

ISSN - 0974-2719

Indian Journal of Community Psychology



An official Publication of the
Community Psychology Association of India

Volume 13

Issue II

September, 2017

Indian Journal of Community Psychology is an official Journal of the Community Psychology Association of India (CPAI). The CPAI was founded in 1987 at Lucknow University with the aim to serve the communities.

Editor in Chief : Surendra Nath Dubey

Associate Editor : Ramjee Lal, Jaunpur

Editorial Consultants :

R. K. Mishra, U.S.A.	Shripati Upadhaya, U.K.
B. L. Dubey, U.S.A.	Y.S. Vagreacha, Ethiopia
A. K. Sen, Delhi	Recta Kumar, Varanasi
R. S. Singh, Rewa	P.C. Mishra, Lucknow
N. K. Sharma, Kanpur	V. D. Swaminathan, Chennai
V. Ganesan, Coimbatore	B.N. Pathak, Varanasi
Rakesh Kumar, Agra	Gandharva R. Joshi, Rajkot
H. K. Sharma, Jodhpur	John Baby, Calicut
Archana Shukla, Lucknow	R. Sakthidharan, Thiruanantapuram
S. Karunanidhi, Chennai	J.D. Boramanikar, Pune
N. S. Tung, Amritsar	P.K. Rai, Sagar

Indian Journal of Community Psychology is published two times a year in March and September.

UGC list of Journals:

Indian Journal of Community Psychology is included in the UGC list of Journals in Applied Psychology Section at S.No.260 and Journal No.64804.

Abstracting and Indexing:

The articles published in IJCP are abstracted in PsycINFO database of American Psychological Association.

Copyright:

All rights reserved. No part of this publication be reproduced, stored or transmitted in any form or by any means without the prior permission of the Editor.

All the Editorial Correspondence should be addressed to:

Professor S. N. Dubey, Editor
Indian Journal of Community Psychology
State Bank Colony, Bachhara Road,
Faizabad – 224 001 (U.P.), India
email : drsurendra_fzd@yahoo.co.in
Phone: +91 52782 41070, +91 94150 39619
Website: www.ijcpind.com

Indian Journal of Community Psychology

Volume 13

Issue II

September, 2017

Community Psychology Association of India

Registered Under Act 21, 1860, No. G. 12186
Secretariat: Department of Applied Psychology
Purvanchal University, Jaunpur – 222002 (U.P.)
Mobile: +91-9452261436
E-mail: drramjeelal@rediffmail.com

Executive Committee

Patron	: Prof. R.S. Singh Prof. N.K. Saxena Prof. M.R. Rastogi	Rewa Kanpur Lucknow
President	: Prof. P.C. Mishra	Lucknow
Vice-President	: Prof. V. Ganesan Prof. N.R. Sharma Prof. Arati Bakhshi	Coimbatore Rohtak Jammu
General Secretary (HQ)	: Prof. Ramjee Lal	Jaunpur
General Secretary (OS)	: Prof. S.N. Dubey	Ayodhya
Joint Secretary	: Prof. H.K. Sharma Dr. G.K. Nanda Prof. M. Pradhan	Jodhpur Bhubaneswar Lucknow
Members	: Prof. Suninder Tung Prof. S.D. Gupta Dr. Avinash Kumar Dr. A.K. Janardanan Dr. N.V. Desmukh	Amritsar Kolkata Delhi Hyderabad Nashik
Academic Council Chairperson:	Prof. P. Bhatnagar	Lucknow
Vice-Chairperson	: Prof. U.P. Singh Prof. V.D. Swaminathan Prof. G.R. Joshi	Bodhgaya Chennai Rajkot
Convener	: Dr. P.K. Khattri	Lucknow
Members	: Prof. B.G. Singh Prof. Sandeep Rana Dr. Om. Prabha Monga Dr. Rashmi Mishra Dr. Archana Shukla Jr.	Raipur Hisar Shimla Kanpur Lucknow

Indian Journal of Community Psychology

CONTENTS

- **Effectiveness of Music Therapy on Depression among Elderly People at selected old age home - An Epidemiological Study in Hyderabad**
 Gangadhar Rao Kalapala, Ravi Zechariah and Jyothi K 197-206
- **Role of Music Training in Anxiety and Self -Esteem of Adults**
 Arpita Mukherjee and Subrata Dasgupta 207-214
- **A Comparative Study among Different age Groups of Male on Attitude towards Rape, Perceived Causes of Rape, Rationalisation of Rape and their Relation with Social Desirability level and Personality Dimensions**
 Parna Bhattacharya and Sadhan Das Gupta 215-228
- **A Phenomenological Approach to Understand the Concept of Child Adoption with Adoptive and Non-Adoptive Couples**
 Gayathri Nagarajan and K .P. Naachimuthu 229-261
- **Mental Health of Migrants: An Overview**
 Rupan Dhillon and Saima Hafiz 262-269
- **Social Axioms and Individualistic-Collectivistic Values in India**
 Ankita Singh and Shabana Bano 270-277
- **Personality Differences among Adolescent Boys and Girls**
 Gayatri Raina and Pooja Verma 278-285
- **A Study of Attitude towards Women in Relation to Narcissism, Ethics and Personality**
 Ujjaini Kushari, Saniya Sidhu, Kasturi Tahlani and Sayantani Chatterjee 286-307
- **Coping and Personality Factors among Mobile Phone Users**
 Pradeep Kumar and Sanjeev Kumar 308-319
- **Effect of Stress Management Training on Adjustment among Final Year Post Graduate Students**
 Rajesh Ganesan and Mahuya Deb. 320-328
- **Gender Role Stereotype, Sexual Attitude and Sexual Satisfaction in Gay Persons**
 Subhangana Dhar and Sonali De 329-340

- **Occupational Stress and Quality of Life among the Male and Female Constables**
Archana Singh and P. K. Khattri

341-348
- **Study of Positive and Negative Contributors to Mental Health in old Age**
Sayantani Chatterjee, Ipsita Dey , Mohini Banerjee, Shradha Bhair, Sohini Bhattacharjee, Soumanti Sinha and Turfa Ahmed

349-367
- **Psychotherapeutic Self-Healing in Buddhism**
Lalit Kumar Singh and Kiran Srivastava

368-376
- **Religiosity and Birth order: A Comparative Study**
Meena Tripathi

377-380
- **Management of Frustration among Low Academic Achieving Arts Post-Graduate Students**
Rajesh Ganesan and Moon Banerjee

381-390
- **Personality and Academic Achievement in Relation to Duration of Sleep and Sex among Students**
Seema Rani Sarraf and S.N.Dubey

391-396
- **Parenting Styles among Naga Fathers: Association with the Social and Emotional Adjustment of Adolescents**
Temsusenla Jamir and Imlisongla Longkumer

397-402
- **Teaching Aptitude among Primary and Secondary School Teaching Professionals**
Nisha George

403-412

Effectiveness of Music Therapy on Depression among Elderly People at selected old age home - An Epidemiological Study in Hyderabad

Gangadhar Rao Kalapala*, Ravi Zechariah and Jyothi K *****

Aging is a worldwide issue in our society, Elderly people living in old age homes may suffer from sadness, pain, and isolation. Many of them may experience seasonal affective disorder (SAD). SAD is a common condition where individuals present with depressed mood, loss of interest or pleasure, feelings of guilt, disturbed sleep and/or appetite, low energy and poor concentration. Music has been used more and more frequently and consciously as a mean of care to reduce or stabilize symptoms and/or complications arising therefrom. The study employs the pre-test and post-test for assessing the level of depression among the elderly persons in the old age homes, and with respect to the demographic variables which are used for assessing the levels of depression among both males and females. Findings clearly showed that there was mild level of depression among elderly people before the intervention and the level of depression was decrease after the intervention (music therapy). The study finding show that, the mean post - level of depression scores (1.53) was lower than the mean pre -test score (2.03). The findings were supported by a pre -experimental study, conducted to investigate the effective of music therapy on depression among elderly people staying in the old age home. Overall 63.3% of samples 38 have mild depression and 20% of the samples 12 have severe depression and remaining are normal in pre-test.

Keywords: Music Therapy, Depression, Elderly People, old age home

INTRODUCTION

The oldest musical instruments discovered so far are around 30,000–40,000 years old (flutes made of vulture bones, found in the cave HohleFelsinGeissenklösterle near Ulm in Southern Germany; Conard et al., 2009), but it is likely that already the first individuals belonging to the species *Homo sapiens* made music (about 100,000–200,000 years ago). Only humans learn to play musical instruments, and only humans play instruments cooperatively together in groups. It is assumed by some that human musical abilities played a key phylogenetical role in the evolution of language (Wallin et al., 2000), and that music-making behaviour engaged and promoted evolutionarily important social functions (such as communication, cooperation, and social cohesion; Cross and Morley, 2008; Koelsch et al., 2010).

Development of science and technology and rapid medicalization has lowered the mortality rates and increased life expectancy of the individuals in the countries across the world. Though increased life expectancy is considered to be a positive change in the health ecosystem; issues such as increased prevalence of chronic diseases, disability, and lowered quality of life haunt the health systems across the world. Though

*MPHIL-PHD Scholar,Tata Institute of Social Sciences, Mumbai,**Masters of Public Health,School of Medical Sciences,University of Hyderabad, Gachibowli 500046, Telangana.,***Ph.D. Scholar,Tata Institute of Social Sciences, Mumbai, India.

Role of Music Training in Anxiety and Self -Esteem of Adults

Arpita Mukherjee* and Subrata Dasgupta**

The present study investigated the effect of music training on anxiety and self-esteem of adults. For this study a sample of 120 adults consisting 60 males and 60 females (between 19 to 30 years of age) was selected. The male and female subjects were further divided into two sub-groups on the basis of training in music. They were as follows: 1) Experimental Group: consisting 60 subjects (30 male and 30 female) who had been receiving training in music at least for 5 years, 2) Control Group: (30 male and 30 female) who had not been receiving training in any form of music. Information schedule and General Health Questionnaire (GHQ-28) by Goldberg and Hiller (1979) was administered as screening devices. The Rosenberg Self-Esteem Scale (RSES) by Rosenberg, M. (1979) and State –Trait Anxiety Inventory (STAI) by Chattopadhyay, Mallik & Spielberger, (1986) were used. The difference in Anxiety and Self Esteem among the two groups was found out. The results were discussed emphasizing the role of music training in controlling anxiety and enhancing self-esteem.

Keywords: music training, anxiety, self- esteem

INTRODUCTION

The Oxford Universal dictionary defines music as “ that one of the fine arts which is concerned with a view of beauty of form and the expression of thought and feeling ;also, the science of laws or principles by which this art is regulated”(Onions,1965). Music can act as an anxiolytic treatment -an anxiety preventative or reducing measure and improve the emotional state of adults (Laiho, 2004; Lesiuk, 2005; Saarikallio & Erkkila, 2007; Silk, Steinberg, & Scheffield-Morris, 2003; Thayer, Newman, & McClain, 1994). Peretti and Swenson (1974) conducted a study to find out the effects of music on anxiety as determined by physiological skin responses proved that music affects performance in both sensory and motor tasks. According to a study done by Ae-Na Choi, Myeong Soo Lee, and Jung-Sook Lee(2010) at the Department of Music Therapy at Daejeon University, music intervention helped elevate self-esteem in children with violent behavior problems. James, Murphy, Gill, Bambrick (2013) found that school-based music classes prevented a decline in global self-esteem measures. Costa (2004) conducted a study which indicated that piano instruction has a positive effect on children self-esteem .Music education involves a great deal of processing by the brain, which includes vision, hearing, touch, motor planning, emotion, and symbol interpretation.

The effect of music training is not sufficiently unfolded in Indian context, especially in Bengali culture. Thus the present study intended to determine the effect of:

*Research Scholar,**Associate Professor, Department of Applied Psychology, University of Calcutta, 92-APC Road, Kolkata-700009,India.

A Comparative Study among Different age Groups of Male on Attitude towards Rape, Perceived Causes of Rape, Rationalisation of Rape and their Relation with Social Desirability level and Personality Dimensions

Parna Bhattacharya and Sadhan Das Gupta***

Rape is a serious and growing problem of society in India. The elimination of violence against women remains one of the serious challenges especially in India as the prevalence of rape has exceed to a point where even children of five years of age are being tortured and raped. Furthermore, in most of the cases victims are tremendously facing taunts and torture instead of getting proper justice. In this male dominating society it is very important to identify the basic attitudes of men towards rape and the pattern of attitudes of them may lead us to access to the causes as well as prevention of rape. This body of work highlights the importance of studying attitudes held by the general public as findings suggest that societal views can have a significant negative impact on the mental health of victims. The aim of the study is to assess the variation of attitude among different age groups towards rape, perceived causes of rape and rationalisation of rape of male persons of society. It is also aimed to understand social desirability level and personality dimensions of participants can effectively influence their attitude across different age groups. A sample of male persons (n=200) consisting of 4 groups classified according to their age in 15-25 years, 26-35 years, 36-45 years and 46-55 years were selected for the study. The variables attitude towards rape, perceived causes of rape and rationalisation of rape were assessed using Attitude Towards Rape Scale, Perceived Causes of Rape Scale and Illinois Rape Myth Acceptance Scale respectively. To assess social desirability and personality dimension Marlowe Crowne Social Desirability Scale and Neo Five Factor Inventory were used respectively. From the result findings it may be observed that people of different age groups vary significantly in their attitude towards rape and social desirability level and openness dimension of personality also influence some aspects of attitude towards rape across different age groups of male persons.

Keywords: *age, rape, attitude, social desirability, personality dimensions*

INTRODUCTION

Rape is defined by most jurisdictions as sexual intercourse, or other forms of sexual penetration, initiated by a perpetrator against a victim without their consent. *World Health Organisation (WHO)* defines rape as a form of sexual assault. In 2012, *The Federal Bureau of Investigation(FBI)* defined rape as ‘the carnal knowledge of a female forcibly and against her will’ to ‘the penetration, no matter how slight, of the vagina or anus with any body part or

Former student,Professor,Department of Applied PsychologyUniversity of Calcutta, Kolkata-700009,India*

A Phenomenological Approach to Understand the Concept of Child Adoption with Adoptive and Non-Adoptive Couples

Gayathri Nagarajan and K.P. Naachimuthu***

Adoption is a process whereby a person assumes the parenting of another, usually a child, from that person's biological or legal parent or parents, and in so doing, permanently transfers all rights and responsibilities, along with filiation from biological parent or parents. Adoption is intended to effect a permanent change in status and as such requires societal recognition, either through legal or religious sanction.

Key words: *Child Adoption, Adoptive, Couples*

INTRODUCTION

Adoption has its antiquity roots from age old times. The Code of Hammurabi, details the rights of adopters and responsibilities of adopted individuals at length. The Code is a well preserved Babylonian law Code of Ancient Mesopotamia, dating back to about 1754 BC. The practice of adoption in ancient Rome can be found from the documents of Codex Justinianus. This is the official codification of the Roman Law. Infant adoption in the early stages appeared rare. Abandoned children were often picked up for slavery and were one of the sources of the slave supply.

The medieval period saw a contrast in the adoption policies. The bloodline was considered as paramount as adoption was viewed as variation from natural inheritance. Even the empires with no natural heirs were replaced. This led to a plethora of abandoned children due to political and socio economic calamities. These children were usually left at doorsteps of church and looking at the alarming numerical, the church decided to bring them up under monastic places. Thus church became the adopter and many abandoned became the alumni of the church. This paved the way for modern day adoption laws and legislations. With increase in idea of institutional care gaining acceptance, formal rules started appearing. This was followed by the first modern adoption law in 1851 by Commonwealth of Massachusetts, coded "best interest of the child".

The modern law fell to the emerging United States where rapid immigration and American Civil War resulted in unprecedented overcrowding in orphanages. American minister Charles Brace brought a solution outlined "The Best Method of Disposing of Our Pauper and Vagrant Children". The period 1945 to 1974 is called "The baby scoop era", saw a rapid growth and acceptance of adoption as a means to build a big family. This policy proliferated across the world as adoption started growing up. Although adoption is practiced all around the world, the

**Professor, **Assistant Professor, Department of Psychology PSG College of Arts & Science Coimbatore, TamilNadu – 641014, India*

Mental Health of Migrants: An Overview

Rupan Dhillon* and Saima Hafiz**

Migrants undergo a variety of changes in the form of displacement from one place to another. There are various problems which the migrants confront but most prevalent are depression and anxiety because each stage of migration is distressing for those who migrate as well as for those around them. Each phase of migration is stressful with its negative impacts on mental health. Exposure to stressful events can enhance the vulnerability to psychological symptoms. Research and clinical work that has been conducted indicates that migrants are more likely to experience depression, anxiety and other adjustment problems. Based on the review of various studies it is found that migration have affected their life style, family structure, and family relationship. Therefore keeping in mind, the distress faced by migrants, this paper will provide an overview of mental health of the migrants.

Key words: Migration, Migrants, Depression, Anxiety.

INTRODUCTION

It is estimated by International Organization for Migration that there is considerable increase in the influx of migrants since last two decades. About 214 million individuals worldwide are regarded as international migrants since 2013. This validates that there is an increase of 40% in the migrant's population from 2000. It means that one in 33 persons is a migrant in world's population (International Organization for Migration, 2013).

Migration is referred as a complex process and a stressful event which has influenced an individual's mental health to a great extent (Bhugra, 2004; Claassen et al, 2005; Fazel et al, 2005). Migration is the process of going from one country, region or place of residence to settle in another. The duration of this process may vary but the focus is on individuals who relocate either semi permanently or permanently to another place or country. The reasons for migration are different for every person. He may move singly for educational or economic reasons or he may move en masse for political reasons. This makes us understand that migration is a social phenomenon and it is connected with society. Migration is also called as a process of people adapting to a new environment which involves making decisions, preparation, going through the procedure, shifting physically to another geographical area, adjusting to the local cultural needs and becoming a part of local system. Thus it can be easily stated that migration is a sociological event which takes place in a historical and political context. The idea behind migration sometimes is also finding a better life. Therefore, people are ready to leave behind the first and fundamental cultural and psychological identifications and move on to a new and different place in search of a better quality of life. Some theorists even define migration as a courageous and complex act.

* Assistant Professor**, Research Scholar, Department of Psychology, Guru Nanak Dev University, Amritsar, India.

Social Axioms and Individualistic-Collectivistic Values in India

Ankita Singh* and Shabana Bano**

Values and beliefs are two important product of a culture that guide our behaviour. Values have capacity to shape the general patterns of socially accepted behaviour. Beliefs in terms of social axioms that are generalized beliefs about oneself, the social and physical environment, or the spiritual world, and are in the form of an assertion about the relationship between two entities or concepts. The present study examined the relationship between social axioms and individualistic-collectivistic values in Indian culture. The study was carried out with 86 participants taken from Varanasi City. The participants were examined by using Hindi version of individualistic and collectivistic values scale originally developed by Triandis and Gelfand (1998) and social axioms scale originally developed by Leung, Bond, Carrasquel, Muñoz, Hernández, Murakami, Yamagushi, Bierbrauer & Singles (2002). Results found significant positive relationships between social axioms and individualistic-collectivistic values but some correlations were not found significant.

Keywords: individualistic, collectivistic, values, social axioms, culture and beliefs

INTRODUCTION

The central theme of any culture is defined by values and beliefs within it. A widely cited system for describing cultures is Hofstede's (1980) four-dimensional framework. The individualism-collectivism (IC) values appear more prominent to influence social behaviour (Triandis, 1995; Smith & Bond, 1998). Individualism and collectivism often coexist in individuals' behaviour and the cultural system reflects both these elements as well (Sinha & Tripathi, 1994; Mishra, 1994). However, individualist and collectivist values may be converging across the generations to some extent due to the general trend of urbanization and nucleation of families.

An alternative framework to the study of socio-cultural variations has been developed by Leung, Bond, Carrasquel, Muñoz, Hernández, Murakami, Yamagushi, (e.g., Feather, 1992; Vroom, 1964), beliefs and values are considered as two important product of culture that jointly shape attitudes and behaviours. Indeed, both values and beliefs are worthy of attention as they have been shown to have separate and additive effects on the behaviour (Bond, Leung, Au, Tong, & Chemonges-Nielson, 2004; Chen, Fok, Bond, & Matsumoto, 2006).

Social Axioms: Social axioms are generalized beliefs about oneself, the social and physical environment, or the spiritual world, and are in the form of an assertion about the relationship between two entities or Concepts (Leung, 2002, p. 289). A set of generalized beliefs is developed in the course of individuals' socialization within specific socio-cultural

* Department of Psychology, Banaras Hindu University, Varanasi, India.

Personality Differences among Adolescent Boys and Girls

Gayatri Raina* and Pooja Verma**

The present study was carried out to explore the difference between adolescent boys and girls on big five personality factors i.e. Neuroticism, Extraversion, Openness to experience, Agreeableness and Conscientiousness. The study was carried out on a sample of 100 adolescents, i.e., 50 boys and 50 girls in the age group of 14 to 16 years studying in various public schools of Shimla town of Himachal Pradesh. NEO-FFI five factor inventory (Costa & McCrae, 1992) was administered to the selected sample. T-test was conducted to see the significance of difference between boys and girls on big five personality factors. Results revealed that there was a significant difference between personality characteristics of adolescent boys and girls. Overall, girls have significantly scored higher on the dimensions of neuroticism, agreeableness and conscientiousness whereas boys have significantly outscored girls on the dimension of openness to experience. No significant gender differences emerged on the dimension of extraversion.

Keywords: Neuroticism, Extraversion, Openness to experience, Agreeableness and Conscientiousness, Adolescent boys and girls

INTRODUCTION

The past quarter century has yielded tremendous advances in understanding of personality traits specifically individual characteristic patterns of thinking, feeling and behavior (John, Naumann & Soto, 2008).

During the life span developmental perspective of an individual physical, emotional, cognitive and mental changes take place. In this development, personality traits are the important ones because on the basis of these personality traits an individual's life course will be influenced. In the developmental stages of an individual, adolescence stage is a period during which great differentiation takes place on the social terrain (Rose, 2005).

Adolescence is generally regarded as being the formative period in a person's life. During this time, the personality development of adolescents (specifically identity formation) reaches a crisis point, and the development of a unique and stable personality is often a very difficult aspect to deal with (Ryan & Deci, 2003).

In the last decade, adolescent personality researchers have moved toward increasing consensus about the structure of adolescent personality. Among the best established models is the five factor model which consists of five different factors such as: Neuroticism (anxiety, depressiveness and emotional volatility), Extraversion (sociability, assertiveness, energy level), Openness to Experience (intellectual curiosity, creativity and sensitivity), Agreeableness (compassion,

*Assistant Professor, **Research Scholar, Department of Psychology, Himachal Pradesh University, Shimla-5, India.

A Study of Attitude towards Women in Relation to Narcissism, Ethics and Personality

Ujjaini Kushari*, Saniya Sidhu*, Kasturi Tahlani* and Sayantani Chatterjee**

For centuries, the female gender has been subjected to considerable amounts of prejudice. Men are considered to be the more powerful sex, as opposed to the weak, docile and subservient women. Gender stereotypes have been so deeply rooted in our society that all positions of authority have been attributed to men, in the workplace and also in the family setting. These stereotypes can be attributed to a variety of reasons, for example, the social learning theory, explains prejudice towards women through the functions of reinforcement and modelling. The present study, thus, aims to understand the attitude towards women, in relation to narcissism, ethics and personality. 123 individuals were selected on the basis of age, sex, education level, medium of education and socioeconomic status. A comparison was drawn between the young adult (18-24) and middle adult age groups (45-50), males and females and working and non-working women. It was seen that young adults, females and working women held relatively more positive attitude towards women as opposed to middle adults, men and non-working women. Correlational findings revealed ethics to be significantly related to attitude towards women.

Keywords: Attitude, Women, Narcissism, Ethics, Personality

INTRODUCTION

Various theoretical perspectives have been developed in order to explain how sex role typing, gender roles or gender stereotypes are formed. According to the Social Learning Theory (Mischel, 1966), children initially acquire sex-typed behaviours as a function of reinforcement and modelling; only later do they realise that they are boys or girls and that certain characteristics are differentially associated with each sex. From a social perspective, gender stereotypes can be explained in terms of a perceiver's observations of what people do in daily life. For example, if perceivers consistently observe women to be looking after children and devoting their times towards nurturing them, they are likely to believe that these characteristics are typical of women. Gender stereotypes stem from the tendency of perceivers to view women in a position lower to that of men. This is very well reflected in organizational settings where men tend to hold positions of higher authority than women do (Brown, 1979; England, 1979; Kanter, influence people's beliefs towards gender. (Eagly & Steffen, 1984).

* Final Year Graduation Students, **Assistant Professor and Head, Department of Psychology, Loreto College, 7, Sir William Jones Sarani, Kolkata-700071, India.

Coping and Personality Factors among Mobile Phone Users

Pradeep Kumar* and Sanjeev Kumar*

The present study was designed to investigate the relationship of ways of coping and five factors of personality with mobile phone users. To realize the main objective of the study, Ways of Coping Questionnaire, Zuckerman-Kuhlman Personality Questionnaire and Mobile Phone Addiction Scale were administered on 100 participants (44 males and 56 females) following the rules of manuals. Obtained data was analyzed by using Descriptive Statistics (Mean, Standard Deviation, Skewness, Kurtosis), Pearson's Correlation, Principal Component Factor Analysis and Liner Regression. Descriptive statistics depicted the normalcy of data except some minor discrepancies. Correlations of six variables of mobile phone addiction with eight of ways of coping and eight of personality were obtained. Coefficients of correlations revealed that ways of coping and facets/factors of personality shared their variance with mobile phone addiction. In case of Liner Regression and Principal Component Factor Analysis, one composite score of mobile phone addiction, eight scores of ways of coping and five scores (at factor level) of Alternative Five Factor Model were taken. Linear Regression analysis showed that Escape-Avoidance and Self-Controlling ways of coping and Sociability and Neuroticism-Anxiety factors of personality predict the mobile phone addictive behaviour. Four factors extracted with the criteria of eigenvalues greater than 1.00. These four factors have accounted for 65.15% of total variance. Factor-I loaded positively on Confrontive Coping, Distancing, Self-Controlling, Seeking social Support, Accepting-Responsibility, Planful Problem Solving and Positive Reappraisal ways of coping and Impulsive-Sensation Seeking factor of personality. Factor-II loaded positively on Self-Controlling, Accepting-Responsibility, Escape Avoidance and Planful Problem Solving ways of coping and mobile phone addiction, and negatively on Sociability factor of personality. Neuroticism-Anxiety and Impulsive-Sensation Seeking factors of personality and mobile phone addiction, loaded positively and Sociability factor of personality negatively on factor third. Lastly, Escape Avoidance way of coping and Aggression-Hostility factor of personality loaded positively and Activity factor of personality negatively on factor fourth. In conclusion, present study depicts the some convergence of ways of coping and five factors of Alternative Five Factor Model with mobile phone addiction.

Keywords: Mobile Phone Addiction, Coping, AFFM.

INTRODUCTION

In the modern era, addictive behaviour is commonly seems which directly and indirectly affects the individual's life. The term addiction is generally defined in terms of inability to control. Rachlin (1990) and Walker (1989) claimed that addictive behaviour has been investigated in relation to excessive and uncontrollable use of psychoactive chemicals

* Assistant Professor, Defence, P.G. College of Education, Tohana, Haryana, India

Effect of Stress Management Training on Adjustment among Final Year Post Graduate Students

Rajesh Ganesan* and Mahuya Deb.**

The present research was aimed to find out the relationship between Stress and Adjustment, and to study the effect of Stress Management Techniques on adjustment and reducing Stress among the Post Graduate Final Year students. Total 30 samples (N =30, 15 Males, 15 Females) participated in the current study from different Departments of Arts and Science of Tripura University. The age of the students ranged from 23 to 24 years with a mean age of 23.83 years. In the present study tools for data collection were Singh Personal Stress Source Inventory developed by Arun Kumar Singh and Bell's Adjustment Inventory (Student form) developed by Dr. R. K. OJha. The statistics Mean, SD, 't' test and Pearson's Product Moment Correlation were used for data analysis. Results showed that there was a significant negative correlation between stress and adjustment; Results also revealed that Stress Management Techniques reduces Stress and improves adjustment among the Final Year Post graduate Students. The findings point towards the crucial need for Stress Management programs among the Final Year Post Graduate students in the University Campus.

Keywords: Stress, Adjustment, Post Graduate Students, Intervention techniques, University Campus.

INTRODUCTION

Stress is an inevitable part for the Post Graduate students, especially for the Final year. Final years of Post Graduation can be more stressful. During this time period, students have pressures of completion of syllabus, passing the course and making important career decisions etc. Stress not only hampers academic performance but negatively affects health. Final Year among the many Post Graduate students is challenging as they have to confront different types of stressors such as academic pressures, work load and issues pertaining to professional competence. Efficient coping strategies protect students against stress. Though Gender differences may exist in stress and application of coping strategies.

Stress is viewed as a negative emotional, cognitive, behavioral and physiological process that occurs as a person tries to adjust to or deal with stressors (Bernstein, et al 2008). According to Selye (1956), "Any external event or any internal drive which threaten to upset the organism equilibrium is stress". Stressors are defined as circumstances that disrupt, or threaten to disrupt, individuals' daily functioning and cause people to make adjustments (Auerbach & Grambling 1998; W. Yumb, 2008). Stress is the body's response to environmental constraints. It can also be defined as a syndrome for coping with a number of emotional,

*Assistant Professor and In-Charge,**Doctoral Research Scholar, Department of Psychology, Tripura University, Suryamaninagar: 799022, Tripura West, India.

Gender Role Stereotype, Sexual Attitude and Sexual Satisfaction in Gay Persons

Subhangana Dhar* and Sonali De**

In present study, homosexuality is studied in context of heteronormativity in terms of stereotypically masculine and feminine personality characteristics, sexual attitude and sexual satisfaction among gay male (N=40) and heterosexual male participants (N=43) in West Bengal (Kolkata, Hooghly, 24-parganas). For this purpose, three scales were administered namely BEM sex role inventory (BSRI, 1974), Multidimensionality of sexual attitude (Hendrick and Hendrick, 1987) and Index of sexual satisfaction (ISS, Hudson, 1982). For screening homosexual and heterosexual subjects, Klein sexual orientation grid (KSOG) was administered. It was observed that there was a significant difference in the score for Gay and Male groups in masculinity score, permissiveness score, sexual practice score, communion score and instrumentality score. Sexual satisfaction score for Gay group and Male group was also found to be significantly different. Data were analysed using independent sample t-test, correlation and regression analysis.

Keywords: Sexual Attitude, Sexual Satisfaction, Gay Persons

INTRODUCTION

A good relationship is more than something we want- it's something we need to be our happiest, healthiest, most productive selves. But at home or work, supportive, fulfilling relationships don't happen automatically. They take an investment in terms of time and energy as well as social skills.

The heterosexual- homosexual continuum or the sexual orientation continuum is a psychological understanding of human sexuality that places sexual orientation on a continuous spectrum from heterosexuality to homosexuality, with sexuality ranging from exclusive attraction to the opposite sex to exclusive attraction to the same sex (Kinsey, 1940).

In the 1940's, zoologist Alfred Kinsey while studying human sexuality argued that people have the capability of being hetero- or homosexual even if this trait does not present itself in the existing circumstances. Psychologist Jim McKnight writes while the idea that bisexuality is a form of sexual orientation intermediate between homosexuality and heterosexuality is implicit in the Kinsey scale, that conception has been "severely challenged" since the publication of 'Homosexualities' (1978), by Weinberg and Alan P. Bell (cf. McKnight, 1997).

Human experience can be studied from relationship approach being significant one especially in a collectivist culture like India. A relationship perspective takes as the central phenomenon of interest, the

*Research Student, **Professor Department of Psychology, University of Calcutta, Kolkata, India

Occupational Stress and Quality of Life among the Male and Female Constables

Archana Singh* and P. K. Khattri**

The purpose of the present study is to see the effect of Occupational Stress and Quality of Life among the Male and Female Constables. The sample consists of 30 constables of Uttar Pradesh Police, among those, 15 were males and 15 were females, from Hazratganj Police Kotwali. Occupational Stress Index, developed by Dr. A. K. Srivastava and Dr. A. P. Singh, and The Quality of Life Scale, developed by B. L. Dubey, Padma Dwivedi, and S. K. Verma was used for the present study. The result shows that there is no significant difference ($t=0.17$) between occupational stress among male and female constables whereas there is a significant difference ($t=2.12$) between quality of life among male and female constables. Negative relationship ($r=-0.38$ and $r=-0.43$ for male and female constables respectively) is found between occupational stress and quality of life. The inference of the study could help police department in findings ways to reduce stress at work place and also to improve the quality of life.

Keywords: Occupational stress, Quality of Life, Constables

INTRODUCTION

It is widely regarded that the police in any given society have a difficult job to fulfil. Police Department are one of the most important organizations in our society. The policemen, therefore, happen to be the most vigilant and responsible representatives of the government. In an hour of need, danger, crisis and difficulty, when a citizen does not know, what to do and whom to approach, the police station and a policemen happen to be the most appropriate and approachable individual for him. The police are expected to be the most accessible, interactive and dynamic organisations of any society.

Occupational Stress according to the current World Health Organization's (WHO) definition is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.

An individual's identity is strongly connected with his work and his organization. Frew (1977) has described organisation as the interconnection between individuals and groups who are pursuing one or more aggregate goals. Organisational members are motivated to satisfy their personal goals and they contribute their efforts to the attainment of organisational objectives as a means of achieving their personal goals, by taking up certain organisational roles. Conversely organisations work towards achieving the organisational objectives by assigning various roles to its members. are pursuing one or more aggregate goals. Organisational members are motivated to satisfy their personal goals and

**PhD Scholar, Department of Geriatric Mental Health, King George's Medical University, Lucknow. ** Head, Department of Psychology, National P.G. College, Lucknow, India.*

Study of Positive and Negative Contributors to Mental Health in old Age

Sayantani Chatterjee*, Ipsita Dey **, Mohini Banerjee, Shradha Bhair**, Sohini Bhattacharjee**, Soumanti Sinha** and Turfa Ahmed****

Old age refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle. Old people often have limited regenerative abilities and are more susceptible to disease, syndromes, and sickness than younger adults. The elderly also face other social issues around retirement- loneliness, social withdrawal, depression and burdensomeness. The present study aims to find the relation of positive and the negative contributors to mental health in old age. Age wise comparison has revealed that the pre retirement group was high on the positive contributors to mental health which are happiness and self-esteem and showed healthy coping mechanisms, the recently retired group was found to be higher on the negative contributors of mental health like loneliness and perceived burdensomeness and thwarted belongingness where as post retirement group was found to score moderately on all the variables of the study and tended more towards disengagement in old age . Gender profile revealed that the women were high on happiness, self esteem and loneliness and males were high on the variable of perceived burdensomeness and thwarted belongingness and showed reduced happiness and self esteem. In terms of coping the males showed emotion focused disengagement and females tended more towards problem focused disengagement. Thus this study highlights a set of variables that play a significant role in mental health of old age.

Keywords: mental health, age, gender, old age

INTRODUCTION

Human Development involves a series of progressive and incremental changes from conception till death, i.e. across a lifespan. Plato, the ancient Greek philosopher has divided lifespan into six stages, of which the last two constitutes old age viz. old age (62-69) and the advanced old age (70-death). When old age begins cannot be universally defined as it varies both culturally and historically. The United Nations suggest that 60+ years may be usually denoted as old age, although the WHO recognized that old age is not defined by years, but by new roles, loss of previous roles or an inability to make active contribution in society. Thus old age is more a “social construct” than a “biological stage”.

According to Mayor (2006), “Some people use their chronological age as a criterion for their own aging whereas others use such physical symptoms as failing eye-sight or hearing, tendency to increase fatigue, standards set in earlier years, their lack of interest in competing with others, lack of motivation to do things or a tendency to reminisce and turn their thoughts to the past rather than dwell on the present or the

**Assistant Professor and Head, **Final Year Graduation Students, Department of Psychology, Loreto College, 7, Sir William Jones Sarani, Kolkata-700071, India.*

Psychotherapeutic Self-Healing in Buddhism

Lalit Kumar Singh* and Kiran Srivastava**

Simples, easiest but most difficult concept to understand from layman's approach is Self. Most sufferings, conflict psychological in nature emerge due to the lack of clear understanding about the real nature and structure of self. Methodology: Understanding about the Self according to Buddhism and therapeutic application of the teachings of Buddha has been developed after going through various qualitative papers on Buddhist teachings. Result: Based on the various scientific review papers, it is evident that the healing and liberation of psyche is possible through acceptance and best understanding of one's own Self. Self understanding is therapeutic in nature and also possible by accepting the realities around one's environment. Acceptance of Self and realities implies purposeful nonjudgmental awareness of each and every single moment-to-moment experience. Conclusion: Integration of content of psychotherapy and religion, counseling, etc. would help the individuals to develop understanding of the current problems of the world in a unique way and knowledge could be applied to solve the modern issues. However, we will also describe how a growing number of psychotherapies are capitalizing on newfound interest in Buddhist approaches to cultivates acceptance and contending mindfully with maladaptive thoughts, feelings, and behaviors.

Keywords: Self, Acceptance, Mindfulness

"It is not our psychological theory that cures the patient; it is the numinous that is the real therapy." - Carl Jung

INTRODUCTION

Individuals don't stand on singularity but a combination of five associative elements of existence, better called as the five skandhas, these are form, Sensation/feeling which we have during our daily life, Perception/ Understanding which we develop during daily interaction with the external and internal world, Mental formation and volition, which can be generated throughout transaction with external and internal world, consciousness is obtained after learning different techniques of being liberated from worldly matters. In Buddhism (like Hinduism) the word atman refers to self (soul). According to Buddhism, self is an illusory (maya) by-product of skandhas. A Foul psychical force or negative energy (ignorance) called Mara helped to create and maintain the self, by blessing and encouraging all self-creations (e.g., self-ratings). In aggregate and separately, the five skandhas are empty (illusory).

Our sense organs form perceptions of the world and ourselves that we think of as "reality". Our "self" is a construction of the upbringing and totality of our learnings from birth to the present, sculpted by interpersonally and culturally based experiences and understandings of the world and our personal existence. In Buddhist psychotherapy all aspects of the self, including inferences and attitudes regarding any

* Assistant Professor, Department of Psychology, Lucknow University, Lucknow, India.

** Department of Education, Dayalbagh University, Agra, India.

Religiosity and Birth order: A Comparative Study

Meena Tripathi*

The study was aimed to investigate the significance of difference in the religiosity among birth order wise four groups. The sample consisted of 300 male and female college students studying at Kumaun University Campus Almora. The personal data schedule [designed by the investigator] and five dimensional religiosity scale [Joshi and Joshi] was used to collect the data. Obtained data was analyzed by using t-test. Results revealed that the birth order wise four groups of the sample students do not differ significantly from each other with regard to the religiosity scores.

Keywords: Religiosity, Birth order

INTRODUCTION

The term religiosity refers to religious faiths. It indicates the degree to which an individual may be identified as religious. Religiosity means “faith in a power beyond himself whereby he seeks to satisfy of life and which he expresses in acts of worship and service” (Golloway 1956). Religion helps to explain one’s existence and one’s purpose in being on this earth. It offers security and protection as adolescents attempt to grapple with the nature of their existence. The young person’s soul searching over his or her religious belief is an attempt to settle, if only temporarily, on an attitude towards life- an attitude that will provide some answer about the future of humanity and give some purpose in life.

In Kamptner (1988) perspective during adolescence the main emphasis is on the maintenance of social order and authority. Hence youngsters during this period may be said to be adhering to the contemporary socio-cultural norms and prevailing religious practices. Community approval may be a major force during this period of life so far as the socio- religious orientations and adherence to ritualized faith are concerned. Religion provides the adolescent with a moral framework against which behavior can be compared (H. Wanger, 1978).

Psychologist confirm that humans are intensely social beings (e.i.,Baumeister,1995), and we intuitively understand that life is made meaningful through touching, smiling, responding, speaking and being with others in mutual interaction. We perceive ourselves as persons who receive the attention of others and we respond. We know when we are engaged with another through the give and take of social exchange. It is this interpersonal, socially driven self that is open to the possibility of communicating with both humans and non- human beings. Human beings everywhere and at all times have had a tendency to broaden the category person to include trees, rocks, winds, stars, angels, demons, deities, and even myths. In many religious cultures, such persons are considered to be conscious, intentional, communicative beings who must be respected and who may be experienced and interacted with.

Religious experience is in some sense genuine; some scientists may

**Assistant Professor Department of Psychology L.S.M. Govt. P.G. College Pithoragarh, India*

Management of Frustration among Low Academic Achieving Arts Post-Graduate Students

Rajesh Ganesan* and Moon Banerjee**

The aim of the present study is to manage various Reactions to Frustration among Low Academic achieving Arts Post-graduate students of Tripura University. Based on the purposive sampling technique 30 post-graduate students were selected from various Arts department of Tripura university. Their age ranged from 21-25 years. The frustration level of post-graduate students was measured using 'Reactions to Frustration' Scale by B.M. Dixit and D.N. Srivastava. Then intervention techniques were administered to the post-graduate students for a period of 4 weeks. After the completion of 4 weeks, the level of frustration was again assessed. Results indicated that there is reduction in the level of frustration among the post-graduate students.

Keywords: Frustration; Low Academic; Post-graduate students.

INTRODUCTION

Education is a powerful and pervasive agent for all round development, individual and social transformation. This alone can sustain culture and civilization. A balanced development of mind and body in harmony with the spirit is the key to enrichment of human personality and also the key to become a successful student. Through education, a student attains all around development. It also refines students in interacting with the outer world and also his thought process. But there are many obstacles which are acting as frustrating sources among the low academic achieving students that effect their goal orientation. Many of these post-graduates students, particularly with low academic background struggle academically due to various frustrations.

A post-graduate student is a student who continues to study for an advanced degree after earning a bachelor's degree or other first degree from college. Sometimes the post-graduate student encounter various academic demands of high universities like large amounts of information presented in textbooks and during lectures in addition to homework assignments, projects, and papers for multiple classes. So the present study aims to manage frustration among the low academic achieving Arts post-graduate students of Tripura University.

“Frustration is defined as a state of emotional stress characterized by confusion, annoyance and anger” (Stagner, 1961). Sources of frustration may be internal or external. Internal sources of frustration involve personal deficiencies such as lack of confidence, fear of social situations, conflict etc. External causes of frustration involve conditions outside the person. The responses to frustration by individuals can be either adaptive or maladaptive. Adaptive responses are constructive and are implemented to solve the problem that is blocking goal attainment. Maladaptive responses, on the other hand, are characterized by a lack of constructive problem solving ability and often make the frustrating

**Assistant Professor and In-Charge **Research Scholar, Department of Psychology, Tripura University (A Central University), Tripura West- 799 022, India.*

Personality and Academic Achievement in Relation to Duration of Sleep and Sex among Students

Seema Rani Sarraf* and S.N.Dubey**

There is a direct link between students and the sleep that they receive. It is vital for each student to receive an adequate night's sleep every night. Sometimes receiving the correct amount of sleep each night can be very difficult however. The focus of present research is to find out the effect of duration of sleep and sex on academic achievement and personality of students. A total of six hundred and eighty students, aged 20 to 25 years participated in this research. Purposive sampling technique was applied to select the subject. The groups including male and female were formed on the basis of duration of sleep e.g. long sleepers (more than nine hours out of twenty four hours) and short sleepers (less than six or fewer hours out of twenty four hours). These are independent variables manipulated through selection. A self-biographical sheet and Multi- dimensional assessment of personality (MAP-A) were used for the purpose of data collection. Student's last three years academic performance was consider as their academic achievement. It was found that duration of sleep and sex both produce the significant effect on personality of students. On the other hand the effect of duration of sleep was not quoted on academic achievement; while sex of the student's e.g. male and female made significant difference. It may be concluded that going to bed late is not the main thing that can affect one's academic achievement, but a connection between academic achievement and healthy sleep cycles is strongly suggested. Getting sufficient sleep help them to improve their cognitive processes and mental health.

Keywords: sleep, sex, academic achievement and personality

INTRODUCTION

Getting a good night sleep under worrisome circumstances is often a problem for college students. The college campus is a seemingly stressful environment. In fact, we commonly hear individuals complain that they were up all night cramming for an examination, or worrying about various issues. Academic concerns pervade the lives of students, interrupting aspects of their daily routine. College life, characterized by the pressure to seek an appropriate identity, certainly presents an array of stressors (Stark & Traxler 1974; Whitbourne&Tesch 1985). Students are pressured to perform, pressured to fit in, pressured to commit, and pressured to live up to the expectations of others. They even set goals for themselves that are sometimes impossible to achieve. Forming an identity in a college environment is indeed difficult, as common worries can have significant behavioral consequences, particularly on sleep patterns. The variables associated with short sleep, such as anxiety and psychological maladjustment, have consistently been shown to be negatively associated with educational performance (Covington & Omelich, 1987; Hill & Wigfield, 1984). Sleep deprivation is associated

*Department of Psychology, M. G. Kashi Vidyapith, Varanasi, ** Ex.Principal K. S. Saket P. G. College, Ayodhya, Faizabad, India.

Parenting Styles among Naga Fathers: Association with the Social and Emotional Adjustment of Adolescents

Temsusenla Jamir* and Imlisongla Longkumer**

The purpose of this study was to examine the association of different perceived parenting styles of Naga fathers with the social and emotional adjustment of adolescents. The participants comprising of 100 (50 male and 50 females) ranging in age between 14-19 years were administered Parenting Authority Questionnaire (PAQ) by (Buri, 1991) and Bells Adjustment Inventory (BAI) by (R.K. Ojha, 1968). Result displayed that authoritative parenting style was the predominant perceived parenting style (56%) followed by authoritarian and permissive parenting style (22%) each. Significant positive correlation was found between perceived permissive parenting style and emotional adjustment of the adolescents. The results revealed a negative correlation between perceived authoritarian parenting style and social adjustment however, it was not statistically significant. In conclusion, the present study states the need for further inquiries to look into the association of the parenting styles and psychological adjustment of the adolescents with a larger sample size.

Keywords: parenting styles, social adjustment, emotional adjustment

INTRODUCTION

In any child's life the first and most important contact that they have is with their parents and hence parents have the most crucial task of giving a good upbringing to their children. Parenting consists of a very complex action that includes the promotion as well as providing a supportive environment for the physical, emotional, social and intellectual development of a child. Gadeyne, Ghersquiere and Onghena (2004) assert that parenting is an important determinant which affects the whole child. The nature of parenting and the relationship between parents and their children have the capacity to impart learning abilities at the early stages of the child's life. Goleman (1995) asserts that "Family is our first school for emotional schooling. A close emotional and adequate communication between parents and children with clear specifications for behaviour can make children emotionally and socially competent, responsible, independent and confident"

Darling and Steinberg (1993) define parenting style as "a constellation of attitudes towards the child that are communicated to the child and that taken together create an emotional climate in which parents behaviours are communicated". According to Baumrind (1967) there are three parenting styles: Permissive, Authoritarian and Authoritative. Permissive parenting style: the permissive parents are those who affirm the wishes and desires of the child. They have few demands for responsibility and correct behaviour on the child, they do not exercise control on the child's life and gives no encouragement for good behaviours. Authoritarian parenting style: the authoritarian parents control and shape the behaviour

*Assistant Professor (Guest Faculty) Department of Psychology **Assistant Professor, Department of Psychology, Nagaland University, Kohima, India.

Teaching Aptitude among Primary and Secondary School Teaching Professionals

Nisha George*

The present study is intended to find out difference in level of and teaching aptitude if any, between the Primary and Secondary school teaching professionals. The basic assumption of the study is whether teaching a Primary vis-à-vis teaching a Secondary can play a role in level of teaching aptitude of teaching professionals. Also, factors like gender and teaching experience have been taken into consideration as relevant variables having a significant impact on teaching aptitude of teachers. The sample comprised of 169 Secondary School Teachers selected from total 19 schools located in Vadodara district. The medium of instruction was also varied, with schools having the medium of instruction as English, Hindi and Gujarati. 9 sample teachers were taken from each school i.e., 4 primary teaching professionals who teach subjects like Science, Math and Language (English and Hindi) and 5 secondary teaching professionals who teach subjects like Math, Science, English and Hindi. The Teaching Aptitude Test by Surendra S Dahiya and L. C. Singh was adopted as a tool for the study. Data analysis of questionnaire and demographic details were subjected through SPSS for t test. No significant difference was found among the teaching aptitude level of Primary and Secondary teaching professionals. Significant difference was found in the level of teaching aptitude of teachers belonging to GSEB and CBSE schools. Also, significant difference was observed in the level of teaching aptitude of married and unmarried teaching professionals. The results of the present study will help us to understand the factors that play an integral role in the teaching aptitude of primary and secondary school teachers of Baroda city. The findings can be shared and discussed with school principals and counsellors, who can thereby implement and bring about changes in their school policies.

Keywords: Teaching Aptitude, School Teaching Professionals

INTRODUCTION

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits. Educational methods include storytelling, discussion, teaching, training, and directed research. Education frequently takes place under the guidance of educators, but learners may also educate themselves. Education can take place in formal or informal settings and any experience that has a formative effect on the way one thinks, feels, or acts may be considered educational. The methodology of teaching is called pedagogy.

Teacher is a person who provides education for students. A good teacher is measured by their ability to use multiple teaching methods and mediums to convey the same information. Behind every intelligent person, or highly skilled athlete, is a great coach or a great teacher. Even if someone taught themselves, they still had to use some knowledge that was provided to them by others. Everything should have a Learning

* C-39, Nandandham Society, Behind Air Force Station, Makarpura, Baroda-390014, India.

**STATEMENT SHOWING OWNERSHIP AND OTHER
PARTICULARS ABOUT INDIAN JOURNAL OF
COMMUNITY PSYCHOLOGY (IJCP)**

Place of Publication : Department of Psychology
K. S. Saket P. G. College
Faizabad – 224001 (U.P.)

Periodicity of Publication : Half Yearly

Publisher's Name & Address : Dr. Surendra Nath Dubey, Secretary
Community Psychology Association of India
Department of Psychology
K. S. Saket P. G. College
Faizabad – 224001 (U.P.)

Nationality : Indian

Printer's Name & Address : Dr. Surendra Nath Dubey, Secretary
Community Psychology Association of India
New Colony, Bachhara Road
Faizabad – 224001 (U.P.), India

Nationality : Indian

Editor's Name & Address : Dr. Surendra Nath Dubey
New Colony, Bachhara Road
Faizabad – 224001 (U.P.), India

Nationality : Indian

Owner's Name & Address : Dr. Surendra Nath Dubey, Secretary
Community Psychology Association of India
New Colony, Bachhara Road, Faizabad.

Nationality : Indian

I, Dr. S. N. Dubey, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Dr. Surendra Nath Dubey, Editor

Indian Journal of Community Psychology (IJCP).

Printed and Published by Dr. S. N. Dubey, Secretary, Community Psychology Association of India and
Printed at: M/s Keshav Prakashan, Civil Lines, Allahabad (U.P.)
Editor: Dr. S. N. Dubey

Community Psychology Association of India

(Regd. Under Act 21, 1860, No. G. 12186)

MEMBERSHIP FORM

To

Dr. S. N. Dubey
General Secretary

Membership Fee:
Annual – Rs. 500/-

(Fill the following in Capital Letters)

Name (in full) _____

Designation _____

Academic Qualification _____

Experience Teaching _____ Research _____

Office Address _____

Mailing Address _____

Phone _____ Mobile _____

E-mail ID _____

Sir, I am sending herewith a Demand Draft*/ Money Order for Rs. _____
being my subscription as a Annual member of the CPAI.

Date : _____

Signature

Subscription for life members of CPAI: *Life Members of CPAI are requested to subscribe IJCP by paying Rs.200/- annually since March 2014 issue of the Journal.*

* Demand Draft should be in the name of Dr. S. N. Dubey payable at Faizabad and be sent to Dr. S. N. Dubey, New Colony, Bachhara Road, Faizabad – 224001 (U.P.), India.

INSTRUCTIONS TO CONTRIBUTORS

The Journal seeks to publish articles related to community problems, theory, research and practice

All the articles are reviewed by the Editorial Consultants. Articles are evaluated according to the following criteria:

- a. Significance of Contribution b. Adequacy of Research Methods
- c. Appropriateness d. Clarity of Presentation

We invite special articles that advance our understanding of community problems, community mental health and intervention techniques stimulating debate and discussion.

All articles should comply with the following guidelines:

Submission: Authors should email their manuscript at drsuresndra_fzd@yahoo.co.in together with one identical hard copy. Articles may also be submitted on a CD prepared in MS Word along with the identical hard copy.

Manuscripts should be prepared in accordance with the format prescribed by the American Psychological Association. They should not exceed **15 double** spaced typed pages. Authors will receive the decision on their manuscripts within **1 Year** of receipt. They may also be requested to see the final proof of their articles.

Anonymous Reviews: If authors wish to be referred anonymously, they should state so and prepare their manuscripts with identities showing on the title page only.

Title: The Title should be concise and should be on separate sheet together with the Author's Name(s), Current Position, Address, Telephone, Fax, E_mail followed by an abstract of 50-200 words. A short title of not more than 40 characters should also be given.

Acknowledgment: Acknowledgment should be brief as possible on a separate page or as footnote on the first page.

Table and Graphs: Table and graphs should be in the text. Width of tables should not exceed 4.5 inches. Kindly do not make boxes and lines but keep the data separated by tabs either.

Statistics: Results of the statistical analysis should be given as $F(2,10)=6.50, P<.05$. Similarly, for t and other tests.

RNI : UPENG / 2009 / 29620

References : The APA style of referencing be used. All the works cited in the text should be listed alphabetically and **must not be** numbered. References should follow the text and their style be as follows :

1. **Books :**

Fisher, S. and Cooper, C. (1990). *On the Move*. New York : Wiley.

2. **Chapter in Cited Book :**

Tanenbaum, G. and Bar-eli, M. (1993). Decision-making in sports : A cognitive perspective. In R.N. Singer, M. Murphy and L.K. Tennant (Eds.) *Handbook of Research on sport Psychology* (pp. 171-192), New York : Mac millan.

3. **Journal Article :**

Baby J. (2004). Relaxation : The Yogasana Way. *Indian Journal of Community Psychology*, 1(1), 200-216.

Declaration :

The articles must be accompanied with an undertaking that the same has not been published else where and is not under review by another publication. The opinions and statements published are the responsibilities of the authors and do not represent the policies of CPAI or the views of Editor. Rejected Articles will not be returned unless supported by postage.

INFORMATION FOR SUBSCRIBERS :

The Journal includes Research Articles, Book Reviews, News about conferences etc. and letters to editor. The Annual Subscription rates are :

	India	Foreign
Institution	Rs. 1200.00	US \$100.00
Advertisement Tariff :		Rates Rs
Back Cover Page		10000.00
Inside Cover Page (Back)		7000.00
Full Page		5000.00
Half Page		3000.00
Extra Amount for Coloured Insertion Per Page		6000.00

Mode of Payment :

Demand Draft of any bank payable at Faizabad and should be in favour of Surendra Nath Dubey.