substantial disease burden in India. A study taken up by NIMHANS in 2016 indicates 10.6 per cent of the population is affected by some mental health problem. 1 in 20 people in India suffer from depression. Males in the age group of 30 – 49 years were the most affected indicating that mental health disorders contribute to greater morbidity in the productive population.

All of the above are well known problems faced by India and it is time to not only make policies but to strongly and urgently implement them.

In Zimbabwe Dr. Dixon Chibanda came up with ‘The Friendship bench’. Trained and supervised lay health workers stationed on a “Friendship Bench”, a normal wooden bench, deliver problem-solving therapy to members of the community of all age groups.

Objective:

On the basis of this current scenario a unique system of reaching out to members of the community distressed by Mental Health problems could be adopted. Help could be provided to many people and the stigma attached to mental illnesses reduced. The Zimbabwe model of ‘The Friendship Bench’ that has already been adapted in the city of New York and few other countries in Africa, would especially be suitable in the Indian context.

A case of Friendship Bench:

‘Friendship Bench’ was started by Dr. Dixon Chibanda, who is a Psychiatrist in Zimbabwe. He lost a patient to suicide in 2005. A patient was to see him for a review but could not meet him because they couldn’t afford the bus fare. He realized that he couldn’t just work as a psychiatrist waiting for people to come to him and started exploring practical steps needed to take mental health care out of the institutions and into the community in Zimbabwe. He did a survey that suggested a high prevalence of mental health conditions among displaced people from a community. These events led him to the idea of the Friendship Bench. The idea of the Friendship Bench was further developed into a culturally appropriate evidence-based intervention. Research was conducted and published in the International Journal of Mental Health Systems to establish ‘The Friendship Bench’ as an empirically tested system for helping people in need of psychological help.

New York City:

In New York City the Friendship Bench was started as a program that would lend a listening ear to those in need by offering peer-to-peer mental health conversations thus changing the way people view therapy and de-stigmatizing conversations around mental health and depression using something as simple as city benches.

Adaptation to India:

‘Sangath’ is by far the most influential research organization on mental health care in poor countries. People visit from around the world to learn Sangath’s strategies for preventing or treating conditions such as postnatal depression, problem drinking, schizophrenia, depression in the elderly, stress in people with HIV and their caregivers, teen depression and behaviour problems. They also work on the model of training lay people to help others.

Conclusion:

In the light of the above Friendship Bench Model and its successful implementation across countries, I propose the Model be implemented widely in India, after making relevant cultural needs studies. This model requires relatively low investments in terms of professionally qualified individuals as well as other material resources. It would therefore be a model adaptable to the rural and urban populations.

*Keywords: Community, Mental Health Disorders, Depression, Friendship Bench*

**82. Gender Differences among University Students on Emotional Intelligence**

- **Devika Irny<sup>1</sup>, Prarthana Keskar<sup>1</sup>, Suzain Kharkhyle<sup>1</sup> & Yogini Patel<sup>1</sup>**

*1-Student, AIBAS, AUM*

The aim of the present study was to find out the Gender differences among University Students on Emotional Intelligence. Emotional Intelligence is the capacity to be aware of, control and to handle Interpersonal relationship judiciously and empathetically .In general the students in University level suffer from various psychological and sociological issues such as frustration, conflicts, complexes, anxieties and worries. Emotional Intelligence includes traits like self-awareness, managing emotions ,self-motivation, managing relationship it also includes recognition, use, understanding and managing one's and others Emotional State to solve problems and regulate behaviour. The sample consisted of 60 students in which 30 were boys and 30 were girls in age range between 17-23 years old. The participants included in this study were from Amity University Mumbai. Data was collected through random sampling method where "Emotional Intelligence Scale" by Dr. Ekta Sharma (2011) was administered on all the participants. The scoring was done as per the manual and data were analysed through t-test to find out the mean differences between boys and girls on Emotional Intelligence. Findings showed that there was no significant difference between boys and girls on Emotional Intelligence.

*Keywords: - Emotional Intelligence, Gender differences.*

**83. Online Communication: An Exploration of Gender Differences in Preference and Usage.**

- **Dr. Tanvi Vijay<sup>1</sup> & Dr. Chandrani Sen<sup>2</sup>**

*1- Assistant Professor, AIBAS, AUM*

*2- Associate Professor, Department of Psychology, University of Rajasthan*

Communication is a basic and fundamental human need. Through the ages, with the evolution of human species, the way in which humans communicate has also evolved drastically. First, the development of language and then the advancement in technology provided multiple platforms that have changed the ways in which human communication takes place. The advent of internet has been one such development that has radically changed the way in which people communicate. The availability of internet connectivity on smartphones has infiltrated our daily lives to such an extent that today a life without internet is often referred to us the primitive times. The fact that in a very short period of time the use of internet has revolutionized ways of communication has garnered a lot of research interest. Researches have not only looked into the benefits and effects of online and computer mediated communication (CMC), but have also explored other aspects of internet use. A review of relevant literature shows that various researchers have studied the effect of online communication in different age groups, behaviour on social networking sites, online gaming addiction, internet addiction, online shopping behaviour, gender differences in the ways various online platforms are used, different motivations behind internet use, online relationship maintenance, online dating, to name a few. Even despite an abundance of studies, what lacks is a research into the preference that people have for these online platforms, more so for the purpose of communication. Most research is based on the premise that increase in online communication makes it the preferred mode of communication by default. The present survey based research was an attempt to identify whether there is a clear preference for online communication over face-to-face communication among young adults in the age group of 18 to 23 years. An attempt was also made to identify if any gender based patterns in such a preference exist. For this purpose, young adults, both

males and females, falling within the concerned age group, with prior experience of using online modes of communication were asked to indicate their preference for either of the two modes. The respondents were also asked to indicate the frequency (only when necessary, frequently or all the time) with which they use online communication channels. The results obtained were analysed across gender to identify and compare preference and usage patterns between them. The survey produced interesting results. Given the amount of online communication that today's youth engages in, it is surprising to note that 16% more participants indicated a preference for face-to-face communication as compared to online communication. A gender wise analysis suggested that preference of females for online communication was significantly higher than males, but no such preference for a particular mode was observed in case of males. It was also found that even those who had a clear preference for face-to-face communication still used online communication frequently. The obtained results have intriguing research implications - what causes people to engage in online communication more frequently even despite having a clear preference for face-to-face communication. The possible reasons and future implications are discussed.

*Keywords: online communication, young adults, face-to-face communication, gender differences*

**84. Role of Community Mental Health for the Betterment of Women with Post-Partum Psychiatric Disorders in India: A Critical Review.**

- **Ealisha Vijay Sonawane**

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Post-partum psychiatric disorders are post-natal mood disorders which affects almost all the women after giving birth. The intensity and severity are subjective to women, similar to the other disorders. Post-partum psychiatric disorders are of three types. Post-partum psychosis, which affects 0.89 to 2.6 per 1000 births globally. It requires hospitalization as symptoms of delusions and hallucinations are quick to consume the minds of women. Post-partum depression usually begins after childbirth, of which the prevalence of postpartum depression has been estimated as 10–13% in new mothers in India. Symptoms might include insomnia, loss of appetite, intense irritability and difficulty bonding with the baby. Post-partum blues, also known as the maternity blues is the most common of the three to be faced by women, with a prevalence of 50-70% in post-partum mothers in India. It usually manifests in the way of anger, recurrent mood swings, crying, and confusion and anxiety episodes. In India, prenatal mental illnesses aren't diagnosed properly and even if they are, they aren't given as much as acceptance and support as an actual illness.

Community mental health is a strong support for post-partum women, such as peer support groups and other programs to help women to cope. Established programs such as The Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing U.S. project that collects data on maternal experiences before, during, and after birth with a goal of improving the health of mothers and infants and reducing maternal and infant adverse outcomes. Projects like these should also be introduced and altered in the Indian context for the betterment of the mental health of our women. This paper aims to critically evaluate the pros and cons of such programs. The paper also aims to assess how these programs affect the post-partum mothers and how community mental health has a significant and a prominent role in it. During post-partum psychiatric disorders, the mothers become quite predisposed to other mental illnesses such as bipolar disorder, PTSD and etc. This paper further attempts to discuss how post-partum

illnesses have risk factors to developing other disorders. The last aim of the paper is to analyze the treatment options for mothers with post-partum psychiatric illnesses.

This paper wishes to shed light and discusses how the Indian society has ignored the mental well-being of women post birth. The large prevalence rates should be a reminder that we should start accepting these high-risk cases and supporting the women with post-partum psychiatric disorders.

**85. Role of Community Mental Health for the Management of Schizophrenia in India:  
A Critical Review.**

- **Fathimath Naeema Nasreen**

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Schizophrenia is one of the psychotic disorders in which personal, social and occupational functioning deteriorate as a result of disturbed thought processes, strange perceptions, unusual emotional states and motor abnormalities, it is debilitating disorder. In India, the prevalence rate of schizophrenia was 3.87/1000 (Gururaj, Girish, & Isaac, 2005). Other studies have reported prevalence of 0.7/1000 to 14.2/1000. This incompatibility among the studies is due variations in the population size, geographical area and diagnostic criteria of schizophrenia in accordance to both DSM-V and ICD 10. The social and psychological costs of schizophrenia are tremendous, both to patient as well as to their families and society. Studies show that schizophrenia causes 1.1% of the total burden of disease (in terms of DALYs – disability adjusted life-years) and 2.8% of the total YLDs (years lived with disability). In India, community care for mental health, especially for schizophrenia, is prevalent because of family involvement, collectivistic culture and lack of accessibility and availability of facility based mental health services. Community Mental Health Services not only act like a substitute for facility based services, but also provides a platform for the reintegration of mentally-ill persons back to the mainstream of society in an easier way, since they are not separated from the society at any given time of the treatment.

The paper aims to provide a brief overview of the role of community mental health in management of schizophrenia by critically evaluating two community projects, namely; “Support to People with Schizophrenia” launched by World Health Organization (WHO) and Care For People With Schizophrenia In India (COPSI), which is based on community based collaborative care (CBCC). Main features of both the programs are described and reviewed to emphasize how community mental health helps in the treatment of schizophrenia. This paper further attempts to discuss which form of treatment is more beneficial; facility-based care or community based care by analysing a research paper on “a randomized trial to rigorously test COPSI”. A review was carried out to examine Indian researches on how community mental health services function in order to provide treatment for schizophrenia and their efficiency in doing so. This paper also explains how stigma, discrimination and violation of human rights faced by people with schizophrenia can be tackled by the interventions and projects of community mental health services. Finally, this paper discusses the implications of such studies from psychosocial perspective by highlighting both pros and cons of the community mental health services.

*Keywords: Schizophrenia, Community Mental Health, India.*

**86. Anxiety, depression and stress among the flood affected people in Kerala: male and female comparison study**

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Disasters are large-scale events that are often unexpected and cause death, trauma, and destruction of property. Floods impact both individuals and communities, and have social, economic, and environmental consequences. A number of studies have shown a range of symptoms resulting from exposure to natural disasters such as flooding. Among these consequences, individuals may experience symptoms of stress especially post-traumatic stress disorder (PTSD), depression and anxiety. Sometimes the situation may end up in suicides and mental disorders also. The floods which hit Kerala in August 2018 has killed more than 370 people displaced over 800,000, and led to an estimated infrastructure loss of \$3 billion. A little noticed consequence of the floods is the mental stress on those who have lost all their possessions. A wide-ranging set of emotional distress often follows.

The current study title “Anxiety, Depression and Stress among the Flood Affected People in Kerala: Male and Female Comparison Study” assess and compares the levels of anxiety, stress and depression among the male and female victims of the flood. A socio- demographic datasheet and DASS, which assess people’s anxiety, stress and depression levels which was developed by Syd Lovibond and Peter Lovibond (1995) were used. The participants consist of 30 males and 30 females affected by flood in Kerala.

Objectives of the Study:

1. To assess and compare the level of depression among the flood affected males and females of Kerala.
2. To assess and compare the level of anxiety among the flood affected males and females of Kerala.
3. To assess and compare the level of stress among the flood affected males and females of Kerala.

Results

The total depression score found in the study indicates that females have higher mean depression score (20.77) than males mean depression score (14.83). In the study conducted it is found that the females have higher mean anxiety score (19.73) than male mean anxiety score (14.67). After analysing the total stress score in this study, it was found that the total stress for female was higher (22.53) than for males (17.45). When generally considering the stress factor in this study, even though the normal stress level is the same for both male and female it has been observed that moderate stress is more for males than for females. This might be because men tend to be more prone to criticism if something goes wrong. Since in most of the households men tend to be the sole breadwinners, the liabilities caused after natural calamities mostly rests on the shoulders of men. Women were as tend to overthink regarding the losses caused due to natural calamities which leads to an increased level of anxiety and depression among females.

Conclusion

### The Major Findings of the Study

In identifying the impact of flood among the affected males and females, the study concluded that there is significant difference among the males and females in depression, anxiety and stress.

There is significant difference in stress, anxiety and depression in the two study groups.

- Females have higher rates of stress, anxiety and depression.

### Discussion

The results analysed and explained in the previous chapter is discussed in this session and provides a clarity regarding the results which is beneficial for the future endeavors. The present study is aimed at comparing the Level of Stress, Anxiety and Depression among the flood affected males and females in Kerala. The total number of samples considered for this study includes 30 males and 30 females affected by flood. The two groups that is males and females were matched on the demographic variables for assuming the homogeneity of the sample. However there were differences between the groups in terms of marital status, Education, Socioeconomic Status,

Physical illness. In the case of marital status, married females are more in number than married males. In case of socioeconomic status, females are more in very low economic status than males. In case of education literate females are more in number when compared to literate males. When considering physical illness, it is present more in females than males.

### Further Implications

The results indicate the need for interventions that targets about the importance of stress management and psychological wellbeing of the population affected by natural calamities. In response, an approach is required that is built of public health interventions for groups of people. Practical and community support are critical in the immediate aftermath of events though rarely should mental health professionals provide that care. In addition a population-based approach enables primary and secondary preventative intervention to be offered and it facilitates evidence-based practice.

### Scope of the Future Studies

- Sample selection could be done through random sampling method, so that the generalizability of the results can be improved.
- Future research should focus on a large sample which will help to generalize the results.
- Others types of natural calamities could be included.
- Other clinical assessments and rating scales can be used to assess mental health assessment of natural calamity affected population for broader understanding of mental health issues.
- The mental health issues among the individuals who lost their loved ones could be included as well.

*Keywords: Depression, Anxiety, Stress, Psychology, Flood –Affected*



**87. A literature study on the Biological, Cognitive, Social Risk factors and the adoption of Criminal Profilers in the prosecution of serial killers in Indian context.**

- **Jui Nair<sup>1</sup> and Arshit Kevadiya<sup>1</sup>**

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The intent of this paper is to evaluate the effects of biological, cognitive, social psychological risk factors in terms of the serial killers in India. Serial killer is a person who commits a series of murders, generally with no probable motive and subsequent characteristic, behavior pattern. Risk factors are aspects at the biological, psychological, family, community, social factor that leads and is correlated with a high number of negative results. Serial killing started to emerge in the year 1840s. Serial killings are rare events that have a profound impact on the community. The question is why someone would kill a number of people. We have systematically reviewed the literature to see the impact on the societies and have a clearer understanding about the personality traits of the serial killers. Social psychology explores the childhood trauma, imitation and self-evaluation factors of the criminal. Whereas the Biological psychology explores the chromosomal abnormalities, biological predisposition for crime and other biological functions. There are other biological aspects too that are not of a genetic nature, but it interferes with the development of the personality. Cognitive psychology explores the criminal behavior as a defect in moral thinking, thought processes, and mental development. It also helps to understand the individual's personality and intelligence level in committing the crime. This study aims to explore prominent personality traits of the serial killers by reviewing 10 case studies. We also looked into the Criminal profiling which is a method to highlight the personality traits, behavioral tendencies, communities and demographic description of criminal (or criminals) based on the characteristics of the crime. Profiling can generally be described as a set of techniques used in the identification of personality and behavioral traits inherent to individuals in the commission of their crimes (Douglas et al.1986). Criminal profiling is rising, especially with the rise in popularity of television programs on profiling that incorporate psychological concepts. The elementary objective of the criminal profiling is to limit the number of suspects from a wide range of suspects from a given population. The current study adds an exploratory step towards the field as it reviews 10 Indian case studies. Based on a content published in many articles, journals, bulks of papers published in the area are discussion pieces-what is profiling, how profiles are constructed, and how useful is profiling. Such phenomena are prevalent in the United Kingdom and the United States of America. There is a necessity in India for implications of criminal profiling in the investigation of crime committed by serial killers. The necessity can only be fulfilled by exploring the field by the upcoming aspiring psychologist. This indeed will help the community to be a better place to live in.

*Keywords: Serial killers, Personality traits, Criminal Profiling*

**88. The Sociocultural Factors Affecting Mental Health of Non-Heterosexual Individuals in the Indian Community**

- **Jyotsana Venkatraman<sup>1</sup>**

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The Kamasutra, which is an ancient Indian script dated over 2000 years old, talks about the acts of oral sex (Auparishtaka) occurring among a certain group of passionate men. Engravings in the Khajuraho temple in Madhya Pradesh show women performing sensual acts. There is a clear evidence of the presence and acceptance of non-heterosexuals in ancient India, yet, in modern day society, the community is marginalized and ostracized.

Results from a study conducted in Manipur showed that almost 24.8% of a sample of homosexuals had suicidal ideation, 62.5% were abusing alcohol and nearly 25% of them were suffering from a current episode of depression (Heber & Singh, 2018).

These statistics have brought up the question of which factors make non-heterosexuals particularly vulnerable to poor mental health. It has been determined through series of tests that non-heterosexuals have no particular genetic predisposition for poor mental health, which brings our attention to the Indian sociocultural environment.

Children and adolescents have been kicked out of their homes, and verbally and physically abused by their parents. Superstitious and religious beliefs, and the inability to procreate are all factors. Non-heterosexuals are forced into lives of homelessness, prostitution and loneliness.

“Curing methods” such as electroconvulsive therapy, “corrective rape” and religious practices are enforced in hopes that the “phase” would pass, and the family is saved from shame.

Homophobic bullying, beating and blackmail has impacted the self-esteem and feeling of security of these individuals. Social media and the advent of the internet has been a boon as well as bane to the community. Homosexuals who are “in the closet” have been able to reach out and relate to public figures who have expressed their personal struggles, but, they are also prone to online hate speech and cyber-bullying.

Sodomy was criminalized in 1860 by the British Government in India, and under the movement initiated by the Naz Foundation, the Section 377 was stripped down in 2018. But, although the legal barriers have been broken down, Indian society’s outlook towards non-heterosexuals remain largely disdained.

The objective of this paper is to analyze, in depth, the various sociocultural factors which effect the mental health of non-heterosexual individuals in the Indian community. The paper also aims to evaluate and suggest interventions that successfully promote mental health among non-heterosexuals in the community. It also strives to discuss the programs and methods that effectively raise awareness about the challenges faced by non-heterosexuals among the public.

*Key words: Non-heterosexuality, lesbian, gay, bisexual, sociocultural, mental health, India, awareness, intervention.*

**89. Awareness of Mental Health Act 2017**

- **Maitri Patel<sup>1</sup>, Kasturi Danekar<sup>1</sup> & Komal Nanaware<sup>1</sup>**  
1- *Student, AIBAS, AUM*

The following survey conducted by the students of Amity University, Mumbai aims to understand the level of awareness regarding the Mental Health Care Act among the different categories of age groups present in the community in India. The sample population targeted here falls in the category of young adults ranging from 18 to 30 years and adults ranging from 31-45 years of age. The sample size for the following survey is N=30. The sampling technique used is Convenience Sampling. The targeted population belongs to the urban and suburban areas of India. The particular topic was chosen in order to test and understand as to how many people are actually aware of what mental health is and what provisions the mental health care acts actually holds. The survey was conducted by asking a few questions in the form of a digital questionnaire consisting of 3 questions where the responses range from “Yes, I am aware” to “No, I am not interested”.

Now-a-days, there have been a lot of advances and developments in the field of mental health. Mental health has been defined as follows by the World Health Organization (WHO): “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 own community”. The WHO also focuses on the fact that mental health is not just the absence of mental disorders.

There is no doubt that any one of us can suffer from mental health issues irrespective of their age, gender, socio-economic status and other socio-cultural factors. If we look at what the statistics have to say about the scenario of mental health in India, it is observed that 7.5 per cent of Indian population suffers from some or the other mental health disorder, as quoted by WHO. The survey conducted by the NCMH (National Care of Medical Health), almost 8-10 per cent of Indian population requires medical attention regarding anxiety and depression.

Considering this situation of mental health in India, The Lok Sabha passed the Mental Health Care Act on 27th March 2017 with a collective decision to bring about awareness of mental health and provide mental health care services and facilities for the persons suffering from mental illnesses. The new act passed in 2017 defines “mental illness as a substantial disorder of thinking, mood, perception, orientation or memory that grossly impairs judgement or ability to meet the ordinary demands of life, mental conditions associated with the abuse of alcohol and drugs.” In contrast to the Mental Health Care Act of 1987, which did not consider the rights of mentally ill people and preferred not giving sufficient attention to these patients, the new act signifies the importance of the rights of treatment of the mentally ill people. The various provisions enlisted in the new Mental Healthcare Act 2017 are as follows:

- Rights of persons with mental illness
- Admission of person with mental illness
- Decriminalizing suicide and prohibiting electro-convulsive therapy
- Responsibility of certain other agencies
- Financial punishments for violating the act

**90. Gender Differences on Self Esteem Among Adolescents**

- **Mehatab Shaikh<sup>1</sup>, Tanmaya Singhal<sup>1</sup>, Ayushi Mishra<sup>1</sup>**  
*1-Student, AIBAS, AUM*

Self-esteem is a socio-psychological construct that assesses an individual's attitudes and perceptions of self-worth. Thus, self-esteem is "an understanding of one's quality as an object—that is, how good or bad, valuable or worthless, positive or negative, or superior or inferior one is". The purpose to conduct this study was to find the effect of Gender Differences on Self Esteem among Adolescents. The sample consisted of total 70 students from which 35 were boys and 35 were girls, the age ranged from 17-23 years old. All participants included in the study were from Amity University Mumbai. The data was collected by random sampling method. For assessing the self-esteem Coppersmith Scale was administered on the entire sample and the scoring was done as per the manual. The data obtained was analysed by t-test through SPSS. The findings of the study revealed that there was no significant difference between boys and girls on self-esteem among university students.

*Keywords: Gender Difference, Self-Esteem*

**91. Individual perceptions on the concept of Virginity amongst Emerging Adults**

- **Neethu Sara Joseph**  
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**Introduction**

The term virginity can mean different things to different people, a virgin is one who has never indulged in a sexual intercourse. The word virgin comes from the Old French "virgine" from the root form of Latin meaning literally "maiden" or "virgin"-a sexually intact young woman or "sexually inexperienced woman". There are other usages in which virgin means uninitiated. The Latin word likely arose by analogy based on vireo, meaning "to be green, fresh or flourishing", mostly with botanic reference—in particular, virga meaning "strip of wood." The German word for "virgin" is Jungfrau. Jungfrau literally means "young woman", but is not used in this sense any more. Jungfrau is the word reserved specifically for sexual inexperience. Basically all these terms imply that a person is of unadulterated purity.

This term due its own reasons cannot help us understand the concept of virginity because of the different constructs we have placed for it. This term could also be described through cultural, religious and patriarchal connotations. The definition of virginity is complicated and it really depends on the individual to decide what they believe which are usually channelized towards women and associated with the notions of purity, honor and worth. Virginity at the end could be a bias, a stigma or a myth. The fact that whether virginity can be a definable thing is still a confusing aspect in the outside world.

From time immemorial, virginity is considered as women's most prized possessions. We can find bits of it in culture and our history too. But with times changing, we really need to find out whether the outlook has changed in Indian contexts. Even in the 21st century, we consider ourselves to be a part of an era where one is reluctant to talk about sex and virginity. But there indeed is a dramatic change over the past 10 years where women have become more independent and more able to make their own choices, one decision the Indian men has to adapt to. The irony of the stigma is that we who hail from the land of author of Kamasutra and find it difficult to speak about these topics. Instead of considering them as vulgarities we must learn

to differentiate between the good and the bad parts. Even Maslow's hierarchy of needs talk about the sex in the very first level. Maybe we as psychology students or members of the psychology family could come in terms with it one day or other but what about the laymen and the common folk. The idea of them being capable to make healthy conversation about virginity amongst themselves, amongst their families and maybe even imparting wisdom to their children is a scenario which most of us would not be ready for.

This concept of virginity in India has rather been a controversial one and though there has been changes towards attitude towards this concept there still are people who haven't opened up yet. Ancient India showcases sex as not a taboo, there are many examples within the Mahabharata where characters indulged in sex in the open, premarital sex, incest and so on. The concept of a woman's hymen intact was not considered to be a measure of her "purity." Medieval India had some kind of double standards when it came to this topic, it was considered as a sign of a king's virility to have a huge harem, his wives had to be virgins at the time of marriage but at the same time the slave women need not necessarily be virgins- in fact the popularity given by the previous owners increased their price in the market. Modern India has surprisingly the most conservative approach towards virginity filled with traditions, values and these are changing over time.

Carpenter (2002, 2005) research on first sexual intercourse experiences and virginity has largely focused on using demographics such as age at first intercourse as predictors of future sexual behaviors and beliefs. Carpenter suggested a model of three virginity metaphors that describe how individuals perceive their virginity: gift, stigma, and process. Using Carpenter's framework as a starting point, scale items were developed based on the conceptual understanding of the three metaphors. In Study 1 (N = 223, mean age = 19.9, SD = 2.4), 50 items were factor analyzed, yielding 22 items found to be strong indicators of the three metaphors; ten items for gift, eight for stigma, and four for process. The three subscales were validated using measures of gender-role beliefs and affective reactions to first intercourse. In Study 2 (N = 359, mean age = 19.7, SD = 2.4), confirmatory factor analysis was used to confirm the 22-item factor breakdown.

Caitlin Lipman, Hanover College Alexis Moore (2016) research on "Virginity and guilt differences between men and women" measured the levels of sexual guilt between two groups of people on multiple levels, virgins and non-virgins, by gender. The differences between men and women's virginity were also studied. Based on the sample size of college students, n = 364. College students completed a 34- item online survey of questions that measured guilt levels. Ten out of the twenty questions were demographic questions, such as: age, ethnicity, religion, year, etc. The other questions were a combination of Likert scaled questions and open ended responses. The researchers predicted that females would experience more guilt compared to males after the loss of their virginity. The researchers found that females experienced more sexual guilt compared to males and females with high scores of religiosity also experienced higher levels of sexual guilt.

#### Method

The method involved was a survey conducted across various individuals within the age group of 18 to 25. The survey involved various questions that asked about the different concept pertaining to the concept of virginity. The questions were based on the virginity belief scale (VBS; Eriksson & Humphreys, 2011) is a self-report measure of an individual's perception of

his or her virginity. The survey was filled out through google forms. The individuals have to choose between two responses- true and false.

*Key words- virginity, stigma, individual, constructs, sexual*

**92. The relationship between musical preferences, aggression, and gender differences.**

- **Nikhil Varshney<sup>1</sup>, Manasvini K<sup>1</sup>, Kashish Qureshi<sup>1</sup>, Niranjana R<sup>1</sup>, Neemisha Agashe<sup>1</sup>.**

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Given the ever-growing popularity of music in daily life and its role in community mental health, it became essential to recognize the relationship between music listening preferences, aggression and gender. The present study was conducted with the aim of examining the link between music listening preferences and aggression, and gender differences with music preferences. The study also aims at examining how music preferences play a potential role in determining the aggression among male and female college students. People are attracted to music that fits their needs, and desires. People who prefer aggressive genres of music would be expected to be more aggressive and vice versa. A total number of 50 (n= 25) male and (n=25) female college students (between the age group of 19-25) of Amity University Mumbai participated in this study. Musical preferences of participants were measured with the help of the music preference scale (MPS) and Aggression levels of the participant were measured using

The Aggression Questionnaire.

The data was analysed through the computation of t-test to identify the significance of the difference between male and female participants and their musical preferences. For analyzing the data, correlation was done to identify existing links between music preferences and aggression. The study found that male participants tend to listen to Devotional and Cultural songs more than female participants, whereas, female participants enjoyed listening to Emotional and Melodious songs more than the male participants. Research findings partially supported the hypothesized relationship between variables under study.

Research findings also identified links between Aggression and musical preference. The study highlights the importance of music and its relation to community mental health. Although the research was partially successful in following the relation between music and community mental health, it required generalization of results as the sample size was considered inadequate. The study can be enhanced significantly by choosing larger sample sizes further.

*Keywords: Music preference, Aggression, Gender differences*

**93. Investigating Sexual Priming as a Function of Listening to Songs with Female Objectification Content**

- **Nikita Chettri<sup>1</sup>, Aswathy J Menon<sup>1</sup> & Rubina Chhetri<sup>1</sup>**

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The objectification theory places female body in a socio-cultural context with the aim of illuminating the lived experiences and mental health risks of girls and women who encounter sexual objectification. The use or portrayal of women in mass media to increase its appeal without any regard to the interest of the women portrayed or women in general has led to a

surplus of objectification through various media outlets. It involves presenting women as sexual objects and the setting of standards of beauty that women are expected to reflect.

Although sexual objectification is only one form of gender oppression, it is one that facilitates and enables a host of other oppressions women face including but not limited to employment discrimination and sexual violence to the trivialization of women's work and accomplishment. However, all forms of sexual objectification have a common thread which is "the experience of being treated as a body (or collection of body parts) valued predominantly for its use to (or consumption by) others" (Fredrickson & Roberts, 1997).

In our consumeristic and commercial society, sexuality is inextricably linked to music and performance. Music and performance are a space where gender and sexuality have been debated, it is important that the music industry is constantly aware of how they present sexuality especially since music videos are so available to those who are young and easily influenced. In 2011, Jennifer Stevens Aubrey and Cynthia M. Frisby published a study analyzing sexual objectification in music videos, which they defined as the process of valuing a body, or body parts, primarily for its use and consumption by others. Looking at 147 music videos, they found that female artists exposed significantly more body parts on average and played primarily ornamental (rather than instrumental, or useful) roles.

The cognitive-neo associationistic model is based on the premise that human thoughts and emotions exist as a series of intertwined nodes in a cognitive network (Anderson and Bower 1973). In addition to this, media psychology researchers have theorized that exposure to media content can "prime" or activate, these knowledge structures (Roskos-Ewoldsen et al. 2002). Once these knowledge structures are primed, these are more likely to be accessed in subsequent situations. For example, exposure to sex related media content will prime knowledge structures related to sexual ideas. Therefore, in situations immediately following exposure to sexual media content, these knowledge structures will be easily accessed.

The present study draws from the cognitive-neo associational model to investigate the short-term cognitive impact of listening to songs that includes female objectification content. Forty university students participated in a laboratory experiment. The study hypothesized that listening to songs with female objectifying content may prime thoughts related to objectification of females. The main component used to test this hypothesis was a lexical decision task along with a priming stimulus that was presented prior to the task. The participants were randomly assigned to either listen to songs with female objectifying content or were assigned as the control. Participants' cognitive accessibility to the female objectifying content was measured through a lexical decision task (Meyer and Schvaneveldt 1971; 1976), which provides a measure of semantic memory structure.

The above-mentioned technique has also been used in studies examining sex-related cognitive structures (Geer and Bellard 1996; Geer and Melton 1997; Spiering et al. 2002). In the lexical decision task that was given in this study, the participant was presented with a target string of letters in each trial. The participant was required to judge whether the target string of letters was a correctly spelled word or not. Stimuli included words that described women either as sex objects or as non-objectifying descriptions of women. Each word used in the study was scrambled to create a pseudo word of equal length and these were presented as stimuli in few of the trials. These were called catch trials. The purpose of scrambling each word used in the experiment rather than using random letter strings was to ensure that the length and letter

combination of each no word is consistent with the target word. The participant had to press the key assigned for words when they see a correctly spelled word and a key assigned for non-words otherwise. The reaction time of the participants were measured from when the target stimulus was presented to when the target key was pressed and whether the response was correct or not.

Through this study we have attempted to explain the short-term cognitive effect of listening to songs that include female objectifying content.

#### **94. Changing attitudes towards sex workers**

- **Payal Bombhore<sup>1</sup>, Moha Walavalkar<sup>1</sup>, Malvika Deshpande<sup>1</sup>, Simran Sachdeva<sup>1</sup>**

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Historically, women have been receiving abuse for centuries. Although, many women friendly laws have been made and efforts put despite the discrimination. Continuous efforts are being made to decrease this injustice and create awareness research and documentation to address this injustice and create awareness among people. One major group which is important to consider and comes under human rights are sex workers, also referred as prostitutes. Sex Workers (prostitutes) are employees who work in the sex industry, i.e. commercial sex. In this industry most common people found are women and children. Most women in this industry do not have any identity and at some areas sex work is not legalized. Women are often forced into this profession as they become a source of money, and some deliberately join this profession again for the same reason “MONEY”.

Prostitution is one of the oldest professions of the world practiced since the forming of an organized society. The profession has been and is still being practiced in almost all countries and in every type of a society. In ancient history, prostitution was considered as an organized and established institution. Indian mythology had many references of high-class prostitution in the form of celestial demigods acting as sex workers. The third century A.D saw prostitution as a holy practice where religious sex workers were inclined to the famous temples and the system of holy sex workers became common. These girls were offered by the parents for the service of god and religion. Sex workers in South India, were known as “Devadasis” hence from where the “devadasi” system came from, and in North India the sex workers were known as Muskies. During the Mughal era in the sub-continent, prostitution had a strong link with the performing arts. Mughals supported prostitution which raised the status of dancers and singer to the higher levels of Prostitution.

Society has had different attitudes and names for women who were into prostitution, such as whores, sluts or trash. This stereotype prevails not only among particular classes, but also among the judicial elements of society. Even transmission of sexual diseases is attributed largely to sex workers.

The main aim of this project is to study the attitudes towards sex workers. A lot of people have major misconceptions or prejudice against sex workers. This prejudice and society’s mindset and attitudes towards sex workers needs to be changed, thus, this research was conducted as a pilot study to find people’s views and opinions regarding this community. The research was conducted in the form of a survey questionnaire. A similar survey was conducted by one of the researchers in Goa and thus the same questionnaire was used with just a different target population in mind. The target population includes people from the ages of 18-60 from different



socioeconomic and cultural backgrounds. The results of this ongoing research, would determine the need for interventional programs in the future.

*Key words:*

*Abuse: (person or an animal) treat with cruelty or violence, especially regularly or repeatedly.*

*Sex Workers: a person who engages in prostitution, appears in pornography, or takes part in similar activities for payments.*

*Commercial Sex: engaging in sexual practices to earn money or other economic benefits.*

*Devadasi: a hereditary female dancer and courtesan in a Hindu temple.*

*Courtesan: a prostitute especially one with wealthy or upper class clients.*

### **95. Effects of Premenstrual Syndrome on Women's Mental Health**

**- Peehu Jain<sup>1</sup> & Anjali Dudani<sup>1</sup>**

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This research paper is a literature review on how Premenstrual Syndrome affects women's mental health. Premenstrual syndrome is a cyclic occurrence with a prevalence rate of 50-80% not including those which may remain undiagnosed. The most commonly reported symptoms of PMS include anger, irritability, sadness, anxiety and insomnia. These can severely impair a woman's functioning and deteriorate her quality of life.

Women report issues with self-esteem, body image, depression, anxiety, anger and irritability which leads to significant impairment in the quality of life (Raval, Panchal, Tiwari, Vala, & Bhatt, 2016) (Meers, Bower, & Alfano, 2019) (Victor et al., 2019). Historically, it has been difficult to distinguish premenstrual disorders from other depressive disorders, given the high effects of Premenstrual Syndrome on Mental Health and comorbidity of the two disorders (Lin & Thompson, 2004).

Women might spend up to half the month suffering from the symptoms which puts them at an increased risk for suicide (Rapkin & Akopians, 2012) (Owens & Eisenlohr-moul, 2018). The use of over-the-counter or prescription drugs to alleviate symptoms suggests an undeserved burden of disease and lost productivity (Halbreich et al, 2003). In fact, DSM-IV even described it as "depressive disorder not otherwise specified," emphasizing emotional and cognitive-behavioral symptoms.

Moreover, popular culture has had a great impact on the way Premenstrual Syndrome is viewed by the general population. Women have been called 'dangerous animals' and phrases like 'shark week' are used to describe the days of and leading up to menstruation. This creates a lot of frustration for women when trying to navigate through their social relationships, professional relationships while simultaneously trying to deal with the realities of PMS.

These references have created a negative impact on both the syndrome and the women who suffer from it, making it less likely that they would seek help for it. Moreover, doctors are also more likely to take a higher amount of time to treat or diagnose a woman due to the 'overly emotional' attribution towards women's behavior (Chrisler & Caplan, 2012) (King, Ussher, & Perz, 2014) (Rosewarne, 2012).

As women are also active members of the community, they can be limited and their contributions can be diminished due to the adverse effects of PMS symptoms that they suffer from. The concept of Premenstrual Syndrome requires more research, especially in the etiology, which can allow better interventions to be developed which can improve the quality of life lived by a woman. The findings of this research could allow better interventions to be developed which could potentially benefit women who suffer from PMS and allow better integration into the community.

More evidence-based research to develop theories and interventions would increase awareness and make sure that people do not use PMS as basis for misogyny or rationalizing acting-out or shallow excuses for changes in a person's temperament as the premenstrual phase can be a very challenging time for some.

Thus this paper aims to explore the concept of PMS relative to its comorbidity with mental health disorders, namely affective disorders and PMDD. Based on the eligibility criteria and relevance, a final total of 20 research papers were reviewed and included in this literature review.

First, the concept of PMS is explored including its effects through a biopsychosocial perspective. Subsequently, PMS is contextualized with respect to its similarities with affective disorders, PMDD and other mental health issues followed by established theories and concepts. Thereafter, the methodology of this paper is presented and the aggregate of all literature recovered is shown in a tabular manner justifying the conclusion deduced. Ultimately, applicability, implications and relative merits are discussed.

*Key words: Premenstrual syndrome, mental health, quality of life, comorbidity*

#### **96. General Population's Attitude towards Men's Mental Health**

- **Rhea Rebello**

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Review was done to assess the attitude of men and women towards men's mental health and disorders and to study the various issues and challenges at community level. We searched the electronic databases for studies related to prevalence of various psychiatric morbidities and associated factors at community level. Burden of mental health issues faced by men seen by the world is only a tip of the iceberg. Various studies have shown that mental health related problems are high in the male population. There is a need to have better living conditions, political commitment, primary health care and men empowerment. Men also go through a plethora of emotions and the ones who voice their opinion are looked down upon. A lot of male population who suffer from mental illness engage in substance abuse and risky behaviour. Also help seeking behaviour in men is low due to the taboo that surrounds them.

*Keywords: men's mental health, mental health, mental disorders, Psychiatric disorders, Psychiatric illness*

**97. Psychological Abuse against women in India and its effects on Community mental health: A Critical Review**

- **Ria Bhanage<sup>1</sup> & Athulya Yallapragada<sup>1</sup>**

*1--Student, AIBAS, AUM*

Violence against women has been explicitly identified as a leading cause of offence or abuse and dysfunction, affecting not only women but also the community health, both psychologically and physically. Even today, people are only aware of two kinds of abuse, that are, domestic violence and sexual abuse but the abuse that stays neglected and poorly understood is Psychological Abuse. There is no precise definition of psychological abuse. Researchers have in the past considered psychological abuse to be the product of other forms of abuse, particularly physical abuse. Domestic violence and sexual abuse can lead to psychological distress, which is clearly and totally different from Psychological Abuse. Hence, Psychological Abuse is now seen as a separate and distinct form of abuse. Studies have concluded that Psychological Abuse in terms of its severity and its short- and long-term psychological consequences is widespread, being an important form of interpersonal violence, other than domestic violence and sexual abuse. From the statistical data collected, the median and lifetime figures of psychological abuse were 22% (range 2-99%), sexual abuse was 12% (range 0-75%), and multiple forms of domestic violence were 41% (range 18-75%). According to the statistical data, 1 out of 4 women in India have registered the cases of Psychological Abuse. Nevertheless, in many cases, legal systems and social norms continue to tolerate, or even encourage violence against women. Current non-profit organizations and social support groups are successful in urban areas providing intervention to suffering in at risk population but still lack community mobilization in rural areas. Women in India are most likely to experience abuse in almost every environment by male intimate partners or people known or unknown to them, often over long periods of time. Psychological Abuse includes other verbal threats, intimidation, isolation, victim blaming, humiliation, control of daily activities and money, stalking (repeated unwanted contacts), degrading, terrorizing, harassing, ignoring, neglecting, rejecting, trivializing and manipulation of children in order to demean or instill fear in an adult partner. Serious disorders like depressive disorders, suicidal ideation, stress and trauma related disorders, sexual disorders, addictive disorders, mood disorders, and other psychotic disorders as well are the consequences and effects of psychological abuse in accordance to community mental health guidelines affecting the larger population.

This review paper aims to provide a brief overview on Psychological Abuse against women in India and its serious effects on community mental health. The review paper attempts to highlight the low awareness about Psychological Abuse among all the socio-economic categories which include literate and illiterate population and seeks to raise awareness of the same. This paper further attempts to critically evaluate and suggest the delivery of respective mental health services mainly to women along with the community and the utilization of legal methods to prevent and address the cases of Psychological Abuse against women in India. The implication of this review paper can provide clear idea on this topic which can be referred to develop interventions in future.

*Key words: - Psychological abuse, community mental health, low awareness among all categories, serious mental health disorders, raise awareness, mental health services, intervention, India.*

**98. Correlates Usage Of Cosmetics And Psychological Well Being**

- **Rima Bhandekar<sup>1</sup>, John Frinto Antony<sup>1</sup>, Suhaila<sup>1</sup>**

*1-Student, AIBAS, AUM*

**Background**

Individuals have become more conscious about their appearance. Due to the changing gender roles, men started using cosmetic products increasingly. Millennials, who are increasingly exposed to powerful female figures, no longer associate beauty rituals with femininity, but rather with self-care and success, and youthfulness. Cosmetics is synonymous with seduction, beauty and pleasure. Therefore, as research remain relatively seldom when talking about cosmetics for men, it seemed important to understand what cosmetics usage today mean for the men and women's wellbeing.

**Objective**

To analyze relationship between usage of cosmetics, gender, and psychological well-being and self-esteem.

**Material and method**

The participants were a convenience sample consisting of 50 respondents consisting 25 females and 25 males. The respondents range from age 18 to 25 years old. The tools used were Rosenberg Self-esteem scale, Subjective Well-Being, Modified version of Cash Cosmetics Use Inventory (CCUI) was adapted from Cash and cash (1982) and a scale that includes demographic questions, opinion type questions regarding the usage of the cosmetics

**Results:**

Preliminary results are discussed with regards to gender, self-esteem and psychological wellbeing as determinants of cosmetic usage. Implications for the community health and theoretical contributions to the growing research on gender differences.

*Keywords: Gender, cosmetics, self-esteem, psychological wellbeing.*

**99. Role of Media in People's Perspective**

- **Rohit Jaiswal<sup>1</sup>, Neha Biswas<sup>1</sup> & Joel Mathew Bose<sup>1</sup>**

*1-Student, AIBAS, AUM*

Dystopia is a genre in literature that depicts a frightening society or community. It is an imaginary community or society that is undesirable or frightening. It is literally translated from Greek as "not good place", antonym of utopia. Dystopias are often characterized by dehumanization, totalitarian governments, ruthless mega-corporations, environmental disaster, or other characteristics associated with a dramatic decline in society. Dystopian societies appear in many subgenres of fiction and are often used to draw attention to potential as well as real-world trends and issues in society, which can range from environmental, cultural, political, economic, religious, psychological, ethical, scientific, to technological issues, which if unaddressed could potentially lead to dystopia.

This research is concerned with the relation between dystopian media and how it affects our perspective regarding the life. This paper mainly focuses upon different topics such as:

- (1) How thought process is being affected by dystopian media.
- (2) How emotions are affected by the interaction or presence of negative Medias.

(3) Impact of society, family and peers in our daily life and believes.

Findings of this paper highlight dystopian media as an important construct that influences thoughts, emotions and behaviour. This research paper also provides a further insight as to why people perceive life in a negative manner in connection with the consistent interaction with different types of negative / dystopian media.

**100. A comparative study of Gender difference on Empathy**

- **Saloni Patankar**

*1 – Student, AIBAS, AUM*

This study seeks to establish a relationship between empathy and the gender of an individual. Empathy is the experience of understanding another person's thoughts, feelings, and condition from their point of view, rather than from one's own. Empathy facilitates prosocial or helping behaviour that come from within, rather than being forced, so that people behave in a more compassionate manner.

Empathy is a small but important aspect of mental health. Showing empathy to other people makes them feel understood. There are multiple factors that affect empathy of an individual such as self-esteem, satisfaction, interpersonal relationships, self-efficacy, upbringing, etc.

Individuals who have low empathy levels have difficulty forming good interpersonal relationships and sometimes can come-off as 'self-centered'. They may also be more practical in nature instead of emotional. Those who have a high empathy may be good at marketing or at a job as a salesperson. They can be charismatic in nature. Those high on empathy can also be good at manipulation as they understand all the emotions that another person is going through.

However, being overly empathetic can prove to be harmful as that individual experiences every other person's stress, pain, happiness, sadness, etc. This can lead to a state of being overwhelmed and eventually may lead to hopelessness or even depression.

The two genders, i.e. boys and girls are often brought-up differently, sometimes even in the same household. Girls and boys usually differ in the way they think, the way they express emotions, their interests, and activities. There are biological differences between them such as body structure, number of red blood cells, etc. as well as genetic differences. There are certain genetic disorders that can only happen in men and not in women (such as hypertrichosis). Hence, it can be safely concluded that they differ from each other in more than one manner. They are prone to differ in implicit aspects as well. It is often stated that girls have higher empathy and understanding in general, as compared to boys. Through this study, the validity of the previous statement can be established.

The purpose of this study is to find out the empathy levels in boys and girls, and compare the two (empathy in boys and empathy in girls). For the purpose of this study, data was collected from 30 males and 30 females aged between 18 and 23 years, with the help of 'Murthy's Empathy Scale'. The aforementioned data was collected through primary research via google forms. Only these two genders were selected for this study as they are the most dominant genders in today's society. Moreover, other factors for empathy may come into play for other

genders as they face a lot of hardships in today's world, with the society not being completely accepting of their identity. Findings of this study would be discussed in this research paper.

This research can facilitate further research regarding the reason behind the gender difference in empathy, if it exists. This can also help us realize how the empathy levels in an individual may be enhanced and if there are different ways to do that, based on the gender of that individual.

*Key Words: Empathy, Gender, Gender difference, mental health*

**101. Pre-marital expectations and its impact on marital satisfaction**

- **Shayanika Mukherjee<sup>1</sup>, Dr. Poonam Sharma<sup>2</sup>**

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*2-Assistant Professor, AIBAS, AUM*

The aim of the current research is to study the relationship between pre-marital expectations and marital satisfaction.

The research is conducted to understand the effects of pre-marital expectations on marital satisfaction among both male and female spouse. This study can be facilitative for marriage counsellors towards pre-marital counselling and post marriage conflict resolution.

Marital Satisfaction is the overall quality of marriage and the extent to which the needs, desires and expectations have been met in marriage. By having pre-marital expectations, the person is setting checklists for the future spouse which restricts growth (of spouse and self) and has an impact on the marital satisfaction. Pre-marital expectations about the future spouse can be regarding the income earned, values and beliefs about gender roles, how social and comfortable spouse should be around friends and family, child planning, intimacy etc. (Little, W. (2016). Introduction to Sociology: 2nd Canadian Edition.)

The 2 components studied in the research are pre-marital expectations and marital satisfaction. Marital expectations are the presumption and beliefs that one holds during the course of marriage. Whereas pre-marital expectations are the presumptions that are built and held by a person about the spouse, marriage, marital life etc. before getting married.

A variety of research revolving around marriage and expectations have been conducted.

**Marital Expectations and coping among married women**

A research was carried out by Kandice Faubert to study the 2 variables and relationship between expectations and marital satisfaction among Maltese women. The participants were 10 married women. Results found that the 2 major themes on the basis of which expectations were made were a) Everything happy b) A companion for life. The current findings reflect the ways unrealistic expectations can impact the marital relationship by demonstrating that women in particular go into marriage with the belief that it will automatically make their lives better and happier and when this does not happen they become disappointed and disillusioned leading to marital distress (Epstein & Eidelson, 1981; Huston, Niehuis, & Smith, 1997; Huston et al., 2001; Orbuch, Veroff, & Holmberg, 1993).

Comparing one's relationship

In any relationship it is natural for couples to compare their bond, communication and relation with other couples. In the process of comparing self, spouse and relation with spouse with other couples, one forms expectations either consciously or sub-consciously. Researcher Charlie Azzopardi (2007) mentioned in his Thesis that an individual compares their relationship either with other couples, their family marital relationship or any relationship that they had in the past. Results concluded that constant comparison can be unhealthy as it gives rise to conflicts and one may face commitment issues (especially during the courtship period).

Length of courtship and marital satisfaction

Courtship duration is the period between the first date and the decision to marry, excluding the period of formal engagement prior to the wedding day (Hansen 2006).

A research was conducted by Hansen in 2006 to measure marital stability with respect to the courtship duration. The results showed that those individuals who had a longer courtship period had higher marital stability as a result of marital satisfaction in comparison to those who had a shorter period of courtship.

Method of enquiry is in-depth semi-structured interviews that will be conducted on specific sample group. Interviews will be open-ended in order to collect as much data and insight as possible. The interview will be analysed by coding and thematic analysis. Sample will be collected till saturation of data.

The target group for this research are individuals who have been married between 2 to 5 years. The individuals should have no previous marital history.

Few questions asked in the interviews were about the ideas and thoughts an individual had about their spouse and marriage before getting married, what they believed was the source of the origin of their pre-marital expectation, whether they openly discussed their expectations with spouse before getting married, how long before the marriage they started forming their expectations and the different areas where they lack marital satisfaction.

As a result of my on-going undergraduate degree, I have conducted 3 interviews with an average of 35 minutes. It was observed that each interviewee had very few expectations from marriage and spouse before getting married. However, the domain 'communication' had low marital satisfaction. As a result, other factors such as career, relationship with in-laws and lifestyle were factors affecting marital satisfaction.

*Keywords: Marital Satisfaction, Marital Stability, Pre-marital Expectations*

**102. K-pop beauty standards: Perceptions of Indian youth.**

- **Shivani Yalamanchili**  
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The term K-pop stands for 'South Korean Pop music'. The modern form of K-pop can be traced back to the early 90s, the term itself has been popularized since the 2000s, replacing the term Gayo (가요), which also refers to domestic pop music in South Korea. Although it generally indicates "popular music" within South Korea, the term is often used in a narrower sense to describe a modern form of South Korean pop that is influenced by styles and genres from

around the world, such as experimental, rock, jazz, gospel, hip hop, R&B, reggae, electronic dance, folk, country, and classical on top of its traditional Korean music roots.

Seoul, South Korea, is known as the global plastic surgery capital. Because South Korea has the most plastic surgeries per capita on earth, with over 980,000 recorded operations in 2014. That's 20 procedures per 1,000 people, putting it ahead of the US's 13 procedures per 1,000 not only that but it also had the most operations per capita since 2009. The age range of the seekers is from 16 to 25. Mostly the high school students do it before they graduate.

Korean beauty standards have played a significant role in changing the way how women and men view beauty. Many women around the world have been influenced by the way S.Korean views women and beauty. These changes in beauty standards have resulted in S.Korea having a strong influence in setting global beauty standards. In Korea the use of cosmetic surgery is common and widely accepted. Korean beauty has not only affected women, but it has also set certain standards for men. The beauty standards for males in Korea are similar to that of women. Men are expected to be slim and are not expected to be overweight. Many men in Korea also undergo surgeries and use beauty related products to help enhance their appearance. In 2012, nearly 20% of the beauty related products purchased in the country were products for men.

The reason for choosing this topic is Korean beauty standards have become a well-known feature of K-pop culture which now is affecting the global beauty standards. In 2015, a global survey by the International Society of Aesthetic Plastic Surgeons found that South Korea was the only East Asian country in the top 10 countries with the highest rate of cosmetic surgeries. Korean beauty standards have been influenced largely by those in the media, including actresses, TV personalities, and K-pop Idols. The physical appearance of K-pop idols has greatly impacted the beauty standards of not only Korea but the world as well.

South Korea is notoriously known for its hyper fixation on outward appearances and cosmetic surgery. The extreme focus on appearance pressures women and men to conform to societal expectations and spend a relatively significant amount of money to undergo cosmetic surgery procedures. The glorification of certain facial and body features can cause individuals to feel ashamed of their natural features, which could lead to lower levels of self-esteem. This is very probably considering that many institutions in South Korea reinforce a one-dimensional and uniform image of beauty. It is truly an epidemic. Although tending to one's appearance could be important for self-care, but obsessing over it is more harmful than it is helpful. The strain of meeting South Korea's beauty standards is due to South Korea's embedded "listening culture" and social conformity. Many women and men become self-critical and as a result which contributes to the vicious cycle of feeling a low sense of self-worth and wanting to resort to cosmetic surgery. Cosmetic surgeries may be more harmful than it is helpful and after spending a significant amount of money to change one's features to "fit in" with everyone else, it does nothing to repair the internal feelings of insecurity and inferiority. It is only a mask that provides a false and shallow sense of confidence and only adds onto the cycle of being self-critical in the long run.

By doing this Research on this particular topic, I would like to know how much K-pop beauty standards not only effects the world but Indian youth as well.



- 103. A Study of The Impact of Extensive Institutions On Nearby Rural Areas**  
- **Shreya Pargavkar<sup>1</sup>, Misbah Desai<sup>1</sup>, Prabodhini Jagzap<sup>1</sup> & Saakshi Maske<sup>1</sup>**  
*1-Student, AIBAS, AUM*

**Introduction**

"A study of the impact of extensive institutions on nearby rural areas"

Community mental health is the level of psychological well-being or the absence of mental illness amongst the community.

Rural areas contain a diverse range of communities with differing mental health needs and health determinants. However, there are key ways in which the mental health picture in rural areas differs from that in urban settings.

This is the research on how a newly established institution can cause effect on the physical as well as mental health of the people living around. This research will also take into consideration the other factors that are influenced due to the establishment of the institution.

**Purpose**

The purpose of the research is to study whether the extensive institution has negative or positive impact on nearby rural area, while covering factors such as their physical and mental health.

**Method**

A quantitative research was conducted on 40 villagers. Data were collected by asking questions to the villagers in the language in which they were comfortable. Questions were asked about their personal experience and the changes that they observed before and after the institution was established. This findings indicate that there was a very slight difference between the negative and the positive impacts. But overall the findings indicates that there is a negative impact on the villagers due to the establishment of the institution.

*Key words: extensive institution, rural area, mental health.*

- 104. Prevalence Of Stigma Against Mental Health In India: A Descriptive Study**  
- **Titiksha Pathak**  
*1 – Student, AIBAS, AUM*

People suffering from mental illnesses are often subjected to high levels of stigma which, in many aspects, proves to be a hindrance in their healing. It not only influences the social support that one requires from his/ her family and peers but also demoralizes the individual, causing further distress to the patient and hence slowing the treatment process. This becomes one of the major concerns when it comes to a country like India, where currently the society is still in process of establishing mental health aid setups. Moreover, in this country, as the scenarios suggest, the main victims of mental stressors are the youth and their mental health has become one of the major concerns. Due to the fact that they are usually more influenced by their peers and are somewhat or completely dependent on parents for significant aspects of their lives, their perception as well as action towards any mental health issue depends greatly on their surrounding people. Due to limited studies in India on the level of stigma and how it affects

people suffering from mental illnesses and their treatment, it becomes necessary to first know the conditions that currently prevail in the society in order to better understand and plan for interventions.

The study derives its backing from the literature concerned with mental health stigma but the main emphasis of past researches till now has been on the impact of this stigma specifically on the population suffering from mental disorders. However, we still have failed to capture accurately the perceptions of common population. Limited researches in Indian context signify the domination of intervention and treatment conditions alone and not the contextual factors. This study aims to fill that gap by identifying what are the majorly contributing components that make up the stigma against mental health in Indian youth population and how wide spread they are. The study also breaks down stigma into its components to better understand the concept.

This quantitative study follows descriptive design and aims to describe the prevalence of stigma against mental illnesses amongst Indian young adults. Various factors that might influence the level of stigma have been taken into concern for e.g. education, area of settlement, socio economic status etc. The data also compares the people who have suffered with mental illnesses or not as well as those who have taken the treatment for the same in terms of how much stigma they have against mental illnesses as well as treatment. Descriptive statistics have been employed to analyze the data and it has been presented in pictorial form wherever required. The sampling technique for the study was convenience sampling and the sample size included 100 participants from various fields of education, socio economic strata as well as religion. The age range within which the sample varied was from 17 years to 29 years. Data was collected online through Google forms, which included demographic details, information about their past experience with mental illness, and the Mental Health Stigma Scale where the participants were given 28 items to which they had to respond in a scale of 1 to 7 from strongly disagree to strongly agree. The Mental Health Stigma Scale was developed by Day, Edgren and Eshleman in 2007, with respect to six dimensions, that are anxiety, relationship disruption, hygiene, visibility, treatability, professional efficacy, recovery. The tested the level of stigma was then observed and categorized on the basis of various demographics to get a clear picture of ongoing societal perceptions.

The results discuss the descriptive of given responses, which includes the difference in level of stigma amongst males and females, who have studied psychology and the ones who haven't etc. The data also suggests that in the population, level of stigma related to personal relationships and anxiety of being around individuals with mental illness is highest as compared to other dimensions of stigma. These findings have been further elaborated to lay parallels with the existing literature and scenarios observed in daily life. The differences in stigma in Indian and western cultures and the probable reasons for the same have also been discussed.

The paper finds its implications in clinical settings, where psycho educating peers and family members sometimes becomes more important than the treatment itself as social support acts as major catalyst. It also discusses recommendations for future research which includes going deeper into the causes and societal notions through qualitative research that contribute in creating stigma against mental health.

*Key Words: Stigma, Mental Health, Mental illness, Mental Health Stigma Scale.*

**105. The impact of Parental Involvement on Activities of Daily Life (ADL) in the rehabilitation process of children with Mental Retardation.**

- **Uzma Mohammed Abdul Qayum**

*1 – Student, AIBAS, AUM*

The aim of this study was to understand the relationship of parental involvement in the rehabilitation process of their children with mental retardation particularly their ADL. The objectives of this study is to study the impact of Parental involvement on their ADL and to examine number of parents engaging in rehabilitation to increase ADL effectiveness This study hypothesized that the high level of Parental involvement will have positive relationship with the development of ADL of their children and second hypothesis was that low level of Parental involvement will have negative relationship with ADL of their children. The study design will be factorial design with a pre-test and post-test design will be used. The measuring instruments will be administered, namely parental involvement scale. The sample size of this study was 20 parents of MR children. The purposive sampling was used to collect the data.

*Keywords: Rehabilitation, Mental Retardation, ADL - Activity of Daily Living, Parental Involvement*

**106. Support group is a boon for homosexuals: A comparative cross sectional study on positive and negative affect among heterosexuals and LGB members**

- **Vaishnavi Shukla<sup>1</sup>, Aarati Menon<sup>1</sup>, Ananya Renison<sup>1</sup>, Shravani Sawant<sup>1</sup>**

*1-Student, AIBAS, AUM*

Homosexuals and heterosexuals may not vary in physical health but can strongly vary in their mental health. The mental health of homosexuals gets affected by the discrimination, stigma and non-acceptance they face due to their sexual orientations. The experience they gain shapes their emotions and has a great impact on other psychological factors within an individual. In India, being open about one's sexual orientation is a difficult task. Although, after decriminalization of Section 377 by Supreme Court of India in 2018, many young individuals came out of the closet and became open about their sexual orientations and relationships. But still there are many who are not open about their sexual orientation or not sure about who they are. Due to this, there are not many research work available on the existing status of Lesbian, Gay and Bisexual individuals in India. The research on studying mental status of Lesbian Gay Bisexual population is important as there are various mental health issues which are as serious as suicidal ideations associated with them. This research focuses on highlighting the current status of Positive and Negative Affect Schedule among LGB and straight population. The study was conduct on 54 students from Amity University Mumbai (AUM). Out of which 48.2% i.e. 26 were LGB members and 51.8% i.e. 28 were from straight population. The participants were tested on the positive and negative affect i.e. the propensity to experience positive or negative emotions and interact with others positively or negatively during challenges of life. PANAS scale is a 20 item scale developed by David Watson, Lee Anna Clark and Auke Tellegen in 1988 is a 5-point Likert scale was used on participant to test the positive and negative affect among both the groups. Out of 20 items in PANAS Scale, 10 items measure positive affect while 10 measure negative affect. The sampling technique used to collect data was Quota sampling while students of Amity University Mumbai (AUM) were purposively taken as sample frame. Along with the administration of few demographic details, PANAS scale, few personal questions like- are you open about your sexual orientation to your friends? To your Family? Public? Also, for LGB members' questions like- are you part of any support group?

Were taken in account. Thus, the data obtained was in quantitative and qualitative form. The previous studies on LGB suggested that due to discrimination, stigma and non-acceptance they have higher chances of getting a mental health issue due to their negative thoughts. But interestingly, in this study the LGB members of Amity University Mumbai were found high on positive affect than the straight population from AUM. The result was obtained by comparing means of both the groups. After the above findings, explanatory study was done on the LGB sample that participated in the study. It was found that out of 26 LGB participants who took part in study around 72.2 % i.e. 19 were part of on campus based support group named CANVAS- paint your own color. The Canvas community was formed by the members and supporters of LGBTQ+ population. The community aims to support each other, spread awareness and break the stigma. Being part of community, individuals get benefited from the activities, meetings and sharing things with community members. The other factors that were found among the LGB samples who scored high on positive affect was the openness about their sexuality or sexual orientations. The positive factors that are associated with the scores obtained were one's own identity development, peer networks, and involvement in the LGB community. On analyzing the responses, it was found that among the participant from the LGB group who scored high on positive affect. Around 83.6% (22 participants) were open about their sexual orientation to their friends, 38 % (10 participants) were open to their family and 22.8% (6 participants) were open to public about their sexual orientations. The other data that obtained concluded that almost 75% of bisexuals would prefer dating someone from opposite gender. The reasons for this responses were- higher social acceptance, better and secure future, less family pressure, no discrimination to be faced. The shortcoming of this study is, dominance of female participants, out of 56 participant only 33.3% i.e. 18 participants were male- 10 were straight and 8 were from LGB group. This study can be further used to design intervention programs for LGB population which will have strong focus on their wellbeing. The results found from this study can inspire other colleges and Universities to create and maintain support groups for LGBTQ+ members. The main aim remains that homosexuals to live a physically and mentally healthy life; reach and maintain life above the zero. Further studies should strive to examine importance of support group more extensively with the use of larger sample from colleges, Universities in urban and rural areas.

*Keywords- LBG, Positive and negative affect, discrimination against homosexuals, heterosexuals, sexual orientation, Sexuality, support group, Life above zero.*

**107. Resilience after parental death in young adult females**

- **Kranti Purandare<sup>1</sup> & Saathi Yaseelan<sup>2</sup>**

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Resilience is the process of bouncing back. It helps an individual to face and overcome a traumatic or crisis situation. Individuals can use this process to overcome their obstacles at any point of time. A young adult individual is the one who is busy making important decisions, getting degrees and having to take many more important decisions in his life of early adulthood. One of the most difficult situations the individual may face at this time of life is parent's death. And as we know, Death is an inevitable phenomenon, may that be of anyone. Thus, the researcher is interested to find out the effects that death of a parent has on the individual as well as motivating factors, decisions and activities that help the individual in being resilience in the face of death of a parent. Six young adult female participants were chosen from India and were screened using the Bharthiar University Resilience Scale and interviewed in two

phases of this study. It was found that the individuals are affected in health, behaviour and educational sectors in their life. Factors like taking responsibility, attachment with the parents, social activities, extracurricular activities and internal coping strategies help these individuals grieve and in overcoming the situation. These emerging factors are recommended to be used by the females in being resilient to face all kinds of traumatic situations or obstacles including parental death.

*Key words: Resilience, Young adult females, effects of parental death, coping strategies, positive psychology.*

**108. Holistic lifestyle awareness in young adults**

- **Ankita Chauhan**

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Holistic living means taking care of your entire self; mind, body, emotions, and soul. It's having the awareness that each of these areas connect and influence one another. According to Indian context Ayurveda is the healthiest way to a holistic lifestyle. Holistic health is becoming more and more important to the public eye. This is because there are many factors that lead to the breakdown of mental and physical health. This leads to a lower level of functionality. The basis of holistic wellness is to promote an individual's full potential.

The current statistics indicate the increase in Lifestyle diseases in India from 2000 to 2019 are:

-About 5% of Indian population is obese. Thyroid has increased in 2014-26 about 32% of Indian population is suffering from various kind of Thyroid.

- About 22-26% of adults women age 18-45 are suffering from pcos in India.

- Cardiovascular disease and stroke together has contributed to 28.1% total deaths in India in 2016-18, compared with 15.2% in 1990. Where CVD is 17.8 and stroke contributed 7.1% of total deaths. A q

- The article published in year 2014 demonstrated that 46% that is half of the population with type 2 diabetes are diagnosed under the age of 40 in India.

The aim of the study is to spread awareness of holistic lifestyle in young adults. An intensive review method was used to understand the awareness of holistic lifestyle in young adult. The result of the review suggests that it is immensely important to create awareness about holistic lifestyle in adolescent and adults as the lack of healthy food consumption and being physically inactive is the root cause of various lifestyle diseases. The study promotes holistic lifestyle awareness in Young adults, schools, colleges, also to hostel mess staff, parents, caregivers etc. Even have organizations & institutes include awareness programs which are easily accessible for its members.

*Key words- lifestyle, holistic, diseases*

**109. Work motivation and job satisfaction among government and private primary school teachers.**

- **Bindhya Sharma**

*Research Scholar, Banasthali Vidyapith*

Since teaching is regarded as the systematic, rational and organized process of transmitting knowledge, skills, attitudes, values and educate the individuals with certain principles. There is need for the services of efficient teachers whose knowledge are bond with innovations in order to achieve the educational excellences. The issue of teachers' motivation and quality assurance has become a matter of debate and concerns in educational system. In most developing countries, there has been a growing affirmation about teachers motivation which is vital to quality assurance, quality outcomes and quality delivery of high standers in education system, it is to acknowledge that any nation that's aiming to maintain high and quality standers or achieve quality assurance in its educational system must take teachers and their motivational needs with outmost high level of seriousness. The present study examines the relationship between work motivation and job satisfaction among government and private school primary teachers. The aim of the study was to find out the difference in work motivation and job satisfaction among government and private primary school teachers. Samples selected for the study were 60 males and 60 females, working in government and private primary schools, within the age range of 26-40. The work motivation questionnaire (WMQ) developed by Agrawal and job satisfaction scale (JSS) developed by Singh and Sharma were used. The obtained data were analyzed using two-way ANOVA and Pearson product moment correlation. The finding revealed that there is a significant gender and sector difference in the area of work motivation and job satisfaction and government and private male shows no significant relationship in the area of work motivation and job satisfaction whereas government and private female primary school teachers show significant relationship in some of the areas like job situation, job concrete as well as community\national growth and material incentive.

*Key words: Job satisfaction, Work motivation, Gender, Government and private primary school teachers.*

**110. Postpartum depression in urban population of Ghaziabad and east Delhi: a study of sociodemographic variables.**

- **Tenzit Tyagi**

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Pregnancy and childbirth is the most beautiful phase in a women`s life filling her with the contentment of the ability to nurture a new living being. Women undergo various physical and mental changes during their postpartum period and are in a vulnerable state of mind. Some women may not cope with these situations as better than others and consequently they undergo a depressive state known as postpartum depression.

There are three common forms of postpartum affective illness: the blues (baby blues, maternity blues), postpartum (or postnatal) depression and puerperal (postpartum or postnatal) psychosis each of which differs in its prevalence, clinical presentation, and management.

Postpartum Affective Disorders:

<b>Disorder</b>	<b>Prevalence</b>	<b>Onset</b>	<b>Duration</b>	<b>Treatment</b>
Blues	30-75%	Day 3 or 4	Hours or Days	No treatment required other than reassurance
Postpartum depression	10-15%	Within 1-12 months	Weeks to months	Treatment usually required
Puerperal psychosis	0.1-0.2%	Within 2 weeks	Weeks to months	Hospitalization usually required

Postpartum depression, which includes major and minor depressive episodes that occur during pregnancy or in the first 12 months after delivery. It is one of the most common medical complications during pregnancy and the postpartum period, affecting one in seven Women. It is important to identify pregnant and postpartum women with depression because untreated prenatal depression and other mood disorders can have devastating effects on women, infants, and families. Several screening instruments have been validated for use during pregnancy and the postpartum period.

The exact causes of postpartum depression are unknown. Changes in hormone levels during and after pregnancy may affect a woman's mood. Many non-hormonal factors may also affect mood during this period:

- Changes in your body from pregnancy and delivery,
- Changes in work and social relationships,
- Having less time and freedom for yourself,
- Lack of sleep,
- Worries about your ability to be a good mother

The symptoms of postpartum depression are the same as the symptoms of depression that occurs at other times in life. Along with a sad or depressed mood, one may have some of the following symptoms:

- Agitation or irritability,
- Changes in appetite,
- Feelings of worthlessness or guilt,
- Feeling like you're withdrawn or unconnected,
- Lack of pleasure or interest in most or all activities,
- Loss of concentration,
- Loss of energy,
- Problems doing tasks at home or work,
- Significant anxiety,
- Thoughts of death or suicide,
- Trouble sleeping.

A mother with postpartum depression may also:

- Be unable to care for herself or her baby,
- Be afraid to be alone with her baby,

- Have negative feelings toward the baby or even think about harming the baby (Although these feelings are scary, they are almost never acted on. Still you should tell your doctor about them right away. )
- Worry intensely about the baby, or have little interest in the baby.

Postpartum depression has been reported worldwide, Indian data of postpartum depression reports of approximately 23% women in hospital-based data and vary from 11% to 26% in community-based studies.

66% of depressed mothers have a co-morbid anxiety disorder and should be evaluated carefully by their physicians. It is important for the physician to distinguish these feelings of anxiety as pathological and not necessarily attributed to new-mother anxiety in general, so that treatment options will cover symptoms of anxiety as well as depression.

The sociodemographic factors play an important part in postpartum depression. Factors like age, education and employment of the mother, emotional support, past pregnancy outcomes, socioeconomic status etc. Always gets related with postpartum depression, some studies found positive relationship some could not find any such relation. A research for example was conducted named Sociodemographic predictors of antenatal and postpartum depressive symptoms among women in a medical group practice Janet W Rich-Edwards<sup>1</sup>, Ken Kleinman<sup>1</sup>, Allyson Abrams<sup>1</sup>, Bernard L Harlow<sup>2</sup>, Thomas J McLaughlin<sup>3</sup>, Hadine Joffe<sup>4</sup>, and Matthew W Gillman<sup>1</sup>.

‘The prevalence of depressive symptoms was 9% at mid-pregnancy and 8% postpartum. Black and Hispanic mothers had a higher prevalence of depressive symptoms compared with non-Hispanic white mothers. These associations were explained by lower income, financial hardship, and higher incidence of poor pregnancy outcome among minority women. Young maternal age was associated with greater risk of antenatal and postpartum depressive symptoms, largely attributable to the prevalence of financial hardship, unwanted pregnancy, and lack of a partner.’

There are very few studies conducted for the assessment of the same among Indian urban woman. It is important to identify postpartum woman with depression and also the causal sociodemographic factors, as it not only affects the mother but the infant and the family too and moreover if goes unnoticed can develop into Psychosis as well.



## **VALEDICTORY ADDRESS**



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National Mental Health Programme and Community Mental Health Practices in India, India is one of the first countries to make a pledge to promote the mental health of its people. This was done through its National Mental Health Programme initiated in the early 1980s. However, mental health has often been accorded a lower priority amidst competing health and social priorities; hence, the progress has been far from satisfactory (Murthy R.S., 2010).

The Government of India has launched the National Mental Health Programme (NMHP) in 1982, keeping in view the heavy burden of mental illness in the community, and the absolute inadequacy of mental health care infrastructure in the country to deal with it. NMHP has 3 components: First Treatment of Mentally ill, Second Rehabilitation, Third Prevention and promotion of positive mental health.

A good mental health system has the responsibility of reducing the substantial burden of untreated mental disorders, decreasing human rights violations, ensuring social protection and improving the quality of life especially of the most vulnerable and marginalised subgroups in a society. Moving beyond care, it should also integrate and include mental health promotion and rehabilitation components (WHO, 2007).

Mental disorders are known to be caused by a complex interaction of biological, social, environmental, cultural and economic factors. (WHO, 2011) In countries like India, the social determinants of health like employment, education, living standards, environment, access, equity and others contribute significantly to both causation and recovery. Poverty, low living standards and related factors are implicated in the increased occurrence, but they also vitiate the cycle of poverty and impoverishment (Lund, C., Breen, A., Flisher, A. J., Kakuma, R., Corrigall, J., Joska, J. A.,... Patel, V. (2010).

The National Mental Health Survey of India-2016 was conducted on a nationally representative sample of 34802 individuals, sampled from 12 states of India. The response rate at households was 91.9%, while individuals interviewed were 88%, with some variations across the surveyed population. The weighted prevalence across diagnostic categories in urban metros was higher than in rural and urban non-metro areas (with less than 10 million population). However, differences exist across diagnostic categories. The prevalence of schizophrenia and other

psychoses (0.64%), mood disorders (5.6%) and neurotic or stress related disorders (6.93%) was nearly 2-3 times more in urban metros. (NMHS, 2015-2016.) One can speculate and consider the contribution of several factors (fast paced lifestyle, stress, complexities of living, breakdown of support systems, challenges of economic instability) for this higher prevalence and further investigations are needed to understand the relationship between urbanisation and mental illness. With continuing urbanisation, the burden is expected to rise and hence, there is a need for an urban specific mental health programme. Common mental disorders (CMDs), including depression, anxiety disorders and substance use disorders are a huge burden affecting nearly 10.0% of the population. One in twenty people in India suffers from Depression. Depression was reported to be higher in females, in the age-group of 40-49 years and among those residing in urban metros. Nearly 1% of the population reported high suicidal risk. The prevalence of high suicidal risk was more in the 40-49 age group (1.19%), among females (1.14%) and in those residing in urban metros (1.71%). While half of this group reporting suicidal risk had co-occurring mental illness, the other half did not report any co-morbid mental disorder. This warrants the need for multi-sectoral actions. Males in the age group of 30 – 49 years were the most affected indicating that mental disorders contribute to greater morbidity in the productive population. The prevalence of all disorders peak in this age group affecting work productivity and earning potential, and quality of life. Prevalence of mental disorders in age group 13-17 years was 7.3% and nearly equal in both genders. Nearly 9.8 million of young Indians aged between 13-17 years are in need of active interventions. Prevalence of mental disorders was nearly twice (13.5%) as much in urban metros as compared to rural (6.9%) areas. The most common prevalent problems were Depressive Episode & Recurrent Depressive Disorder (2.6%), Agoraphobia (2.3%), Intellectual Disability (1.7%), Autism Spectrum Disorder (1.6%), Phobic anxiety disorder (1.3%) and Psychotic disorder (1.3%). Nearly 1% of the population reported high suicidal risk. The delivery of mental health care to Indian citizens is the joint responsibility of the central and state governments. Mental health services should be comprehensive (promotion, care, management and rehabilitation), integrated (within and between different sectors) and delivered to the entire population (public health approach). To deliver good quality mental health care, several activities and programme components should work effectively and efficiently together, and this is referred to as the systems approach. (NMHS, 2015-2016.)

A National registry of service providers from different disciplines (psychiatrists, psychologists, social workers, public and private mental health facilities in the area which also includes, all other resources), which is periodically updated through systematic geo mapping at the state level will encourage greater participation of public and private health care providers and promote long term mental health care. As India moves beyond mental hospitals, it is important to increase the role of medical colleges and district hospitals in delivering mental health care services with system's approach. (NMHS, 2015-2016,)

The World Health Organization (WHO) signalled the urgent need for countries to provide a network of community mental health services at its Global Forum for Community Mental Health (Geneva, 30-31 May 2007). For the first time, WHO invited people living with mental disorders to attend the Forum, sending a message to countries that it is important to give a voice to this excluded group to claim their rights and secure their participation in society.

"Not only are community mental health services more accessible to people living with severe mental disabilities, these are also more effective in taking care of their needs compared to mental hospitals. Community mental health services are also likely to have less possibilities

for neglect and violations of human rights, which are too often encountered in mental hospitals" said Dr Benedetto Saraceno, Director of the WHO Mental Health and Substance Abuse. This topic should matter to everyone, because far too many people with mental disorders do not receive any care. The immediate challenge for low income countries is to use primary health care settings, particularly through community approaches that use low-cost, locally available resources to ensure appropriate care of these disorders" said Dr Catherine Le Galès-Camus, A Assistant Director-General of whose cluster on Non- communicable Diseases and Mental Health. "The challenge is to enhance systems of care by taking effective local models and disseminating them throughout a country. The WHO Global Forum for Community Mental Health was about showcasing models which are proving effective in delivering mental health care in resource-challenged situations". The Forum provided a foundation for sharing information, providing mutual support, and a sense of belonging for users, families and providers, and all who are interested in shifting mental health care from long-term institutions to effective community-based care.(WHO,2007) Community Mental Health Programme(CMHP) includes all community facilities pertinent in any way towards prevention, treatment and rehabilitation. (K Park)

One of the Study done in India by Basic Needs states "A fundamental requirement for starting and continuing CMHP operations is dependable funds, made available mainly through district annual plans and budgets. Priority in allocating these funds should be for the following objectives:

- 1) Purchasing required psychotropic medicines at appropriate levels of primary care;
- 2) Allocating appropriate salaries for personnel from the community level to the top;
- 3) Ensuring training at various stages and locations;
- 4) Supporting a local CMH management structure; and
- 5) Forming user groups".

A dedicated local management body (preferably at the district level) that manages resources and processes at different levels to run and sustain CMHP is important. This management body must have the required authority to ensure integration of CMHP into general health services. The management process must be effected through annual operational plans and budget (as part of district plans and budgets) that cover user identification, diagnosis, prescription, follow-up, referrals, records maintenance, and routine service monitoring and evaluation. The management body must have planned engagement with multiple stakeholders so as to access funds and run mental health services such as outreach clinics. (Basic Needs Report 2009) A three tiered community-based rehabilitation model has also been implemented and assessed in India. The model includes outpatient care (first tier) supplemented with support from community case workers (second tier) and community rehabilitation initiatives (third tier). Case workers are drawn from the populations they support and offer services to users, their families, and communities. Initiatives are planned in a forum called a village health group, which includes carers and key local stakeholders. Compared with outpatient treatment alone, the community-based rehabilitation model led to better outcomes for disability, compliance, and engagement with treatment (Chatterjee et al., 2003).

Community Mental Health Practice is a multidimensional intervention process that effectively meets a community's need for appropriate mental health services through both engaging available local, tertiary and national resources and capabilities and stimulating multiple stakeholder awareness and commitment. A community-care approach to treating mental disorders means that power is shifted from the institutions to the community. Holistic care is

provided locally and coordinated by health professionals and local organizations. Patients and carers are considered partners. Integration into the community is paramount. (Basic Needs Report 2009).

Community Mental Health programme plays a significant role in prevention and sensitizing all stakeholder's of the community on mental illness and contributes to the factors towards reducing the stigma and stereotypes around the mental illness. The participatory paradigm of community mental health towards the goal of attitudinal change and building community ecosystem of empathy and compassion to care towards accepting persons with mental illness and their family promoting an inclusive culture and dignity to life.

Community Mental Health is fundamentally rooted within the principles of compassion and harmony. The positive psychology studies has also contributed in this sector. Key aspects of Buddhist teachings are compassion and wisdom (Snelling 1998). In the field of positive psychology research has been conducted on such virtues (Peterson and Selgman 2004). Other researchers have studied the relationship of meditation among Buddhists to mental health (Davidson 2002; Emavardhana and Tori 1997).

Wisdom and compassion, thought to be central to a sense of satisfaction and well-being, are identified by Wayment and Bauer (2008) as important aspects of a less-defended self or a "quiet ego." The Buddhist 8-fold Path is often described as the Three Trainings (morality, meditation, and wisdom). Although some Mahayana forms of Buddhism do not emphasize the 8-fold Path they emphasize the Six Perfections, which explicitly articulate the virtues of compassion (or skilful means, perfections 1-5 on moral qualities and meditation) and wisdom (perfection 6). Two of the Buddhist Four Sublime States (brahmavihara) or virtuous attitudes are loving-kindness (metta, the first brahmavihara) and altruism and compassion (the second brahmavihara). The Buddhist practice of cultivating mindfulness (mindfulness "is cultivating our ability to pay attention in the present moment"; Kabat Zinn 1990, p 11) This practice is one of the profound ways to promote positive mental wellbeing observed in Vipassana technique in India that promotes community wellbeing being and mental health at individual and community level.

One of the indigenous practices in India that is Vipassana and Yoga has been the key initiatives at local community levels in India that promote positive mental health and mental wellbeing at individual and community level in India since past many decades. The Vipassana techniques is scientific and of secular nature that provides hope to individual with key element of self-awareness and strengthen the individual's wellbeing through individual and group sittings promoting community mental health initiatives at local level. Vipassana is practiced with value of 'dana' that means 'sharing ones merits' with all with 'nirmalchitta' (selflessness state of mind), where locus of control is shifted to person and his/her self-awareness to promote wellbeing of oneself with society.

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