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Resilience, Risk, Psychopathology and Psychiatric Hospitalisation

Amresh Shrivastava* ,Avinash De Sousa, Nilesh Shah***, Robbie Campbell****
and Coralee Berlemon*******

Psychiatric re-hospitalization continues to be most challenging area of mental health. It utilizes up to 75% of financial as well as human resources. Sixty to seventy five percent of these patients are repeatedly hospitalized during one year, about 17% in 48 hours and about 30% within first month after discharge. Reasons for their re-hospitalization are complex. Logistically, there could be patient related factors, illness and treatment related factors as well as systemic factors that may lead to re-hospitalization. Most commonly factors like noncompliance, adherence, lack of continuity of care, non availability of medication, poor post-discharge follow-up, inadequate family and social support, housing, trauma, and other psychosocial stressors have been found to be involved in repeated hospitalization. We believe that amongst the patient-related factors, resilience is one of the factors which may determine hospitalization.

Resilience is an individual's response to environmental situations. The capacity of adaptation can be one of the factors to increase or decrease psychopathology and thereby play an important role in rehospitalisation. It is particularly important from therapeutic point of view. If resilience is poor there may be strong need of specific psychological intervention to enhance patient's adaptability for verse life situations and thereby minimize effect of precipitating factors leading to hospitalization. We believe that these patient related characteristics are fundamentally a complex problem of repeated hospitalization.in this paper we discuss preliminary findings of the study to examine resilience, psychopathology and its role in repeated hospitalization.

Key words : Hospitalization, mental disorders, resilience, psychiatric readmission

Perceived Culture, Entertainment and Superstitions of Rural Women

Kamlesh Singh*, Jasleen Kaur** and Dalbir Singh***

The study investigated the perception of rural women of Haryana on culture, sources of entertainment, and belief in superstition. A total of 212 women in the age range of 17-90 years were interviewed on the qualitative interview schedule prepared by a team of experts. Results revealed that for majority of the rural women, television was the main source of their entertainment followed by listening to radio. On an average, most of the rural women professed watching television for up to 2 hours daily. The results further revealed that the women overall liked the culture of Haryana in terms of food abundance, style of dressing, culture of respect etc. However, they were against gender discrimination and wanted practices like child marriage, female feticide etc. to be abolished. Regarding the belief in superstition, even though majority did not believe in superstitions yet believed that spirits and ghosts can make one fall ill.

Keywords: Rural, India, culture, entertainment, superstition

Attention Deficit Hyperactivity Disorder (ADHD): A Conceptual Overview

Mahesh Kumar Singh*and Anjana Mukhopadhyay**

ADHD is the most commonly diagnosed disorder with one or more co-morbid conditions of childhood. Research showed that prevalence rate is 4.67% to 15.5% and male to female ratio is 6.4: 1 to 7: 4.47 in India. Several factors have been found to be responsible for ADHD such as genetic, head injuries, neurological, neurochemical, dietary factor, parenting style. Many intervention options are available for reducing ADHD symptoms like pharmacological, behavioural, cognitive-behavioural, parent skill training, educational interventions and various combinations of these. In the present scenario ADHD is becoming a most terrifying disorder in toddlers and school going children so, children with ADHD and its co- occurring disorders need to be identified at an early age to prevent poor school performance and other behavioural problems.

key words: Attention deficit hyperactivity disorder (ADHD), Behavioural intervention, Parenting style.

A Study of Relationship between Classroom Environment and Achievement Motivation

Rupan Dhillon and Rufy Bhardwaj***

The purpose of this study is to find out the relationship between classroom environment and achievement motivation. For this purpose, a sample of 100 early adolescents was taken from public schools of Amritsar city. The tests on classroom environment and achievement motivation were administered. Correlational analysis was applied. The results show that there are significant positive correlations between the various dimensions of classroom environment and achievement motivation.

Inter-Generational Difference in Value Profiles and Personal meaning in life of Lawyers and Doctors

Jhilli Das*, Manisha Dasgupta and Nilanjana Sanyal*****

In the ever-changing social system we cling to our values to find our personal meaning in life. The study aims to explore the contributory roles of value systems and personal meaning in life among groups of professionals and to determine whether experience has any effect on these variables. The sample consisted of 120 male doctors (N=60) and lawyers (N=60) hailing from middle and upper middle socio-economic classes of Hindu population which were further subdivided into two groups based on their years of experience. (less than 5 yrs vs more than 15 yrs). Wong's Personal Meaning Profile and Indian version of Allport – Vernon-Lindzey's 'Study of value' were administered to them. Statistical analysis in the form of ANOVA, followed by t-test was computed. Results revealed significant difference between the groups with respect to religion, self acceptance and intimacy. In their value profile the groups differed significantly in theoretical and political areas. . The effect of experience on intimacy and political and theoretical values has also been explored.

Key words: values, personal meaning in life, doctors and lawyers.

Factor Analytical Study of Home – Environment, Level of Aspiration, Self-Confidence, and Achievement Motivation among Professional College Students

Madhu Nayal* and Pushplata Fartiyal**

This study aims to study the factor structure of home- environment, level of aspiration, self- confidence and achievement motivation among professional college students. For this purpose a sample of 150 professional college students (75 male and 75 female) were selected randomly from different Institutions of district Ghaziabad. The data were collected by using different test (i.e. H.E.Q. A.A.M.T., S.C.S, and A.S.) and analyzed by using factor analysis technique. In the present study 3 factors were extracted i.e. factor of home-environment, aspiration and self-confident; Factor of aspiration, achievement motivation and self-confidence; and factor of educational achievement.

Coping Strategies and General Life Satisfaction of officers in Government Sector

Indrani Mukherjee* and Payel Mazumder**

The present study aimed at finding out relationship between coping strategies used in adjusting with occupational stress and general life satisfaction experienced, among male and female Central Government Officers. Male Officers (N=30) and Female Officers (N=30) were treated as separate samples while finding out the relationship. Pearson's Product-Moment 'r's were computed for this purpose. Results indicated that Female Officers did not show any significant relationship between coping strategies used and general life satisfaction experienced. However, for the male samples, confrontive coping strategy and general life satisfaction were found to be significantly correlated but rest of the coping strategies did not show any significant relationship with general life satisfaction.

The Role of Social Support and Coping Strategies in Stress and Health Relationship

Archana Upadhyay and A. P. Singh***

During current decade empirical studies have indicated that global stress perceived by women at the workplace include psychological and physical work demands, creates psychological and emotional stress, thereby increasing psychosomatic complaints. Mental as well as physical both types of symptoms are visible in stress. Stress enhances risk for high blood pressure, insomnia, increased levels of destructive stress hormones, heart problems, anxiety, depression etc. Support from the organization, family and friends have increasingly been recognized as useful in reducing stress, protecting health and enhancing quality of life. Strategy adopted by individuals to cope with the situation is also an important factor of stress and mental health relationship. Present paper attempts to explain the stress and health relationship in context of social support and coping strategies.

Gender differences in Work- Life Balance: Comparative Study of Public and Private Sector Bank Employees

Rashmi Mishra*

The objectives of the present study were (a) to study the gender differences in work-life balance of employees serving in public and private sector banks. (b) To study comparatively the work-life balance of employees in public and private sector banks. A sample of 200 employees serving in banks was sampled purposively. Out of these 100 were males and 100 were females. Out of 100 males 50 were employees in public sector and 50 were employees in private sector banks. Similarly, out of 100 females, 50 were employees in public sector and 50 were employees in private sector banks. Work-life balance scale developed by Udai Pareek with the assistance of Abha Joshi was administered upon the sampled respondents. The scale has six sub-scales namely: Social Need, Personal Need, Time Management, Team Work, Compensation and Benefits, and Work. The statistical analysis has been done for overall work- life balance and these six aspects of work – life balance separately using 2x2 Factorial Design with the help of SPSS. The results of the present study are the total work – life balance of male and female employees is better than their female counter parts the same is true in case of all the six sub- scales of work –life balance . This can be interpreted in terms of conflict model. The overall work-life balance of public sector employees is better than the private bank employees. The same trend is seen in four sub-scales (Personal need, Social need, Time management and Work) of work-life balance scale and in the other tool (Team Work and Compensation and Benefit) no significant difference is found. These findings may be interpreted in terms of compensation model of work-life balance.

KEY WORDS: Gender Differences, Public and Private Sector, Work – Life Balance.

A Comparative Psychosocial Exploration of Personality Correlates among Drug Addicts

Sritama Ghosh*and Manisha Dasgupta**

The social evil of substance abuse is increasingly becoming more and more popular in recent years, especially among youth and poses to be an alarming threat to our global society. The present study is a probe into the psychosocial profile of such abusers (N=30) in comparison to individuals who formerly abused substances, but are now clean (recovering addicts, N=30) and also with respect to non-addicts (N=30) within the domain of a few selected personality variables, namely, impulsivity, sensation seeking, behavioral inhibition and activation, parental bonding and quality of life by using standardized questionnaires and using standard procedures. Results indicated that both drug addicts and recovering addicts have significantly higher degree of impulsivity than non addicts. On the other hand non-addicts have been found to have significantly higher sensation seeking than the other two study groups. Both the addiction groups have comparatively lower perceived care from the same sex parents than the non-addicts and comparatively lower grades of quality of life. Thus the addiction groups seem to have higher degree of impulsivity, lower perceived care and higher over protection from parents (interfering in nature) that influence their addictive habits. However proper therapeutic interventions appear to effectively help in re-shaping their personality structure to quite an extent.

Key words: substance abuse, personality correlates

Role of Economic and Mother's Work Status on Parenting

Preeti Sharma* and Sanjay Kumar**

Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood (Wikipedia, 2012). It refers to the aspects of raising a child aside from the biological relationship (Davies, 2000). Children are the building blocks of a developing family. Their level of development, socialization and advancement decide the future of any society or country, where parents play a key role in growing their children in a socially responsible person and righteous citizens (Steinberg, 2000). Parents fulfill the psychophysical needs of their children and help them growing physically, psychologically and spiritually under given norm of their community (Hoghughi, 1998). At the other end, children develop specific cognitive skills, learning strategies and personality attributes under the guidance of their parents. Simultaneously, their health problems, wellbeing needs and adaptive functioning are also dealt by their parents (Bradley and Caldwell, 1995). Parents encourage love, acceptance, warmth, independence and democratic ways of dealing with their children (Rohner, 1986). In many traditional societies like India, they appear to be made for the promotion of their children in their personal lives as well. Therefore, parenting is one of the most important functions of the institution of family of any society.

Pessimistic Attitude and Level of Faulty Upbringing by the Parents of Children with Autism and Autism Prone

Seema Srivastava and Anjana Mukhopadhyay***

Present study is aimed to detect how far the parental factors, such as, their life style, inappropriate upbringing and less involvement with their children (with autism) plays a major role in developing severity of autism. The impairment generally increases the parental stress which has a prominent impact on parental behavior. With the diagnosis of autism parents feel disturbed and often develop pessimistic attitude. A sample of clinically diagnosed children with autism (N=10) of 3 to 7 years of age and another sample of autism prone children (N=10) having subthreshold symptoms of autism were selected along with their parents from Chetna Institute of Mentally Handicapped, Aliganj, Lucknow and Pyssum Day Care Center Kapurthalla, Lucknow. Optimistic-pessimistic attitude scale and Mohite home environment inventory were administered on the parents of such children. A matching sample of normal children and there parents were also included in the investigation. Result shows that there were significant differences between parents of different group on Optimism-pessimism attitude scale. Significant differences were obtained among parents of children of different groups on 3 subscales of M.H.E.I. i.e. language stimulation, encouragement of social maturity, and maternal attitude and disciplining. However physical environment and variety of stimulation were not found to be significant components of discrimination.

Key words: Autism, parental pessimism, parenting style.

A Comparative analysis of the Theory and Practice of Healing Mental Illness by Major Systems of Therapy

Rajesh A.V* and John Baby**

The study aims to extensively evaluate the aetiological foundations of mental health envisaged in major systems of medicine, gathering, documented information from authentic books, Journals and discussions with professional experts. The methods of diagnosis and therapeutic procedures followed by various systems of medicine will be studied on a comparative basis. The similarities and dissimilarities will be analysed. While Modern medicine gives stress on the symptomatic outlook of mental illness, Ayurveda and Homeopathy focus on the patient as a base factor of analysis. Naturopathy also challenges the symptomatological prejudices of the different system of therapy. Here the researcher verifies the philosophy, theory and claims of every system of therapy and tries to make a set of findings which can be logically codified and supplemented to the current practice of treating mental illness.

Dietary Pattern can affect Anxiety

Suneeta Pant* and Madhu Lata Nayal**

The present study investigated the influence of dietary pattern on anxiety and also gender effects of anxiety. A sample of 300 adolescent boys and girls were selected (150 boys and 150 girls) who were taking traditional and mixed food comprise of traditional food with processed food. Dietary pattern were assessed by FFQ and symptoms of anxiety was tested by Sinha anxiety scale. Analysis of data indicates that the dietary pattern does positively affect the anxiety symptoms. Gender difference for anxiety symptoms was also significant.

Key words: Dietary Pattern, Anxiety, Traditional food and Mixed food.

Sex-Role Orientation as the Moderator of Relationship between Organizational Role Stress and Psychological Health among Working Women

Tejal Nasit and Minakshi Desai***

In the present study an attempt was made to explore the moderating effect of sex-role orientation on the relationship between organizational role stress and psychological health among working women. The organizational Role Stress Scale developed by Pareek, the Cornell Medical Index developed by Wig, Prashad and Varma and the Indian adaptation of Bem's Psychological Sex-Role Orientation Inventory by Rao, Gupta and Murthy were administered on a sample of 480 working women from the city of Rajkot. Selected working women were divided into three groups viz., high, moderate and low stress group. Again working women in each of these stress groups were categorized in four groups according to their sex-role orientations. These four groups were working women with Androgynous, Masculine, Feminine and Undifferentiated orientation. The sub-group wise comparison revealed that during the experience of low stress masculine group of women exhibited poorest psychological health and that androgynous group of working women exhibited better psychological health than the masculine and feminine group of women. Further, during moderate level of stress women with androgynous orientation had highest level of psychological health as compared to women belonging to other three groups. However, during the experience of high stress, no significant difference in psychological health was observed among various groups of women having different sex-role orientation.

Relationship between Perceived Workplace Harassment, Mental Health Status and Job Satisfaction of Male and Female Civil Police Constables

Mahesh Kumar Maurya* and Manisha Agarwal**

The purpose of the study was to investigate the patterns of relationships between perceived workplace harassment, mental health status and job satisfaction among male and female civil police. The study was conducted on 118 civil police employees (59 male and 59 female) in the state of Uttar Pradesh in India. Participants' responses were obtained on questionnaires which measured perceived workplace harassment (Berdahl and Moore, 2006), psychological well-being and psychological distress (PD) (Heubeck & Neill, 2000) and job satisfaction (Dantzker (1993). Data were statistically analyzed for examining the hypothesized relationships between the variables among the male and female samples. Results indicated that not-man-enough harassment, traditional sexual harassment and psychological wellbeing were significantly different among the male and female civil police personnel. However, ethnic harassment, psychological distress and job satisfaction were not significantly different among these two groups. Hierarchical regression analysis for examining the mediating effect of mental health status dimension showed that among male police personnel psychological wellbeing exercised suppressor effects on the prediction of job satisfaction by the factor 'not-man-enough harassment' while among female police personnel, psychological wellbeing exercised suppressor effects on the prediction of job satisfaction by the factor 'traditional sexual harassment'. Psychological distress exercised suppressor effects on the prediction of job satisfaction by the factor 'traditional sexual harassment' only among male participants. The findings have significant implications for enhancing the job satisfaction among male and female police personnel so as to maximize their performance.

Keywords: Perceived Workplace Harassment, Psychological Wellbeing, Psychological Distress, Job Satisfaction.

Theoretical Evolution in Psychology: A Chronological analysis in Relation to other Disciplines

Sathyanarayanan, N. and John Baby***

The study aims to find out similarity of major theories in the physical science if any like Newton's laws, electromagnetic wave theory, relativity/ quantum theories with the three major philosophical visions and observe the chronology in the evolution of these theories. The same is done in the biological science in the case of Aristotelian views, Darwin's theory and systems theory and Ayurveda, Allopathy and Homeopathy in the medical science and primitive communism, slavery, feudalism, communism, democracy etc., in the social world. Then the study attempts to find the patterning from this line of theorising and find out any similarity in the evolution of major schools of thought in psychology such as psychoanalytic theory, behaviorism, and gestaltism. In total, the study attempts to find out the chronology of evolution of major theories in all the spectrum of knowledge and classify the major theories in all discipline including Psychology on the basis of similarity as dualistic, materialistic and monistic.

Efficacy of Psycho Nutritional Therapy in Managing Blood Sugar and Blood Pressure

Akbar Hussain*, Mohammed Ibrahim Khaleel.P.K and Syed Ali Shah*****

India accounts for the largest number of people 50.8 million suffering from diabetes in the world, followed by China (43.2 million) and the United States (26.8 million) these figures released by the International Diabetes Federation (IDF). It is evident from many researches that diabetes is becoming a serious menace to the health of individuals and cause about 1.1 per cent of deaths in India. The role of psychologist in treating diabetes is very effective. Health psychologists are involved in both researching and treating diabetes. Psycho nutritional therapy is an important step towards the management of problems associated with diabetes. It is an intervention model that includes yogic diets, yoga and holistic health classes, counseling artistic expression etc. It is clear from the research findings that the diabetic people not only suffer from blood sugar but high blood pressure and decreased well-being as well. The study was designed to examine the efficacy of the Psycho nutritional therapy in managing blood sugar and blood pressure in diabetic patients. For assessing level of blood sugar and blood pressure the Medical Lab Reports recorded before and after two weeks intervention were taken into consideration. As data total 30 Diabetic patients were taken from 'Good Life' health center situated in Calicut, Kerala, where 'Psycho nutritional therapy' is being practiced on regular basis. The results revealed that psycho nutritional therapy was proved very effective for the diabetic patients in reducing the levels of blood sugar as well as blood pressure of the patients admitted in the said health centre. The blood sugar of the patients was also found directly correlated with their blood pressure.

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